

# TEAM CAPTAINS GUIDE

choices for sustainable living  
ecochallenge

🔗 [CHOICES.ECOCHALLENGE.ORG](https://CHOICES.ECOCHALLENGE.ORG)



## ABOUT

Sustainability saturates today's marketing slogans: "sustainable" products, "sustainable" lifestyles, "sustainable" food, "sustainable" development – the term is used often and widely, and even contradictorily. The definitions and visions of sustainability differ with each culture in which it is envisioned, and with the agenda of each person or organization promoting it. Sustainability is a complex concept, but at its essence represents the hope for a healthy, just, and bright future for us all. Join our Choices for Sustainable Living discussion group to envision a sustainable world and how we can create it together.

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**A CALL TO  
SUSTAINABILITY**



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**VISIONS OF  
SUSTAINABILITY**







SESSION 1:  
**A CALL TO  
SUSTAINABILITY**

SESSION 1 | **OVERVIEW**

## **A CALL TO SUSTAINABILITY.**

Answer the call to sustainability and explore how you can create a more sustainable world.



SESSION 1:  
**A CALL TO  
SUSTAINABILITY**

SESSION 1 | **ACTIONS**

- Watch a documentary.
- Sign a petition.
- Explore my area.
- Learn about local issues.
- Research local organizations.
- Start a sustainability journal.
- Pay attention to current events.
- Talk to others.





SESSION 1:  
**A CALL TO  
SUSTAINABILITY**

SESSION 1 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
A Call to Sustainability:**

[choices.ecochallenge.org/challenges/  
session-1-a-call-to-sustainability](https://choices.ecochallenge.org/challenges/session-1-a-call-to-sustainability)



SESSION 2:  
**ECOLOGICAL  
PRINCIPLES**

SESSION 2 | **OVERVIEW**

## **ECOLOGICAL PRINCIPLES.**

Apply ecological principles in your own life!





SESSION 2:  
**ECOLOGICAL  
PRINCIPLES**

SESSION 2 | **ACTIONS**

- Practice gratitude for Earth.
- Join an outdoor project.
- Keep an ecological principles journal.
- Reduce my footprint.
- Advocate for sustainability.
- Research renewable energy options.
- Recycle everything.
- Support pollution.



SESSION 2:  
**ECOLOGICAL  
PRINCIPLES**

SESSION 2 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Ecological Principles:**

[🔗 choices.ecochallenge.org/challenges/  
session-2-ecological-principles](https://choices.ecochallenge.org/challenges/session-2-ecological-principles)





SESSION 3:  
**FOOD**

SESSION 3 | **OVERVIEW**

## **FOOD.**

Sustainable food is good for us, our communities and the world! Select from these actions, and support a healthy food system!



SESSION 3:  
**FOOD**

SESSION 3 | ACTIONS

- Choose organic ingredients.
- Reduce animal products.
- Whole foods diet.
- Zero-waste cooking.
- Support local food systems.
- Weekly meal planning.
- Advocate for more food options.
- Visit a local farm.
- Watch a documentary.





SESSION 3:  
**FOOD**

SESSION 3 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Food:**

[🔗 choices.ecochallenge.org/challenges/  
session-3-food](https://choices.ecochallenge.org/challenges/session-3-food)



SESSION 4:  
**WATER**

SESSION 4 | **OVERVIEW**

## **WATER.**

Slow the flow by taking on a Water Challenge! Select from the actions here, and help us prove that every drop counts.



SESSION 4:  
**WATER**

SESSION 4 | **ACTIONS**

- Install a toilet tank bank.
- Fix leaky faucets.
- Use reusable bottles.
- Install a low-flow showerhead.
- Mulch the base of trees and plants.
- Say no to plastic.
- Learn about my watershed.
- Take back the tap.
- Watch the Story of Bottled Water.





SESSION 4:  
**WATER**

SESSION 4 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Water:**

[🔗 choices.ecochallenge.org/challenges/  
session-4-water](https://choices.ecochallenge.org/challenges/session-4-water)



SESSION 5:  
**COMMUNITY**

SESSION 5 | **OVERVIEW**

## COMMUNITY.

Healthy communities, healthy planet! Select from these actions, and be an agent of change in your community!



SESSION 5:  
**COMMUNITY**

SESSION 5 | **ACTIONS**

- Meet my neighbors.
- Help others.
- Volunteer in my community.
- Join my Neighborhood Association.
- Connect with a nonprofit.
- Sign a petition.
- Host a house party.
- Plan a block party.
- Pick up litter.
- Attend a meeting.



SESSION 5:  
**COMMUNITY**

SESSION 5 | **LEARN MORE**

**Learn more about each action  
and resources for each action in  
Community:**

[🔗 choices.ecochallenge.org/challenges/  
session-5-community](https://choices.ecochallenge.org/challenges/session-5-community)





SESSION 6:  
**TRANSPORTATION**

SESSION 6 | **OVERVIEW**

## **TRANSPORTATION.**

Better for our bodies, better for our planet –  
alternative transportation is the way to go!



SESSION 6:  
**TRANSPORTATION**

SESSION 6 | **ACTIONS**

- Use public transit.
- Try carpooling.
- Go by bike.
- Walk instead.
- Car share.
- Use muscle power.
- Advocate for greener vehicles.
- Improve a bus stop.
- Locally-sourced meals.
- Research better transportation.



SESSION 6:  
**TRANSPORTATION**

SESSION 6 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Transportation:**

[🔗 choices.ecochallenge.org/challenges/  
session-6-transportation](https://choices.ecochallenge.org/challenges/session-6-transportation)



SESSION 7:  
**CONSUMPTION  
AND ECONOMY**

SESSION 7 | **OVERVIEW**

## **CONSUMPTION AND ECONOMY.**

Less is definitely more! Challenge the ethos of consumer culture by simplifying your life this week.





SESSION 7:  
**CONSUMPTION  
AND ECONOMY**

SESSION 7 | **ACTIONS**

- Buy only what I need.
- Support a sharing economy.
- Track my purchases.
- Support local businesses.
- Watch a documentary.
- Learn about alternatives to the GDP.
- Visit a waste management facility.
- Personal waste audit.
- Carry my trash.



SESSION 7:  
**CONSUMPTION  
AND ECONOMY**

SESSION 7 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Consumption and Economy:**

[choices.ecochallenge.org/challenges/  
session-7-consumption-and-economy](https://choices.ecochallenge.org/challenges/session-7-consumption-and-economy)



SESSION 8:  
**VISIONS OF  
SUSTAINABILITY**

SESSION 8 | **OVERVIEW**

## **VISIONS OF SUSTAINABILITY.**

Envision the real impact you can have and commit to the biggest change you've made yet. You can do it!



SESSION 8:  
**VISIONS OF  
SUSTAINABILITY**

SESSION 8 | **ACTIONS**

- Install alternative energy.
- Organize a course.
- Become a master recycler/composter.
- Launch a recycling program.
- Support a sharing economy.
- Advocate for greener vehicles.
- Contact decision makers.
- Eco-friendly gardening.
- Collect rain water.
- Join an outdoor project.
- Online energy audit.



SESSION 8:  
**VISIONS OF  
SUSTAINABILITY**

SESSION 8 | [LEARN MORE](#)

**Learn more about each action  
and resources for each action in  
Visions of Sustainability:**

[🔗 choices.ecochallenge.org/challenges/  
session-8-visions-of-sustainability](https://choices.ecochallenge.org/challenges/session-8-visions-of-sustainability)



## **how do i register for ecochallenge?**

Go to [choices.ecochallenge.org](https://choices.ecochallenge.org), and click the JOIN button on the homepage. After creating your profile, you'll have the option to search for a team, create a new one, or join the Community team.

## **ecochallenge has already started - is it too late to sign up?**

This Ecochallenge is ongoing, so you can join with your team at any time and set your own desired duration for this Ecochallenge.

## **how do i order the book?**

For all instructions, visit:  
[choices.ecochallenge.org/about/course-info](https://choices.ecochallenge.org/about/course-info)

## **how often should i “check in” during this ecochallenge?**

Simply put, as often as you can! Watching your impact add up each day as well as sharing your experience with others on the participant feed can provide important inspiration.

### **for more info, visit:**

[choices.ecochallenge.org/about/course-info](https://choices.ecochallenge.org/about/course-info)

**use these features to lead your team(s) through a successful and engaging ecochallenge!**

## **1. create your own actions**

Do you have an action for all of your team members to take? Within any category, you can create an action and give it a description, a reflection question, and links to resources for learning more.

## **2. assign actions**

Want to make sure all of your students engage in the same action(s)? Assign actions from various categories to your team members.

### 3. manage multiple teams

Have multiple classrooms or groups you'd like to engage in this Ecochallenge? Utilize the "Manage Multiple Teams" feature to oversee and guide all your teams.

**for instructions on using features,  
visit:** [choices.ecochallenge.org/about/resources](https://choices.ecochallenge.org/about/resources)

**we have an array of graphics for you to use across social media.**

## **instagram and facebook posts**

- graphics to introduce each session
- quotes from the course book
- testimonials from participants

## **instagram stories posts**

- introductions to sessions
- actions to-do lists

## **emails graphics**

- newsletter headers

**printable posters + postcards**

**blank posters + postcards**

**to download graphics and explore  
more resources:**

[choices.ecochallenge.org/about/resources](http://choices.ecochallenge.org/about/resources)



## CONTACT US

**need more to engage and support  
your team members? tell us!**

We are here to help you fully engage your team to take part in this transformative experience. Reach out to us at [support@ecochallenge.org](mailto:support@ecochallenge.org) and let us know how we can best support you!

**ecochallenge**  
dot org