



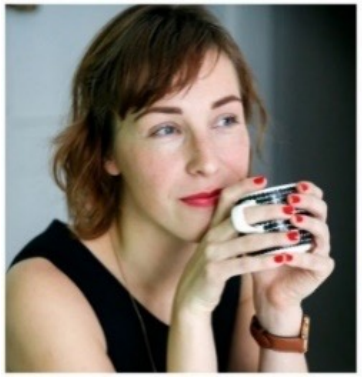




cCHALLENGE
- a 4 week change journey!









Images clockwise from top L cnr:
Claudiodivizia / 123RF
BikeSantaCruzCounty.org
Baggu Bags advert
Tom Kolstad, published in A-Magasinet 23 June 2017
Estee-Janssens/Unsplash
Photo courtesy Inger Kenobi

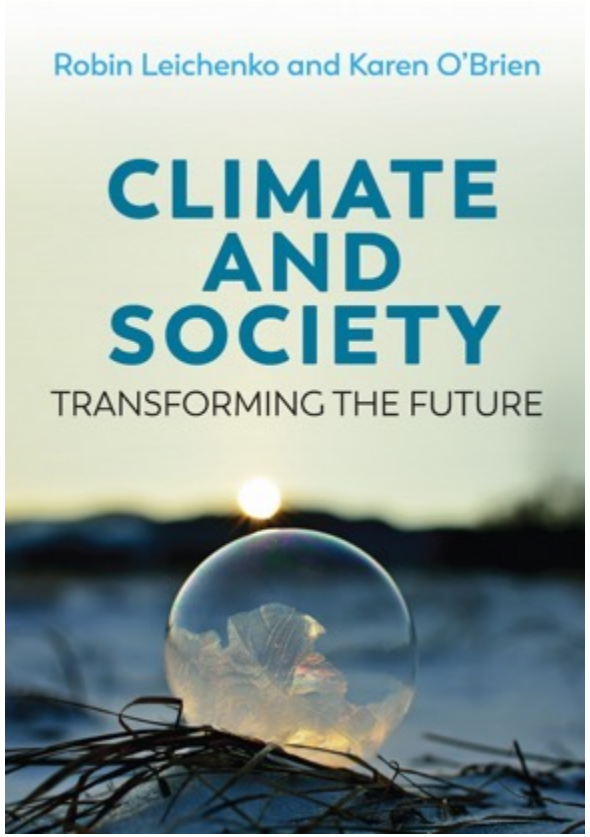
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Welcome to the cCHALLENGE!

- A 4 week journey of change!
- Choose one HABIT to change for 4 weeks.
- Experiment with finding alternatives and new solutions.
- We will go through the practical sides of change, the social and systemic sides, and the more personal sides.
- You will talk about your experience with your classmates, and write down your thoughts and reflections.

https://www.youtube.com/watch?v=kQjtK32mGJQ&ab_channel=PepeSchoolLand-

From research!





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Important questions:

How do we make lasting change happen as quickly and as big as climate change science asks for?

How do we do it in a way that is also just, ethical and compassionate, and makes the world a better place?

How can you and I make changes happen in society?



WHAT IS THE PROBLEM?

WHAT IS THE PROBLEM?





WHAT IS THE PROBLEM?









The solution is people!

You and I are the most powerful solution to climate change that exists.

Image crowd: Whitehoune/123RF
Drawing: Thinking Download Png 273 on Freepngclipart

https://www.youtube.com/watch?v=256eKjULdgQ&ab_channel=NikosJasonTroyFakaro









ONE SMALL
CHANGE









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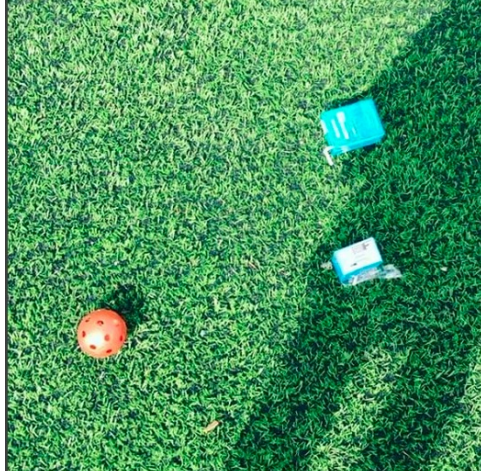




CHOOSING YOUR 4-week CHALLENGE

You can choose what you want but it must be connected to climate and sustainability.

Remember it will run for 4 weeks, so choose something you can stick to.
Not too hard ... and not too easy.







Photos: Stabekk vgs / cCHANGE



SOME EXAMPLES that can inspire your challenge



- Eat vegetarian or vegan meals on weekdays
- Spend an hour outside in nature each day
- Reduce your use of disposable plastics
- Shopping-stop for 4 weeks
- Avoid using plastic bottles
- Pick up 5 pieces of plastic every day
- Reduce one type of waste (e.g. food, plastic, etc.)
- Take shorter showers
- Go without electricity for one hour each day
- …



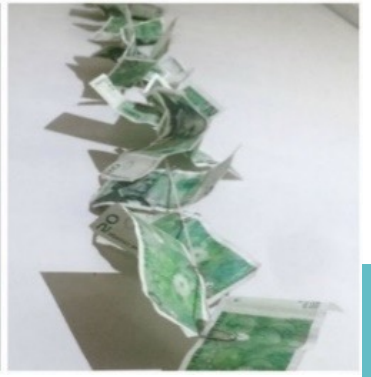








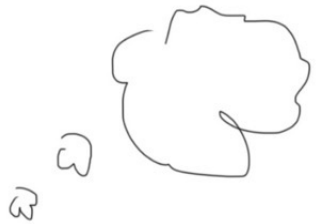




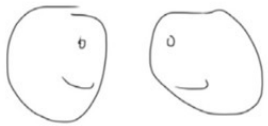
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Write down three challenge you want to do.

We want you to:



Reflect, think, dream, change perspective



Talk and listen to each other



Lead by example



Tell people – friends and family



Write down your thoughts



Take photos or videos, and share if you want

Images: cCHANGE



Experiment!

Image: Nagy-Bagoly Ilona / 123RF French



oops!

Don’t worry about being perfect!

Image: Chuttersnap / Unsplash

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Commit to your chosen challenge!



Image: Feng Yu / Shutterstock

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Notice how friends and family influence you



Cartoon: Gary Larson in “The Far Side” cartoon series

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Notice how society is organized

Image: Humphery/Shutterstock

Reflection is important!



Image: Niels Hariot/Shutterstock

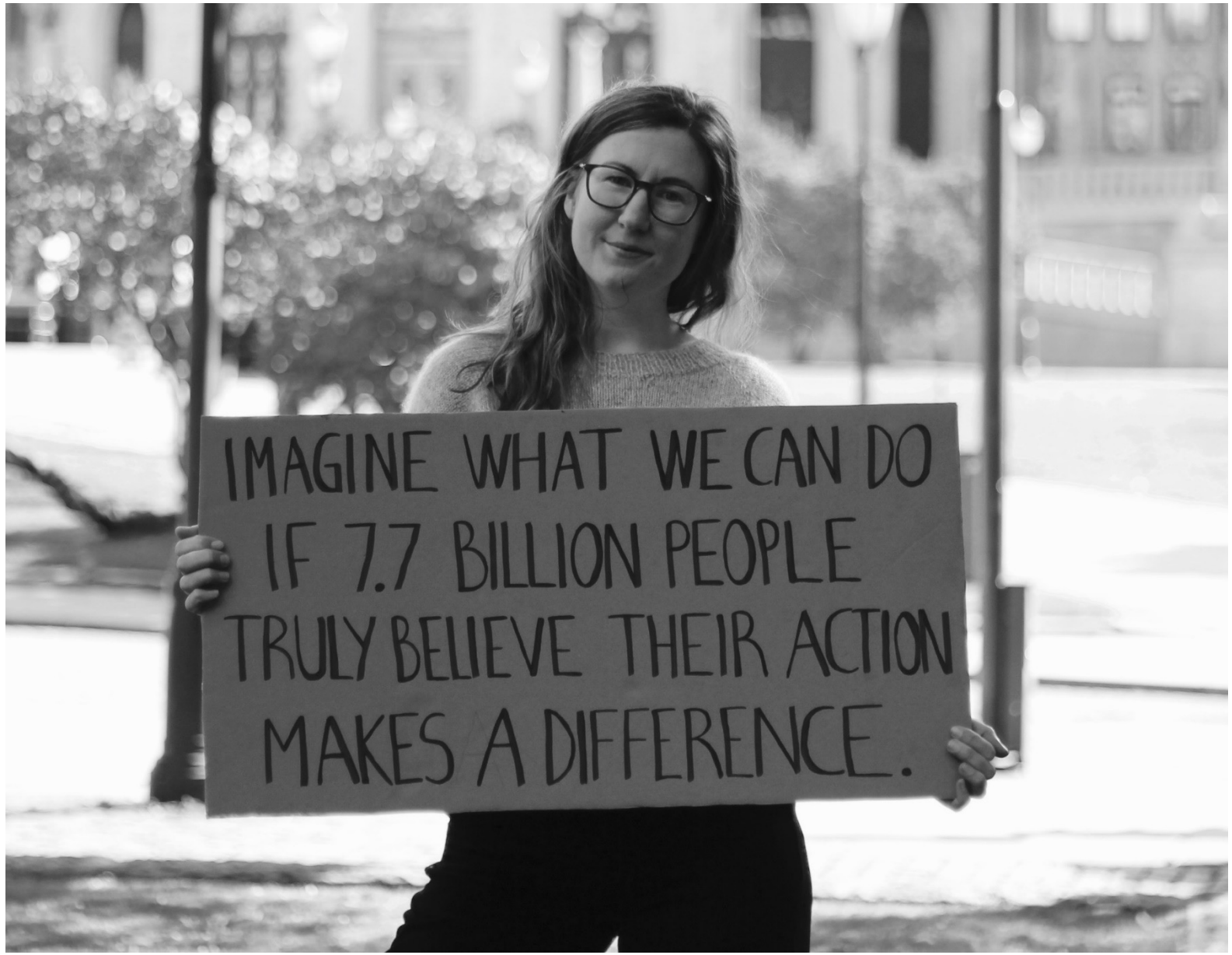
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We influence and inspire each other



Image: Alicia Greenwell/Shutterstock

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IMAGINE WHAT WE CAN DO
IF 7.7 BILLION PEOPLE
TRULY BELIEVE THEIR ACTION
MAKES A DIFFERENCE.

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If you believed your actions made a difference, how would you be and what would you do? What will be your superpower?

- I want to be...
  - Courageous – stand up for what I think is important
  - Compassionate – care for myself and others
  - See myself as part of something bigger
- How do you want to be? What will be your superpower in this project? Write down 1-3 words for yourself.

SUPPORT EACH OTHER



We are all in this together – so support each other and show an interest.

Images: Freestock