


## LiveSimply Pledges – Teacher Script/Notes

<p><b>CAFOD</b> Catholic Agency for Overseas Development <b>LiveSimply</b></p> <p><b>What is a LiveSimply Pledge?</b></p> <p>A pledge is a promise to do something.</p> <p>Making a LiveSimply pledge is one of our actions towards achieving the LiveSimply Award and is a promise to:</p> <p><b>live simply, live sustainably and live in solidarity with the world's poorest communities.</b></p> 	<p>Today we are going to be making a LiveSimply pledge. Who can tell me what a pledge is?</p> <p><i>The answer will come up when you click</i></p> <p>A pledge is a promise to do something.</p> <p>Making a LiveSimply pledge is one of our actions towards achieving the CAFOD LiveSimply Award and is a promise to: <b>live simply, live sustainably and live in solidarity with the world's poorest communities.</b></p> <p><i>You can choose to create a LiveSimply pledge that covers any of the three elements, or you may decide to do a pledge for each!</i></p>
<p><b>CAFOD</b> Catholic Agency for Overseas Development <b>LiveSimply</b></p> <p>Please click on the picture for the Introducing LiveSimply video to play via YouTube</p> 	<p><i>If your pupils haven't seen the introduction to LiveSimply animation this will help them understand more. 3mins</i></p> <p><i>Clicking on the picture will open a new tab in YouTube (alternatively there is a vimeo link in the notes for the slide.)</i></p> <p>Let's watch what LiveSimply is all about.</p>
<p><b>CAFOD</b> Catholic Agency for Overseas Development <b>LiveSimply</b></p> <p>Please click on the picture for Why LiveSimply video to play via YouTube</p> 	<p>This animation helps us understand why we should live simply, let's watch it together.</p>
<p><b>CAFOD</b> Catholic Agency for Overseas Development <b>LiveSimply</b></p> <p><b>What does "living simply" mean?</b></p> <p>These are actions that enable you to spend more time in prayer and reflection, spend time in nature appreciating God's creation, and spend time with others. (Putting the electronic gadgets away). A pledge for living simply may be...</p> 	<p>The "living simply" part of the LiveSimply Award means actions that enable you to spend more time in prayer and reflection, spend time in nature appreciating God's creation, and spend time with others. (Putting the electronic gadgets away).</p> <p>Let's look at some living simply pledge ideas.</p> <p><i>The ideas will come in with each click. You may wish to ask if they can think of any extra ideas</i></p>

<div data-bbox="124 107 632 141"> <div>CAFOD</div> <div>Catholic Agency for Overseas Development</div> <div>LiveSimply</div> </div> <div data-bbox="140 174 611 237"> <p><b>What does "living sustainably" mean?</b></p> <p>Living sustainably means taking actions that help nurture and protect God's world. We are called to be stewards of God's creation and our common home. A pledge for living sustainably may be...</p> </div> <div data-bbox="113 241 632 389"> <div> <div>1</div> <div>I will not drop litter to protect God's planet</div> </div> <div> <div>2</div> <div>I will switch off the TV and lights when I leave the room to stop wasting energy</div> </div> <div> <div>3</div> <div>I will swap toys and books with my friends, so we buy less new items</div> </div> <div> <div>4</div> <div>I will walk to more places rather than ask to be taken in the car</div> </div> <div> <div>5</div> <div>I will plant some bee friendly plants to help the pollinators</div> </div> <div> <div>6</div> <div>I will re-use and re-purpose items where I can before putting them in the bin</div> </div> <div> <div>7</div> <div>I will stop wasting energy as it is for all to share</div> </div> <div> <div>8</div> <div>I will turn the tap off while brushing my teeth to save wasting water</div> </div> </div>	<p>Living sustainably means taking actions that help nurture and protect God's world. We are called to be stewards of God's creation and our common home. A pledge for living sustainably may be...</p> <p><i>The ideas will come in with each click. You may wish to ask if they can think of any extra ideas</i></p>
<div data-bbox="124 400 632 434"> <div>CAFOD</div> <div>Catholic Agency for Overseas Development</div> <div>LiveSimply</div> </div> <div data-bbox="140 468 611 530"> <p><b>What does "living in solidarity" mean?</b></p> <p>Living in solidarity means caring for other people and helping each other, especially the poorest communities. A pledge for living in solidarity may be...</p> </div> <div data-bbox="113 535 632 678"> <div> <div>1</div> <div>I will make new people feel welcome at my school</div> </div> <div> <div>2</div> <div>I will buy Fairtrade chocolate which ensures the Cocoa farmers get fair pay</div> </div> <div> <div>3</div> <div>I will donate some of my items to help others</div> </div> <div> <div>4</div> <div>I will do as Jesus asked us to, and love my neighbour, this will be visible through my actions</div> </div> <div> <div>5</div> <div>I will remember to tell my family about how we are helping others at school so we can also help</div> </div> <div> <div>6</div> <div>I will take part in campaigns to help others</div> </div> <div> <div>7</div> <div>I will save some coins from my pocket money for those more in need</div> </div> </div>	<p>Living in solidarity means caring for other people and helping each other, especially the poorest communities. We can do this by taking direct action such as raising funds, donating items, campaigning for justice and peace, and in the choices we make e.g. buying Fairtrade products. A pledge for living in solidarity may be...</p>
<div data-bbox="124 689 632 723"> <div>CAFOD</div> <div>Catholic Agency for Overseas Development</div> <div>LiveSimply</div> </div> <div data-bbox="113 728 632 965"> <div>  <div> <p>Loving God,</p> <p>As we write our LiveSimply pledges, help us to think about how we can make a difference.</p> <p>You created the world for us all to share.</p> <p>Help us to think of you often.</p> <p>Help us to be stewards of creation.</p> <p>Help us to look after each other and our sisters and brothers around the world so that all may flourish.</p> <p>Amen.</p> </div> </div> </div>	<p>Before we start writing our LiveSimply pledges, we join together in prayer as we say...</p> <p>Loving God, As we write our LiveSimply pledges, help us to think about how we can make a difference.</p> <p>You created the world for us all to share. Help us to think of you often. Help us to be stewards of creation. Help us to look after each other and our sisters and brothers around the world so that all may flourish.</p> <p>Amen.</p> <p><i>This is the end of the presentation but just to give you some ideas we have included some photos below of other schools' pledge displays just in this script.</i></p>
<div data-bbox="113 1379 632 2076">  </div>	<p>Schools have displayed their pledges in lots of creative ways, these are some examples. You may also like to consider the pupils drawing around their hand to create a template. Alternatively, you can use our LiveSimply Pledges Template</p> <div data-bbox="679 1655 1275 2076">  </div>