

just ONE day

GUIDE TO LIVING SIMPLY

Your challenge is to live simply for Just One Day.

This Living Simply Guide will help you to experience what life is like for families living in poor communities overseas.

As you go about your daily tasks, think about what you are doing and what it would be like if you lived like this all the time. You may even choose to create a family journal where you write about what you did, and how you felt during the day.

EAT SIMPLY

People in poor communities don't have much money to buy many different kinds of food. Often there are not many shops around and there isn't much variety available.

Today, try to eat really simple food. You might feel a little hungry, but it is for Just One Day. This will help you to imagine what it would be like if you were hungry all the time.

Remember that for today, you need to put away your utensils and eat out of a bowl using your fingers. You can sit on the floor or sit on chairs but don't use a table.

It will help if you make a plan about what you are going to eat, and write it down. Maybe you could lay out some basic food on a table or bench. Draw a picture or write down what you eat so that you can compare it with what you might eat on a normal day. Below are some suggestions about what you should eat.

BREAKFAST

(choose one)

- Plain oats cooked with water
- Weet bix with a splash of water
- Bread
- Water to drink

MORNING TEA

- One piece of fruit
- Water to drink

LUNCH

Your school may be providing your lunch today. If so, your lunch will be a bowl of rice with some soy sauce or tomato sauce. If you grow vegetables at school this could be part of the lunch.

Sustainability is very important. In poorer rural communities, families will try to grow some vegetables to supplement their diet.

If school isn't providing lunch these are our suggestions: (choose one)

- Some cooked rice and sauce
- Two slices of bread with ONE spread
- Leftovers from the night before - eaten cold, with your fingers
- Water to drink

DINNER

(choose one)

- Baked beans on toast (no butter)
- Rice and vegetables
- Rice and beans (baked beans, cannellini)
- Mashed potato (white or sweet) with beans or vegetables
- Water to drink

USE WATER THOUGHTFULLY

In most poor communities, families do not have running water in their homes.

It is usually the responsibility of children and women to collect water from a central village tap or well, or from a river some distance away. It is hard work collecting water for a whole family, especially when you have to carry it on your head.

For Just One Day, think about how you use water everyday. You might like to write down all the ways that you and your family use water.

Your challenge at home is: to collect all your drinking water from an outside tap. You could fill a couple of buckets in the morning, then put them somewhere safe inside; or you could go outside whenever you want a drink.

Your challenge at school is: discuss with your teacher what the plan for the day is. Your school may decide that students will collect all water outside from a single tap.

To extend this challenge you could:

- Measure how much water you use during the day
- Try to only use one bucket of water (for each member of the family) for drinking, cooking and washing. Don't forget to keep some water separate to wash your hands
- Shower or bathe in only cold water

TURN OFF SCREENS

In many poor communities overseas electricity is not available, or if it is, it isn't available all the time. It is also expensive. Also, children do not have all the electronic screens that we have for entertainment.

Your challenge at home is: to not use any form of screen device to have fun. This means NO TVs, computers, ipods, ipads, phones, Xbox, PS, Wii or any other gizmo you might think of.

Instead you could:

- Play outside with a skipping rope or ball
- Play a game of hopscotch
- Play a board game
- Do a jigsaw puzzle
- Draw a picture

To extend this challenge you could:

- Try and entertain yourself without using any toys that you have bought
- Make up a new game using recycled items

Your challenge at school is: go without computers, interactive whiteboards, ipads etc for the day.

To extend this challenge at school you could:

- Push all the furniture to the side of the classroom and work on the floor for the day
- Make a long row of desks and all squeeze into two rows
- Share books, pencils and paper

For more information visit justoneday.org.au



Kids like Raven in the Philippines can now go to school thanks to your help!