We are living in pivotal times, and they illuminate the glaring disparities within our social systems. But as we’re experiencing through global protests and advocacy right now, people working together can increase their power and impact for positive change. Hundreds of thousands of people have already been doing this all around the globe — crowd-sourcing solutions and impacting their communities positively. Find many of their stories — as well as inspiration for taking action yourself — by joining our Seeing Systems: Peace, Justice, and Sustainability discussion group and participating in its complimentary Ecochallenge, Seeing Systems Ecochallenge.
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IT’S ALL CONNECTED.

Through systems thinking, we can more accurately identify the massive and interconnected problems we face. We can also learn from our mistakes to design more peaceful, just, and sustainable systems that are better for us all.
SESSION 1: ACTIONS

- Pay attention to current events.
- Start a systems journal.
- Learn about local issues.
- Meet my neighbors.
- Research local organizations.
- Meditate.
- Watch a documentary.
- Help others.
- Use the Iceberg activity to practice systems thinking.
Learn more about each action and resources for each action in It’s All Connected:

🔗 systems.ecochallenge.org/challenges/it-s-all-connected
PEACE TALKS.

Communication is a component of every conflict, and it is also a component of constructive conflict transformation. Practice new communication skills with a sense of curiosity, play, and reciprocal forgiveness.
SESSION 2 | ACTIONS

- Practice listening.
- Communicate constructively.
- Meet my neighbors.
- Write letters or emails.
- Pick up the phone.
- Talk to others.
- Recognize manipulative communication tactics.
- Share my actions.
Learn more about each action and resources for each action in Peace Talks:

🔗 systems.ecochallenge.org/challenges/peace-talks
JUSTICE FOR THE WHOLE COMMUNITY.

Environmental justice is a social movement that calls for fair distribution of environmental benefits and burdens — and justice for the whole community. Enlarge the boundaries of your community by intentionally acting with integrity toward all beings.
SESSION 3: JUSTICE FOR THE WHOLE COMMUNITY

SESSION 3 | ACTIONS

- Learn about local environmental justice concerns.
- Reduce my footprint.
- Support a sharing economy.
- Pick up litter.
- Support pollution reduction.
- Support native communities.
- Attend a meeting.
- Advocate for green spaces.
- Meet my local farmers.
- Learn about food deserts.
- Do nature activities.
- Define justice.
- Get involved in the water justice movement.
Learn more about each action and resources for each action in Justice for the Whole Community:

🔗 systems.ecochallenge.org/challenges/justice-for-the-whole-community
SESSION 4 | OVERVIEW

UNDERSTANDING SYSTEMS THROUGH CONFLICT TRANSFORMATION.

Open your eyes to new opportunities for building cooperative, peaceful, sustainable communities. Visualize and start to build the inclusive, equitable community in which we want to live.
SESSION 4 | ACTIONS

- Track my purchases.
- Pay attention to current events.
- Write letters or emails.
- Talk to my friends and colleagues.
- Advocate for socially responsible practices.
- Volunteer in my community.
- Research restorative justice.
- Living in the doughnut.
Learn more about each action and resources for each action in Understanding Systems through Conflict Transformation:

systems.ecochallenge.org/challenges/understanding-systems-through-conflict-transformation
RESPONDING TO SYSTEMIC VIOLENCE.

When we view violence as something that can occur at a systems level, we begin to see the entangled natures of peace and justice. Work to make larger changes and start to dismantle oppressive systems.
SESSION 5 | ACTIONS

- Support a sharing economy.
- Support businesses owned by people of color.
- Sign up for ABAR training.
- Talk to my friends and colleagues.
- Support native communities.
- Sign a petition.
- Share my actions.
- Support pollution reduction.
- Reduce single-use disposables.
Learn more about each action and resources for each action in Responding to Systemic Violence:

🔗 systems.ecochallenge.org/challenges/responding-to-systemic-violence
CO-CREATING LIVING PEACE.

Take action by practicing peace behaviors, engaging with your environment, allowing for differences, creating opportunities to build peace, and emerging transformed as a peace opportunist.
SESSION 6: CO-CREATING LIVING PEACE

SESSION 6 | ACTIONS

- Becoming a change agent.
- Talk to my friends and colleagues.
- Volunteer in my community.
- Join my neighborhood association.
- Happiness.
- Connect with a nonprofit.
- Organize a course.
- Practice gratitude for earth.
Learn more about each action and resources for each action in Co-creating Living Peace:

🔗 systems.ecochallenge.org/challenges/co-creating-living-peace
FREQUENTLY ASKED QUESTIONS

how do i register for ecochallenge?

Go to systems.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: systems.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:
systems.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: systems.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:
systems.ecochallenge.org/about/resources
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 and let us know how we can best support you!

ecochallenge
dot org