

AUXILIUM CONVENT SCHOOL, BARASAT

FUN ACTIVITIES DURING LOCKDOWN- 'LAUDATO SI' 24TH MAY 2020 – 30 JUNE 2020

Class Nursery

Please choose any one of the following option:-

- a) Make a video of the student showing the beauty of nature like sun, moon, stars, trees, plants, flowers, etc. saying the poem “all things bright and beautiful”.
(OR)
- b) Make a video showing the student having a meal together with all the members of the family, watching TV programme with the family, walking and talking with the family on the terrace, helping the elderly in the family and the voice of the child in the video saying the prayer “Thank you God for the world so sweet’.
(OR)
- c) Make a video showing the student watering the plants, showing a tray of fruits and vegetables, medicines, herbs and say a few simple sentences that trees and plants are important for us and all the valuable to things we get from trees and why we should take care of nature and not cut down trees.

Class K.G.

Children will portray through a video clip how they have achieved a new family bonding during these days when all the members are together at home. Thank God for the family members.

Class I

Children will sit at the table to have their food. They will follow the rules of table manners, say a few sentences on the importance of eating good food, to develop the habit of not wasting food and eating on time. Thank God for the food they eat and for those who prepared it. (through a short video clip)

Class II

Children will draw their Family Tree and stick pictures of their family members. They will hold the picture in their hands and say a few words through a short video clip. Thank God for the members of the family.

Class III

Children will observe the beauty of nature as they wake up early in the morning. They will watch the morning sky, the atmosphere around, the night sky and stars too and say a few sentences on

how much they appreciate mother nature and prepare a short video clip. Thank God for the beauty of creation.

Class IV

Children will show in a video clip what they are going to do in order to keep the environment clean. First they will practice cleanliness at home by keeping their books and study place neat and tidy. They will help their parents at home in setting the table or cleaning their room. Thank God for the home.

Class V

Children will use the waste from the kitchen like vegetable and fruit peels to make manure in order to strengthen mother earth. Thank God for all the farmers who toil for country. Prepare a video clip.

Class VI

Prepare a video clip.

Water Conservation at home

- In the kitchen
- In the washroom
- In the garden while watering plants
- While washing one's car or cycle
- While giving bath to one's pet.

Say a prayer thanking God for the gift of water.

Class VII

Short videos promoting eco-friendly celebrations [Mono-acts]

- A Birthday Party where one does not use coloured lights power consuming devices for decoration. The use of coloured paper and other eco-friendly articles can be portrayed.
- Festivals that can be celebrated in an eco- friendly way- use of paper cups, snacks served in trays instead of individual boxes. Elimination of the items of individual use like hymn sheets and brochures which are usually disposed of and thus litter the place.

Say a prayer thanking God for the gift of nature.

Class VIII

Home made articles of daily use especially in this crisis situation

The students can create short videos on :

- How to make liquid soap instead of buying hand wash

- How to make masks
- Make paper bags with newspaper which can be easily disposed
- How to make snacks that people spends lot of money on by ordering them from outside.
Say a prayer thanking God for the gift of creation and interconnectedness.

Class IX

Making best out of waste

- Videos to be made by you on how we can save our mother Earth, Making best out of Waste with help of recyclable things.
Make a prayer thanking God for the gift of creation and promise to protect the nature.

Class X.

Proper Waste Disposal and Creation of Compost Tanks.

- Students can create short videos in which they can show how dry and wet waste can be disposed.
- They can grow potted plants.
- They can start creating a terrace garden as a community initiative if they live in a complex or a flat.
- Use of drums or pits to turn organic garbage into compost.

Make a prayer thanking God for the gift of creation and promise to protect the nature.

Class XI

Reducing Carbon Footprint

- Single videos depicting activities by which one can reduce carbon footprint.
- Students can do the Personal Carbon Footprint Calculator Activity and suggest to others to do so thereby creating awareness.
- Make a prayer thanking God for the gift of creation promising to protect the nature.

Note to the Instructor

Carbon Footprint is the amount of energy spent or emitted during the production and consumption of goods and services.

The carbon footprint 1 litre of petrol is;

1. Manpower, money for satellite mapping of oil resource.
2. Travel and money spent on the meeting of business heads to close the deal of drilling an oil well.
3. Hiring a company of researchers to test the soil underwater.
4. The hiring of an oil rig to drill with its manpower and manned hours.
5. Drilling and polluting the ocean in the process. Creating an oil well with an oil tap.
6. Hiring an oil container to tap the oil and transfer the oil to a refinery on land.
7. The oil refinery uses water and energy to break the crude oil into its various components [petrol, diesel, kerosene and other byproducts]
8. The refined oil is put in a tanker and distributed to a petrol pump.
9. The petrol pump then sells that petrol to you. So for that 1 litre of Petrol there has been a million litres of fuel spent. This does not make sense. An alternative to fossil fuel is a desperate need of the hour.

The entire carbon footprint of buying 1 litre of petrol is summarized through the steps from 1 to 9 in the above-given example. Similarly, when we have money we decide to buy salmon from the supermarket/food section in a mall. This salmon has travelled from the pond it was grown in a far away country, to the processor plant that packed it, to the distributor warehouse to dispatch it, to the airport to fly it to the receiving country, say India, to the warehouse and to the distributor and then to the retailer and finally to your kitchen. The amount of energy spent to get that salmon to your kitchen is the amount of carbon footprint of your action and decision to eat that salmon. We must become aware of from where our food is sourced.

Therefore when you eat apples from another place it adds to your carbon footprint. Hence to ensure a low carbon footprint we have to choose to eat local and seasonal only.

Production requirement for 1 kg of meat.

- * 121,8 sq. meters of arable land for grazing the bulls etc.
- * 1500 litres of water,
- * 160 kgs potatoes,
- * 25 kgs of food-grain.* Petrol to transport the meat.* Refrigeration to store the meat

Try to research during the session, the carbon foot-print of 1 litre bottle of packaged water.

Duration: 30 to 45 minutes.

Topic: Carbon footprint.

Starter: Personal Carbon footprint calculator activity For each statement, circle the letter of any one option which best describes what you do. Assign 1 point for each 'A' answer and 3 points for each 'B' answer. Then add all five values together to determine how impactful your carbon footprint is:

1. My diet mostly consists of

- A. Vegetarian food
- B. Non-vegetarian food

2. I watch the TV or use the computer for

- A. Fewer than 4 hours a day
- B. 4 or more hours a day

3. In a month, I purchase

- A. Fewer than 5 clothes/ books/personal care items
- B. 5 or more clothes/ books/personal care items

4. My daily commute is usually by

- A. Walk or cycle/Public transport
- B. Private vehicle

5. When it's hot, I...

- A. Switch on the fans
- B. Use the AC44

5 to 10 points: Congratulations! Your carbon footprint is light, continue making climate-friendly choices

10 to 15 points: Your carbon footprint is medium, consider adopting the suggestions in this session for reducing your carbon footprint

15 points: Though your carbon footprint is high, you can always lower it by implementing the climate-friendly steps you have learned.

CLASS XII

The Assignment is for both the Moral Science and the Catechism Students: Online Prayer Service will be conducted by the Moral Science Teacher. Write a poem or a short write up or depict the topic through any art form (drawing/ painting/ collage etc.). The topic for your activity will be taken from the insights that emerge from the Prayer Service, highlighting also the practical ways through which you and your family have reached out to the poor and the needy.

Prayer service – Class XII ABC

Theme: EVERYTHING IS CONNECTED

“Show Mercy to our Common Home” “protector of God’s handiwork”

Introduction: We’re living through history-shaping events.

Laudato Si’ – is a document written by Pope Francis on “COMMON HOME’ it teaches us how to build a better world–together. People everywhere are crying out for hope, and our faith is urgently needed to light the way. For Laudato Si’ Week, 16-24 May 2020, All are uniting in solidarity for a more just and sustainable future. We stand united with our brothers and sisters in faith as we grow through the crisis of this moment to build a better tomorrow.

The first steps toward integrating love and care for creation is by conducting an examination of conscience. We offer this Examen based on the Pope’s message to help you through this process.

Follow these 6 steps: Take a prayerful position...

1. Rest in the presence of God.

“Turning to this bountiful and merciful God our Father who awaits the return of each of his children, we can acknowledge our sins against creation, the poor and future generations” – Pope Francis Before you begin, take a moment to remember that you are in the presence of our loving Creator. It might help to close your eyes, take a few deep breaths, and offer a prayer for the grace to listen deeply to God’s word within you.

Hymn: I can feel your presence in my Life...

2. Give thanks for God’s creation and creatures

“The first step... involves “gratitude and gratuitousness, a recognition that the world is God’s loving gift” – Pope Francis Offer thanks for the many ways God has blessed you through creation. This might include what you ate for breakfast, the water you drink... or it might be a favourite tree, the sounds of birds chirping or a place in nature that is special to you.

Give thanks for the people, past and present, who have contributed to the fabric of your life. You might think about the people who helped raise you, your sisters, teachers and Parents the people who pick your food, make your clothes, and the countless others. Pope Francis invites us into “loving awareness that we are not disconnected from the rest of creatures, but joined in a splendid

universal communion.” Our lives are interconnected, and interdependent on so many other people!

Hymn: O give thanks to the Lord

3. Reflect on the ways you have heard “both the cry of the earth and the cry of the poor.”

Reflect on the ways you have listened to “the cry of the earth and the cry of the poor.” “In as much as we all generate small ecological damage,” we are called to acknowledge “our contribution, smaller or greater, to the disfigurement and destruction of creation” – Pope Francis. Take time to reflect on the following questions Pope Francis asks in his message: Am I aware of the “cry of the earth and the cry of the poor?” Am I conscious of how the natural world, the plants, and animals are suffering? Do I take time to learn about the social and economic realities faced by so many around the globe? In what ways have I made a conscious effort to care for creation and its creatures? In what ways have I fallen short? Are there ways and times that I consume more than is necessary? How can I help to “make amends for past and present religious intolerance” as well as for injustice towards people of other religions, “women, indigenous peoples, immigrants, the poor and the unborn?”

4. Ask forgiveness for the ways you’ve fallen short in caring for God’s creation and creatures.

“After a serious examination of conscience and moved by sincere repentance, we can confess our sins against the Creator, against creation, and against our brothers and sisters” – Pope Francis. Bring to God the ways that you have fallen short in caring for our common home and ask for forgiveness. If you are so moved, you might want to bring some of your reflections into light – therefore you can share or say a prayer to God asking Him to pardon you for not taking care of his creation.

5. Make amends by committing to concrete ways to show mercy to creation and your neighbours.

Make Amends “Examining our consciences, repentance and confession to our Father who is rich in mercy leads to a firm purpose of amendment. This in turn must translate into concrete ways of thinking and acting that are more respectful of creation” – Pope Francis. Pray to God for the grace to know how you are invited to better care for creation, the poor, and future generations.

In his message, Pope Francis offers the following guidance, As a corporal work of mercy, care for our common home requires “simple daily gestures which break with the logic of violence, exploitation and selfishness” and “makes itself felt in every action that seeks to build a better world... A single question can keep our eyes fixed on the goal: “What kind of world do we want to leave to those who come after us, to children who are now growing up?” What changes can you make in your personal life or in your community to better care for our common home and its inhabitants, present and future?

6. Close in prayer

Conclude your Examine by giving thanks for the merciful love that you received during this time and then praying the final prayer in the Pope’s message:

Hymn: Every tiny star that twinkles in the night sky...

O God of the poor, help us to rescue the abandoned and forgotten of this earth, who are so precious in your eyes... God of love, show us our place in this world as channels of your love for all the creatures of this earth, God of mercy, may we receive your forgiveness and convey your mercy throughout our common home. Praise be to you! Amen. [All quotes are taken from Pope Francis' message "Show Mercy to our Common Home" written on the occasion of the World Day of Prayer for the Care of Creation (1 September, 2016)]

Mary our Help pray for us...

Each class can prepare a collage of all their videos and give a concluding message or take some pledges like the following:



Concrete Suggestions: I also pledge that

- I will** avoid wasting food and water.
- I will** use public transport more often
- I will** consume responsibly by only buying what I need
- I will** properly dispose of the waste I generate
- I will** inspire others to join me in protecting our planet