



Rules of the Game: 1) Each challenge can only be completed once. 2) Don't forget to record your completed challenges in the survey at the end of each week. 3) You may carry any challenges you do not complete into the following weeks. 4) Any group activities organized by the committee will be announced one day prior as a reminder, but dates and times can be found in this document. 5) All "bonus" activities are worth one (1) point 6) Feel free to reach out to us if you have any questions!

Week 5: May 29 – 31st

- 1- **Listen to (or read) "Letter of Apology to Mother Earth"** by V (former: Eve Ensler) performed at the 2020 *Universe in Verse*. (3pts)
 - Watch: <https://vimeo.com/459767757>.
 - Read: <https://www.brainpickings.org/2019/10/28/eve-ensler-apology-mother-earth/>

- 2- **Take the time to learn about [First Nations in the region where you live](#)**, relationships with the land, and Indigenous land protectors. (4pts)
 - Resources: <https://www.musqueam.bc.ca/our-story/>
 - <https://www.squamish.net/about-our-nation/>
 - <https://twnation.ca/>
 - Bonus: Share some resources that you know of or like!

- 3- **Learn about the Zero Waste Centre!** (4pts)
 - <https://vancouver.ca/home-property-development/zero-waste-centre.aspx>
 - Bonus: photo of you at the centre recycling your waste!

- 4- **Drop off gently used towels and sheets at your local animal shelter or vet - they always need them!** (5pts)
 - Link: <https://spca.bc.ca/>

Eco Challenge 2022 Weekly Calendar

- 5- Grab a friend, a garbage bag, and spend 30 minutes picking **up litter at your local park, beach, or roadside.** (10pts)
 - Bonus: photos of you doing this activity.

- 6- **Share your favourite memory of visiting a farmers' market.** Do you have a favourite product? (2pts)
 - <https://eatlocal.org/markets/trout-lake/>
 - Bonus: Take a picture if you have the product handy.