

LiveSimply primary school action ideas

To apply for the **LiveSimply** award, your school needs to commit to one substantial and at least two smaller actions in each of these categories: living simply, sustainably and in solidarity.

Here are some ideas to inspire and encourage your **LiveSimply** journey at school.

Reflection and worship

- Use CAFOD's 'Laudato Si' animation to learn about caring for the earth, our common home: <https://cafod.org.uk/Education/Primary-teaching-resources/Laudato-Si-for-children>
- Hold collective worship outdoors, using CAFOD liturgies such as Laudato Si' collective worship: <https://cafod.org.uk/Education/Primary-teaching-resources/Collective-worship-primary/Laudato-Si-collective-worship>
- Create an outdoor space for prayer and contemplation. Use CAFOD's prayer resources: <https://cafod.org.uk/Education/Primary-teaching-resources/Children-s-prayers>
- Use CAFOD's 'A prayer for our earth' reflection: <https://cafod.org.uk/Education/Primary-teaching-resources/Children-s-prayers/Our-earth-children-s-prayer>
- Use the CAFOD Advent calendar for daily prayers and actions: <https://cafod.org.uk/Education/Primary-teaching-resources/Advent-for-children>
- Spend time each week reflecting on the Gospel with CAFOD's Sunday Gospel collective worship: <https://cafod.org.uk/Education/Primary-teaching-resources/Collective-worship-primary>
- Say the children's **LiveSimply** prayer (available for KS1 and KS2).
- Celebrate the Day of Prayer for the Care of Creation on 1 September.
- Celebrate the feast of St Francis, patron saint of the environment, on 4 October: <https://cafod.org.uk/content/download/52997/739356/version/1/file/CAFOD%20Canticle%20of%20the%20Sun.ppt>



Learning about the world

- Watch the children's 'What is CAFOD' film to learn about CAFOD's work around the world: <https://cafod.org.uk/Education/Kidz-Zone/About-CAFOD-for-children>
- Encourage children in all year groups to learn about CAFOD in an assembly: <https://cafod.org.uk/Education/Primary-teaching-resources/Primary-school-assemblies>
- Encourage children to learn about CAFOD's work with communities around the world by looking at CAFOD's KidzZone website at home with families: <https://cafod.org.uk/Education/Kidz-Zone>
- Watch CAFOD's 'Fratelli Tutti' national assembly to find out about Pope Francis' encyclical and his call to us all to live as global brothers and sisters: <https://cafod.org.uk/Education/Primary-teaching-resources/Primary-school-assemblies/Fratelli-Tutti-primary>



- Use CAFOD's 'Fratelli Tutti' animation in lessons to understand that we are all a global family. Download pledge cards: <https://cafod.org.uk/Education/Fratelli-Tutti-for-schools>
- Play the CAFOD 'Climate Change Game' to learn about climate issues around the world. Order a game on the CAFOD shop: <https://shop.cafod.org.uk/collections/frontpage/products/primary-climate-change-game-2021>
- Meet the 'Changemakers of Peru' and order interactive posters, download the Zappar app, and set up a display at school to show how children around the world are taking care of the environment: <https://cafod.org.uk/Education/Primary-teaching-resources/Changemakers-in-Peru>



Practical action

- Set up a CAFOD club at your school. Order a free starter box and encourage children to decide on eco actions for the school: <https://cafod.org.uk/Education/For-teachers/CAFOD-clubs>
- Use CAFOD's pupil-led collective worship resources to help children create 'Going Forth' tasks linked to caring for their environment and praying for our common home: <https://cafod.org.uk/Education/Primary-teaching-resources/Collective-worship-primary>
- Hold a 'Walk or cycle to school' day.
- Encourage children make their own **LiveSimply** pledges to reduce waste and save energy. You can order 'Laudato Si' postcards to use for the pledges for free on the CAFOD shop. Set up a display of the pledges in classrooms: <https://shop.cafod.org.uk/collections/frontpage/products/laudato-si-postcard-for-primary-schools>
- Create an outdoor space for a vegetable patch or allotment to grow and eat fresh food. If you have an existing allotment, think about selling produce to raise money for CAFOD.
- Find out about Fairtrade and check whether your school uses Fairtrade products: <https://cafod.org.uk/Education/Education-resources/Fairtrade-school-resources>
- Set monthly challenges to live simply, sustainably and in solidarity. Eg. September: I will live simply by praying, October: I will live sustainably by walking or cycling to school, November: I will live in solidarity by finding out about CAFOD World Gifts.
- Include ideas for living simply in school newsletters and social media.
- Organise a litter-picking walk around the school grounds.



Reaching out

- Have a meat-free day each week and use a CAFOD collection box to donate any money saved. Order collection boxes on the CAFOD shop: <https://shop.cafod.org.uk/collections/frontpage/products/schools-collection-box>
- Join CAFOD's 'Brighten Up fundraiser at Harvest time and share pictures of the 'Brighten Up' event in schools newsletters and on your Twitter feed, tagging @CAFODSchools: <https://cafod.org.uk/Education/Primary-teaching-resources/Harvest-resources-children>
- Join CAFOD's Lent fundraiser. Plan a 'Walk against hunger' to raise money to support communities around the world.



- Join CAFOD's next campaign in summer term. Arrange for your pupil chaplaincy to display your activities, and share what you do on social media:
<https://cafod.org.uk/Education/Primary-teaching-resources/Eyes-of-the-world>
- Set up a virtual World Gifts village at your school and fundraise for life-changing gifts around the world <https://worldgifts.cafod.org.uk/>
- Encourage your CAFOD club to set up a fundraiser for CAFOD. See the A to Z of Fundraising ideas: <https://cafod.org.uk/Fundraise/A-Z-of-fundraising-ideas>
- Encourage children to speak in the parish about Lent or Harvest Family Fast Day to encourage people to donate to CAFOD, using CAFOD's resources and short talk.
- Ask children to make posters to put up in your school or parish to promote involvement in a CAFOD fundraiser. Find fundraising tools here:
<https://cafod.org.uk/Fundraise/School-fundraising>

