

GUILTY PLEASURES

STEP 4

ACTIVITY KEY CARD

Suggested amount of participants: 8-80

Estimated time: 45-60 minutes

Materials: None!



DIG IN

Dig In aims to illustrate the many facets of Sustainable Development through educational activities that connect participants worldwide.

We aim to foster active global citizenship by developing individuals' attitudes, skills and knowledges on the area.

Welcome to Step 4!

In this step we once again delve into environmental sustainability. We will be looking at ourselves and at our guilty pleasures, the things we know are wrong yet we do anyway. You will look inwards and discuss what your environmental guilty pleasures are, why you do them, and maybe even how you can better yourselves and reduce the impact you personally have on the environment.

At the end of this activity you will hopefully be prepared to take action on your guilty pleasure and potentially fight the negative impact your guilty pleasure has on the environment on a larger scale, by working with an LMO perhaps... We hope you enjoy,

The Dig In team.

ASK

Attitudes

- *Willingness to challenge yourself to a more sustainable living.*

Skills

- *Ability to analyse how you can remove obstacles and help yourself reach a goal.*

Knowledge

- *Understanding of how little habits we have can negatively impact the environment.*

Before you start

- Make sure you have an overall understanding of the activity and the social sustainability before running the activity.
- You will find instructions to specific resources through the activities. You can find such resources at the end.
- Don't forget to take pictures and send these along with your name, number of participants, and where it was run to digin@ijb.cisv.org!
- Looking to print the activity? There is a print friendly version available [here](http://bit.ly/digin-4) (bit.ly/digin-4) to help you save ink!
- Follow us on [Facebook](#) and [Issuu](#).

PART 1
10-15 minutes

Individually think of five habits or actions you do that you know have a negative impact on the environment (i.e. taking long showers). Write them down on your phone or keep them in mind.

Sit down in pairs and share your five guilty pleasures.

DO
10-15 minutes

PART 1
10-12 minutes

In the same pairs answer the following questions.

1. Did you have any habits or actions in common?
2. Do these make you feel guilty?
3. If you know that these actions have negative consequences, why do you do them? And, do you make excuses to yourself to justify these actions?
4. Is it necessary to your lifestyle and how would your life be affected if you were to cut these out? (maybe?)

REFLECT
10-12 minutes

PART 1

15-20 minutes

Join two pairs together to create groups of four.

Answer:

1. Do you think any of your habits are more or less unique to you?
2. Which of your habits are shared by others in your:
 - Age group
 - Country
 - Economic background

Pick one of your habits that you could see yourself changing:

3. What changes would make it easier for you to stop this habit?
 - How would you motivate others to reduce their harmful habits? E.g. those who aren't as worried about the environment.
(i.e. governments give rebates to those who switch to clean energy)
4. Who could help you with this?

Each pair now shares in the big group their answers to the generalise questions.

GENERALISE
15-20 minutes

PART 1

15 minutes

Create a challenge for yourself to stop one of your habits and answer all or a few of these questions:

1. How can you make this change as easy as possible for yourself?
2. For how long will challenge last?
3. How will you reward yourself in the end?
4. How can you encourage others join you?
5. Are there any NGOs in your area working with this specific issue, or with things connected to it? (If you can't think of any, why don't you go and find one after the activity?)

APPLY
10-12 minutes

WOULD YOU...

**LIKE TO USE @IJBNEWS SNAPCHAT
ACCOUNT WHILE RUNNING STEP 4?**

*Contact Agus (Comms Specialist) at:
communications@ijb.cisv.org*

