

*live*Simply this Advent for children

Not right for your age group? Choose some better little challenges.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Control the time of your shower. No more than 5 minutes!	Choose one toy you are not using and give it to charity	Get up earlier to cycle or walk to school	Prepare homemade Christmas cards or buy at charities	Turn off the light of your room when you are not there	Drink tap water instead of squash or similar	Don't ask for presents or treats during Advent. Just wait for Christmas!
Enjoy going to the park or for a country walk.	Check your school clothes. If not very dirty, keep the same ones for next day	Practice your spelling on an already used piece of paper	Reduce your present wish list to your 4 favourite ones	Use any left-over water to water any plants	Have fruit or a homemade snack instead of a wrapped one from a shop	Fully charge electronic devices, then remove charger from socket
Spend 5 minutes thanking God for everything you have	Leave sweets for Christmas – not long now!	If you receive money, give a part of it to charity as a Christmas present for them	Reduce tooth paste to half & brush well with the tap off	Try to smile even when everyone is tired	Finish your food. If not, ask Mum and Dad to keep it for you to finish later.	Choose cheaper homemade food instead of your usual treat . (Give money saved to charity)
Choose one thing as a New Year resolution that, you hope, could help take care of our Earth						

Pope Francis, in his encyclical letter *Laudato Si'* invites us all to “work with generosity and tenderness in protecting this world which God has entrusted to us.”(#242) CAFOD's *livesimply* award (www.cafod.org.uk) is an opportunity for Catholic communities - parishes, schools, religious orders and chaplaincies - to respond to that invitation. This leaflet was prepared by Cambridge Justice and Peace Group to help individuals to do the same.