



**Catholic  
Earthcare**  
CARITAS AUSTRALIA

A central illustration of a young girl with long, wavy brown hair, wearing an orange long-sleeved shirt. She is smiling and holding a blue and green globe of the Earth in her arms. The background is a soft-focus landscape with green bushes, a tree, and a yellow flower.

# Faith in Action

**Catholic Earthcare | Caritas Australia**

**Student Guide and Checklist**

# WHAT IS CATHOLIC EARTHCARE?

**Catholic Earthcare** is a program that helps people care for God's creation — people and planet! It's part of Caritas Australia and focuses on teaching schools, parishes, and communities how to live in ways that protect the environment and all living things. Inspired by Pope Francis' message in *Laudato Si'*, Catholic Earthcare encourages us to see the Earth as our common home and to take small, meaningful actions — like reducing waste, saving energy, planting trees, and caring for animals — so that together we can build a more just and sustainable world for everyone. *The Cry of the Earth is the Cry of the Poor!*

*Laudato Si'* is Pope Francis' message calling us to care for our **common home** — **the Earth**. It reminds us that everything in creation is connected, and that caring for people and the planet is part of living our faith, working together in solidarity and working towards the common good for all.

## Laudato Si' Goals



Respond to the Cry of the Earth



Respond to the Cry of the Poor



Ecological Economics



Adoption of a Sustainable Lifestyle



Ecological Education



Ecological Spirituality



Community Resilience and Empowerment

## Questions

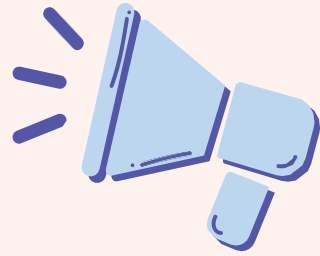


[catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au)



[www.caritas.org.au/catholic-earthcare](http://www.caritas.org.au/catholic-earthcare)

# Advocacy – Raise Awareness!



**Advocacy** is about speaking up and taking action for what is right - it's how people use their voices to create positive change for others and for our planet. In Australia and around the world, advocacy plays a vital role in protecting those who are vulnerable - whether that's people, animals, or the environment. Through advocacy, communities can raise awareness, influence decision-makers, and inspire others to take meaningful action. From campaigns to protect endangered native species, to movements for climate justice and equality, advocacy reminds us that everyone has the power to make a difference. By standing together and using our voices for good, we help build a fairer, safer, and more sustainable world for all creation.

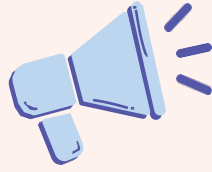
There are many ways you can advocate for the environment:

1. Host a film or documentary viewing.
2. Create an awareness campaign in your school (assembly presentation, short video, posters, or digital media).
3. Write a letter to your local Member of Parliament.
4. Write a prayer to share.
5. Host a school assembly or community presentation.
6. Explore your carbon footprint and encourage others to do the same.



*Have another idea how you can advocate for creation - contact Catholic Earthcare [catholiceartchcare@caritas.org.au](mailto:catholiceartchcare@caritas.org.au)*

# ADVOCACY



1

Host or participate in a film or documentary viewing about conservation.

Hosting a film or documentary screening about conservation or climate change is a powerful advocacy tool because it brings stories to life in a way that facts and text alone cannot. Films can show the beauty of wildlife, the challenges species face, and the real impact of human activity on our environment, making the issues more relatable and emotional for viewers. By engaging people visually and emotionally, a screening can inspire empathy, spark conversations, and motivate your school or community to act. It's a creative way for you or a group to educate others, raise awareness, and show that caring for our environment is both urgent and achievable. You might like to invite a guest speaker for a Q&A after the film!

## Some Film ideas include:

- Before the Flood **PG**
- Chasing Coral **PG**
- Mission Blue **PG**
- Breaking Boundaries:  
The Science of our planet **PG**
- The Life of Our Planet **PG**
- Burning **M**
- 2040 **G**
- Cowspiracy **M**
- The Letter **G**



# Checklist

## 1. Planning

- Choose a relevant film or documentary focused on conservation or a local endangered species
- Confirm film length, age-appropriateness, and licensing/permissions
- Set a date, time, and location for the screening (classroom, hall, or outdoor space)
- Identify your target audience (students, teachers, community members)

## 2. Promotion

- Create posters, social media posts, or announcements to invite attendees
- Include the film title, date, time, location, and purpose of the screening
- Encourage friends and community members to attend and spread the word

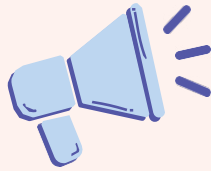
## 3. Setup

- Arrange seating and ensure everyone has a clear view of the screen
- Test audio and video equipment beforehand
- Prepare any additional materials (program, handouts, discussion questions)

## 4. Engagement

- Introduce the film and explain its purpose and key messages
- Encourage viewers to take notes or reflect on what they learn
- Host a discussion or Q&A session after the screening
- Provide ideas for actions viewers can take to help the species or environment

# ADVOCACY



## 2

## Create an awareness campaign in school.

By creating an awareness campaign, you can teach others about an environmental issue impacting our Earth - from pollution to threatened species - an awareness campaign is a way to share important information and inspire others to act! This activity lets you become a voice for creation, sharing knowledge, hope, and solutions with your school community. Awareness campaigns give your voice power, encourage teamwork, and show that even small actions can have a big impact. You could share your awareness campaign at a school assembly, create a short film, display posters or run a school activity.

Looking for some inspiration – here are some ideas to get you thinking:

- The impact of litter and plastic waste on local waterways or beaches
- Habitat loss in your region and how it affects native animals
- Threatened or endangered species in your local area
- Ethical consumerism: buy local
- Green energy: combating carbon emissions
- Participate in Caritas Australia's BIG Water Walk



# Checklist

## 1. Planning

- Choose an environmental issue you connect with
- Define your campaign goal (e.g., raise awareness, inspire action, fundraise)
- Identify your audience (school, community, social media followers)
- Decide on campaign format(s): posters, social media, videos, events, presentations

## 2. Content & Messaging

- Include key facts about the issue (what, why, impact, importance)
- Keep messages clear, short, and easy to understand
- Use engaging storytelling or fun facts to capture attention
- Include a call to action (e.g., “Plant trees,” “Join a clean-up,” “Reduce waste”)

## 3. Visuals & Design

- Use high-quality images, infographics, or diagrams
- Choose 2–3 complementary colours consistent across campaign materials
- Make headlines and key points bold and readable
- Optional: add logos, QR codes, or links to reputable resources

## 4. Promotion & Engagement

- Share through chosen channels (school noticeboard, assembly, social media, newsletter)
- Encourage peers and community members to get involved

**Please note:** if you are under 16 years of age you will need to ask an adult to post/share any materials through appropriate social media channels.

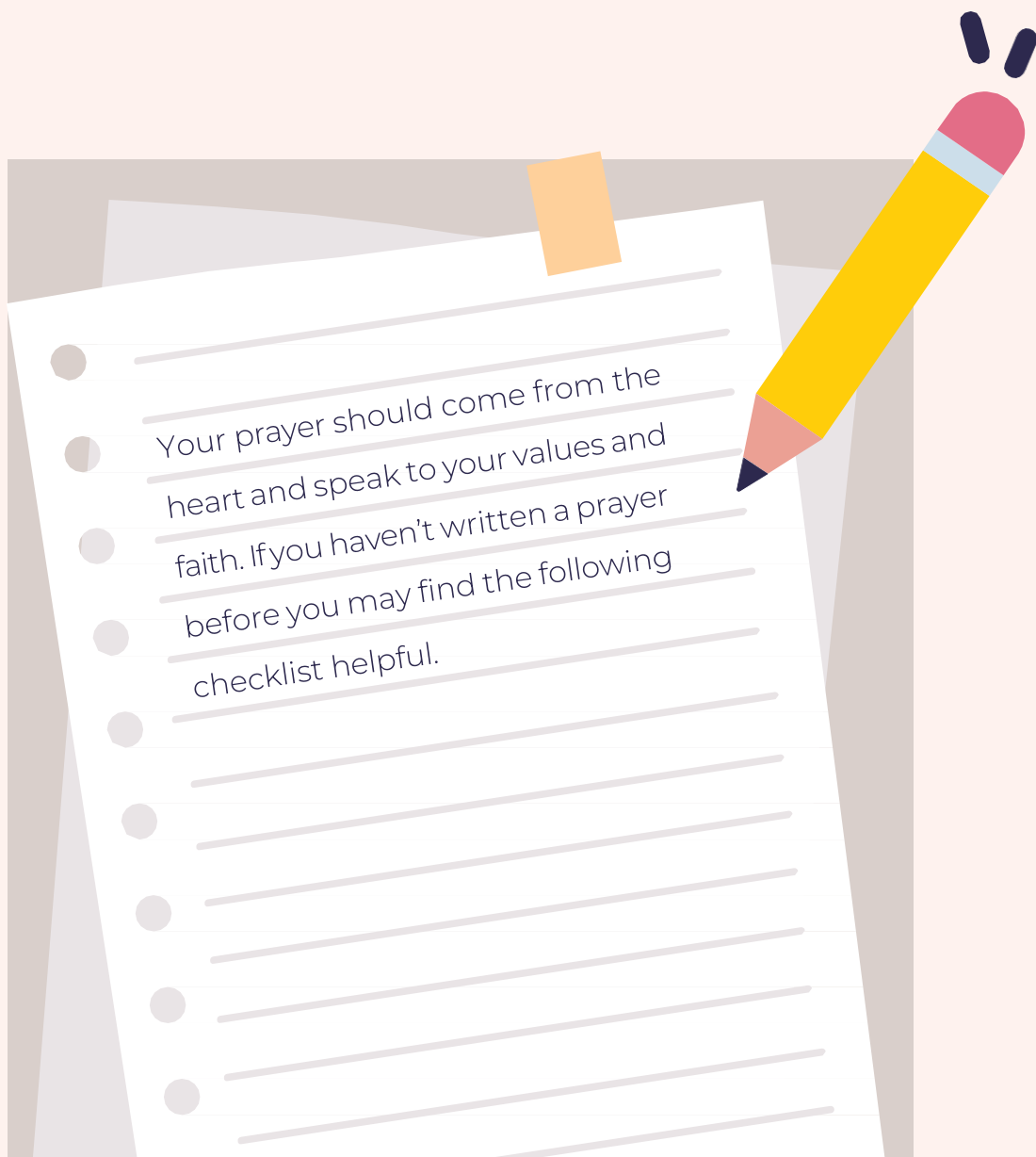
# ADVOCACY



3

## Write a Prayer to Share

Writing a prayer to reflect on and guide care for creation is a meaningful way to connect faith with action. A prayer helps us pause, think deeply, and recognise our responsibility to protect the Earth and all living creatures. It can inspire compassion, gratitude, and a sense of stewardship, encouraging others to act with care and respect for God's creation. Through prayer, you can unite your school or community in hope and commitment, reminding everyone that small, thoughtful actions, like protecting habitats contribute to a healthier, more sustainable world.



# Checklist

## 1. Planning

- Choose a focus: a local endangered or vulnerable species, environmental issue, or broader care for creation
- Reflect on why this issue is important
- Think about the message or guidance you want your prayer to convey

## 2. Content & Structure

- Begin with an address (e.g. "Dear God," "Creator," or "Heavenly Father")
- Express gratitude for creation and the life around us
- Mention the species or natural environment you want to protect
- Ask for guidance, strength, or wisdom to take care of the Earth
- Include a hopeful or encouraging ending, inviting others to act or reflect

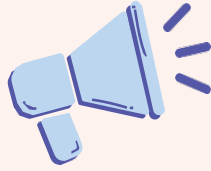
## 3. Writing Style

- Use respectful and thoughtful language
- Keep sentences **clear** and easy to read aloud
- Use positive and inspiring words
- Optional: include short metaphors or imagery to help listeners visualize creation

## 4. Presentation & Sharing

- Practice reading it aloud with expression and reverence
- Share with your class, school assembly, community group or church

# ADVOCACY



4

## Write a letter to your local MP

Writing a letter to your local Member of Parliament (MP) is a powerful way for people to advocate for an environmental issue because it gives your voice direct access to the people who make decisions that affect your community and environment. By explaining why the issue is important, what impacts it has on the environment, and what actions could help, you can influence policy, funding, or conservation initiatives.

You might like to write this letter by yourself, as a group or even start a petition to include with your letter!

**Find your local MP:** Members  
– Parliament of Australia  
[www.aph.gov.au/Senators\\_and\\_Members/Parliamentarian\\_Search\\_Results?q=&mem=1&par=-1&gen=0&ps=0](http://www.aph.gov.au/Senators_and_Members/Parliamentarian_Search_Results?q=&mem=1&par=-1&gen=0&ps=0)



# Checklist

## 1. Planning

- Choose an environmental issue you want to advocate for (e.g. Climate Change and emissions reduction, locally threatened species protection, loss of biodiversity etc).
- Research facts about the issue: what is the issue, threats, and why it matters.
- Identify the action you want your MP to take (e.g. support funding, protect habitat, enforce laws, mandate emission reduction strategy).

## 2. Content & Structure

- Start with a polite greeting (e.g. “Dear [MP Name]”)
- Introduce yourself (name, school, community) and why you care about the issue.
- Explain clearly and concisely:
  - What the issue is?
  - Why the issue is important?
  - How it impacts the environment and community?
- State the specific action or support you are requesting
- End politely, thanking them for their time and consideration
- Tell them you **look** forward to hearing their reply.

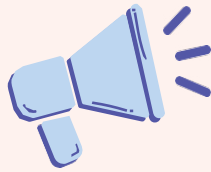
## 3. Writing Style

- Keep sentences clear and concise.
- Use respectful and professional language.
- Avoid slang, informal text, or overly long paragraphs.

## 4. Presentation

- Handwrite neatly or type the letter clearly.
- Include your contact information (email, school, or address).
- Proofread for spelling, grammar, and accuracy.
- Sign the letter at the end.
- Consider sending a copy to your school newsletter or posting on a class board.

# ADVOCACY



5

## Host a school assembly or community presentation

Hosting a school assembly or community presentation focused on conservation, an environmental issue or ecological injustice is a powerful way to raise awareness and inspire action. Presentations encourage discussion, foster empathy, and motivate people to take practical steps — like protecting habitats or reducing waste — to care for our common home. By leading the presentation, you will also develop leadership, communication, and advocacy skills while making a real difference in your community. You might like to invite an expert to speak and make your presentation interactive with quizzes or activities to engage your audience.



# Checklist

## 1. Planning

- Choose an environmental issue to focus on.
- Define the goal of your presentation (eg, raise awareness, inspire action, encourage habitat protection).
- Identify your audience (school, parish, local community).
- Decide on the format: assembly talk, multimedia presentation, or interactive session.

## 2. Content & Structure

- Include key facts: issue description, threats, importance, action we can take.
- Tell a story to engage the audience (eg, the species' journey, challenges it faces, conservation successes).
- Incorporate a call to action: practical ways the audience can help.
- Optional: create handouts, posters, or visual aids to support your presentation.

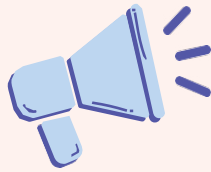
## 3. Expert Involvement

- Consider inviting a guest speaker: local wildlife ranger, ecologist, conservationist, or representative from a local wildlife group. Examples include:
  - Local Landcare volunteer
  - Zoo or wildlife sanctuary educator
  - Environmental NGO staff (eg, Catholic Earthcare, WWF Australia, Nature Conservancy)
- Prepare questions and coordinate the expert's role in advance.

## 4. Presentation Design

- Use visuals: photos, videos, diagrams, or props.
- Follow tips from the awareness campaign guide (clear messages, engaging storytelling, short text, appealing visuals).
- Practice speaking clearly and confidently.
- Include interactive elements: quiz, pledge, or reflection activity.
- Promotion & Engagement.
- Announce the assembly or presentation in advance via school newsletter, social media, or posters.

# ADVOCACY



6

Explore your carbon footprint and encourage others to do the same

A carbon footprint calculator measures the amount of greenhouse gases we create through our daily activities - like using electricity, travelling, eating, and throwing things away. By finding out our own footprint, we can see how our choices affect the planet and what we can do to care for creation.

You might like to think bigger and challenge your whole school community to complete and reduce their carbon footprint – who can reduce their carbon footprint the most (think leader boards and environmental challenges)! By working together, the school can take steps to lower its overall footprint and protect the Earth – our common home.



# Checklist

## 1. Complete the WWF Carbon Footprint Calculator (Individual)

- Complete the WWF Carbon Footprint Calculator for my household and save a screenshot or PDF of my results [wwf.org.au/get-involved/ecological-footprint-calculator/](https://www.wwf.org.au/get-involved/ecological-footprint-calculator/)
- Write down the top 2–3 areas where my footprint is largest (e.g., travel, home energy, food, waste).
- Record one personal goal to reduce my footprint this term/year.

### Optional: Class / Year Level / Whole School Challenge

- Everyone completes individually and submits results.
- Collect all results in a shared spreadsheet (name, class, total tCO<sub>2</sub>e, top footprint areas).

## 2. Turn Results into a School Display (Advocacy + Visibility)

- Decide where & how to display:
  - Choose a visible location (library, main foyer, staffroom, canteen, assembly hall).
  - Decide format: poster board, digital screen slide, leaderboard in corridor, or interactive display (QR codes that link to anonymised class results).

## 3. Create a display

- Create a one-page infographic: school average footprint (based on calculated individual average), best-performing classes, top three hotspot categories, and one school-wide target.
- Make a leaderboard: classes or year levels ranked by % reduction or lowest average footprint.
  - Add a QR code linking to the WWF calculator + instructions so visitors can try it.
  - Include clear next-step actions students can take (3 bullet points) and who to contact to join the project.

## 4. Advocate to school leaders

- Prepare a 2-minute pitch for the principal or sustainability coordinator.
- Ask for approval to display the infographic and run a short assembly or newsletter piece.
- Offer to present results at the next school assembly or staff briefing.



**Service –**  
Action for Creation!



Taking action through service means actively doing something to make a positive difference in your community and environment, rather than just learning or talking about it. In the context of Earthcare, service can involve hands-on activities like planting native trees, removing weeds, clean up days, or building shelters for wildlife. These actions help restore and protect the environment while giving a real sense of responsibility and connection to the natural world. You can make a real difference caring for our common home!

There are many ways you can care for creation:

1. Join a Landcare or local Catholic Earthcare Parish group to plant trees and restore habitats.
2. Build **nesting** boxes or knit pouches for marsupial orphans .
3. Run a fundraising drive for an Earthcare project in your school or local parish.
4. Run a green team day of action.
5. Create signage or displays for your school, parish, or local nursing home that promote sustainable practice.
6. Run or take part in a “Plastic-Free Week” challenge or ‘Nude food day’ and invite others to join.



*Have another service idea for Earthcare - contact Catholic Earthcare [catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au) to discuss!*

# SERVICE



1

Join a Landcare or local Catholic Earthcare Parish group to plant trees and restore habitats.

Partnering with a local Landcare, Catholic Earthcare parish or environmental group provides valuable opportunities to learn from experts and take meaningful action to protect creation. These groups work directly to restore habitats, plant native vegetation, and monitor local wildlife. These activities support biodiversity — the variety of living things that keep ecosystems healthy. Volunteering helps ensure that local species have safe, thriving habitats now and into the future.



# Checklist

## 1. Research & Connection

- Identify local Landcare or environmental groups in your area (use school, council, or online resources).
- Get Involved - [Landcare Australia](#)
- Learn about what they do — tree planting, habitat restoration, wildlife monitoring, or community clean-ups.
- Contact the group via email or phone to introduce yourself or your school project.

## 2. Planning Your Involvement

- Discuss with your teacher or **school** how you can collaborate (excursion, event, or will this be a weekend activity with permission from your guardian?).
- Arrange necessary permissions or consent forms if volunteering off-site.

## 3. Participation & Action

- Attend a Landcare activity or event (tree planting, clean-up, workshop, etc.).
- Get involved hands-on: follow safety instructions and support the team.
- Take notes or photos (with permission) to document your experience.
- Reflect on how your contribution helps local biodiversity and threatened species.

## 4. Follow-Up & Reflection

- Thank the group for their time and guidance.
- Share what you learned with your class or community (poster, presentation, or social media post).
- Reflect on how this experience deepened your understanding of caring for creation.

# SERVICE



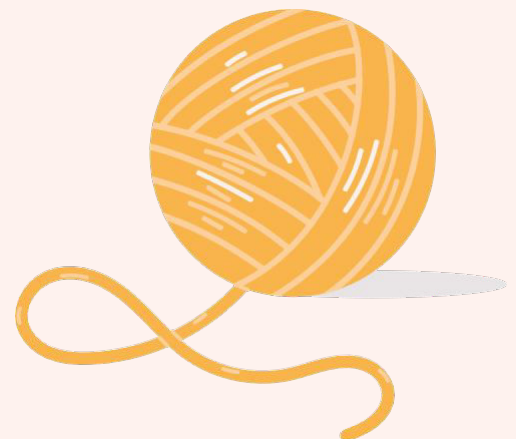
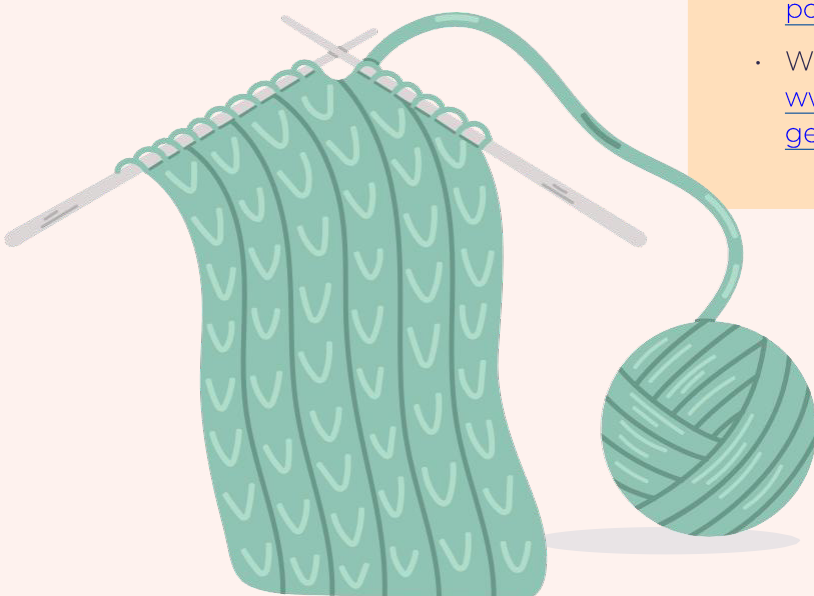
2

Build nesting boxes or knit pouches for marsupial orphans.

Building nesting boxes or knitting pouches for marsupial orphans is a compassionate and practical way to support native wildlife and care for creation. Many native animals lose their natural shelters due to habitat loss, bushfires, or urban development. By creating nesting boxes, you help provide safe homes for species like possums, gliders, or native birds. Knitting pouches for marsupial orphans - such as joeys, wallabies, or wombats - helps wildlife carers protect and nurture young animals until they can return to the wild. These simple acts of service make a real difference in supporting biodiversity and showing care for Australia's unique and vulnerable species.

## Useful background resources:

- Benefits of Nesting boxes:  
[www.environment.sa.gov.au/goodliving/posts/2019/09/benefits-of-nesting-boxes](http://www.environment.sa.gov.au/goodliving/posts/2019/09/benefits-of-nesting-boxes)
- Why pouches - general information  
[www.wires.org.au/wildlife-information/general-information/making-pouches](http://www.wires.org.au/wildlife-information/general-information/making-pouches)



# Checklist

## 1. Research & Planning

- Choose which project to complete: build nesting boxes or knit/sew pouches.
- Research local marsupials or birds that need shelter (e.g. possums, gliders, kookaburras, rosellas).
- Find out what type of box or pouch suits your chosen species (size, materials, design)
  - [backyardbuddies.org.au/habitats/build-a-nest-box/](http://backyardbuddies.org.au/habitats/build-a-nest-box/)
  - [www.awarewildlife.org.au/wp-content/uploads/2017/07/Knitting-pouches-for-orphaned-wildlife\\_AWARE\\_2017.pdf](http://www.awarewildlife.org.au/wp-content/uploads/2017/07/Knitting-pouches-for-orphaned-wildlife_AWARE_2017.pdf)
- Gather recycled or sustainable materials where possible (untreated wood, cotton fabric, wool, etc.) or ask for donations.

## 2. Building or Creating

- Follow a safe and accurate design plan (these can be found in the links above).
- Use the correct tools and equipment under supervision (if using hammers, drills, etc.).
- Make sure all materials used are non-toxic to keep our animal friends safe.

## 3. Partnering & Support

- Contact a local wildlife rescue group (e.g. WIRES, Wildlife Victoria, or local carers) to find out their needs.
- Ask if they can collect or use your pouches.
- Invite a guest speaker or wildlife carer to talk about how these items help native animals.
- Check if your school or local reserve could install the nesting boxes in safe, appropriate spots.
- Optional: create a working group to make multiple boxes or pouches!*

## 4. Reflection & Sharing

- Take photos of your finished boxes or pouches (with permission).
- Write a short reflection or story about the project and what you learned.
- Share your project through the school newsletter, social media, or a class display.

# SERVICE



3

Run a fundraising drive for an Earthcare project in your school or local parish.

Running a fundraising drive to support Earthcare projects in your school or parish - or by donating directly to Catholic Earthcare - is a powerful way to take meaningful action for our common home. By raising funds, you help resource initiatives that nurture ecological awareness, strengthen local action, and support the broader mission of caring for creation. Fundraising also builds momentum and awareness within your school and wider community, showing that caring for creation is not just about words, but about working together to create lasting change. Maybe you choose to all dress in green, host a fun activity, have a bake sale, or run a community event—every effort helps grow the movement for ecological justice and care.



# Checklist

## 1. Choose Your Earthcare Project

- Identify a specific Earthcare project you want to support (e.g., native planting, waste initiative, habitat project, energy-saving upgrade, parish or school garden).
- Gather basic information to explain the project to others (what it is, why it matters, how the funds will help).

## 2. Plan the Fundraising Drive

- Decide what type of fundraiser you will run (e.g., gold coin day, bake sale, plant sale, eco-market, sponsored Walk for Water, recycling collection fundraiser).
- Choose the date, time, and location (make sure you get permission).
- List the resources you will need (tables, posters, price lists, equipment, volunteers).
- Understand the school or parish rules for fundraising and have asked for permission if needed.

## 3. Promote the Fundraiser

- Create posters, announcements, or social media messages.
- Write or deliver a short announcement for assembly, class, or parish.
- Communicate clearly what the fundraiser is for and why it supports caring for creation.
- Remind classes, friends, and families in the week leading up to the event.

## 4. Reflection & Sharing

- Welcome people, explain the project, and encourage participation.
- Handle money or tickets responsibly (or help the designated person).
- I thanked people for donating or taking part.

## 5. After the Fundraiser

- Count the funds raised with a teacher or adult supervisor.
- Record the total and what the money will be used for.
- Create or contribute to a 'thank you' message for the school/parish community.
- Reflect on what went well and what could be improved for next time.

## 6. Celebrate the Impact

- Share the results on a poster, newsletter, website, or assembly.

# SERVICE



4

## Run a Green Team Day of Action.

Running a Green Team Day of Action empowers students to take collective, hands-on action to care for creation. The purpose of this day is to raise awareness about the importance of protecting natural habitats - the homes of countless native plants and animals - and to inspire others to get involved. Through activities like tree planting, litter clean-ups, creating wildlife-friendly gardens, making bug hotels, or running educational stalls, students can make a visible difference while promoting sustainable habits within their school and community.



# Checklist

## 1. Plan the Day

- Choose a focus for our Day of Action (energy, waste, biodiversity, water, climate).
- Set one clear goal for the day.
- Create a simple timeline of activities.
- Get approval from a teacher or school leader.
- Assign roles for our Green Team.

## 2. Prepare Resources

- List the materials we need for the activities.
- Check what the school already has and what we can borrow.
- Prepare clear instructions or activity sheets for classes.
- Organise a safe meeting place and equipment.

## 3. Promote the Day

- Help create posters or digital announcements.
- Prepare a short message to share at assembly or in classrooms.
- Explain the purpose of the day and how students can join in.
- Remind classes and teachers the day before.

## 4. Run the Day of Action

- Arrive early to help set up activity areas.
- Welcome students and explain what we are doing and why it matters.
- Encourage students to participate and ask questions.
- Record the day through notes or photos (with permission).

## 5. Wrap Up

- Help clean up and pack away all equipment.
- Make sure waste is sorted and tools are returned.
- Record the results or impact of our actions.
- Thank everyone who participated.

## 6. Share & Celebrate

- Help create a poster, display, or short report on our day.
- Share our achievements with the school community.

# SERVICE



**5**

Create signage or displays for your school, parish, or local nursing home that promote sustainable practice.

Creating signs or displays helps teach and remind others how to care for creation through simple actions like recycling, saving water, and using less energy. It spreads awareness and encourages everyone to make choices that protect the environment and reduce waste. You can get creative with imagery or catch-phrases! By sharing your time, creativity, and care, you're supporting others to take action for the common good- helping protect creation and the species that depend on it.



# Checklist

## 1. Plan the Day

- Choose the place for the signage/display (school, parish, or nursing home).
- Identify the sustainability message we want to focus on (waste, recycling, water, energy, biodiversity, etc.).
- Decide what type of signage/display we will create (posters, signs, digital display, info board, garden markers).
- Ask for permission from the appropriate staff or community leader.

## 2. Research and Gather Information

- Find out the correct information for our message (e.g., what can be recycled, how to save energy, why biodiversity matters).
- Choose short, clear facts that will help people take action.
- Look for simple, positive language that encourages sustainable behaviour.
- Find or create suitable images, icons, or symbols to make the display easy to understand.

## 3. Design the Signage

- Sketch out a basic layout before creating the final version.
- Make sure the message is clear, eye-catching, and easy to read.
- Use colours, headings, and visuals to make the signage engaging.
- Check spelling and accuracy before finalising the design.
- Make the signage durable (laminating, thick paper, weather-safe materials if needed).

## 4. Install the Display

- Check with staff where the signage should be placed.
- Help put up the signage safely and in the correct location.
- Make sure it is easy for people to see and read.
- Check that all signage is securely placed and neat.

## 5. Share the Message

- Explain the purpose of the signage to classes, parish groups, or residents (if appropriate).
- Help promote the display through announcements, a short newsletter item, or social media (with permission).
- Encourage others to follow the sustainable practices shown on the signage.

# SERVICE



6

Run or take part in a 'Plastic-Free Week' challenge or 'Nude Food Day' and invite others to join.

A Plastic-Free Week or Nude Food Day helps you and your school community learn how everyday habits, like using plastic packaging, affect creation. It encourages everyone to find better choices - like reusable containers and zero-waste lunches - to reduce pollution and protect creation from harm. You might like to organise a one-off Nude Food School Challenge, Plastic-Free Week or complete a litter assessment. Invite the school community to take part in the challenge too!



# Checklist

## 1. Plan the Event

- Decide whether we will run a Plastic-Free Week or a Nude Food Day.
- Set the date(s) and ask for approval from a teacher or school leader.
- Help create a simple plan explaining what students need to do.
- Assign roles to team members (promotion, data collection, reminders).

## 2. Prepare Resources

- Research what “plastic-free” or “nude food” means.
- Make examples of suitable lunchbox ideas to share with classes.
- Create posters or digital slides to explain the challenge.
- Prepare reminders to send out before the event.

## 3. Promote the Challenge

- Speak at assembly or in classrooms to invite others to join.
- Use posters, announcements, or newsletters to explain the challenge.
- Encourage families to prepare lunches that avoid single-use plastic.
- Remind students the day before the event.

## 4. Run the Event

- Help check participation (optional: tally, class scores, photos of success).
- Model a plastic-free or nude-food lunch myself.
- Support classmates who need help understanding what to do.

## 5. Wrap Up

- Help pack up materials and keep the space tidy.
- Count participation numbers or measure reduced waste (if part of the plan).
- Thank everyone for joining the challenge.

## 6. Share & Celebrate

- Help prepare a short announcement or poster showing our impact.
- Share ideas for continuing plastic-free habits.
- Reflect on what worked well and what we can improve for next time.



**Outreach –**  
Building your relationship  
with Creation!



Outreach is about taking what we've learned and sharing it with others - our school, family, and community, moving from care to connection, building strong relationships with others and with creation.

By reaching out, we can help others understand why protecting creation matters. Every creature, big or small, has a special place in God's creation. When we work together to care for them, we help restore balance and keep our Earth healthy for everyone and everything, now and for generations to come!

There are many ways you can create connection:

1. Organise a community "Climate Walk" or pilgrimage through local areas impacted by climate change (riverbanks, bushland, wetlands), with reflection stops.
2. Develop a school-wide reflection trail or 'Creation Walk'.
3. Partner with another school, parish, or community group to hold an Earthcare Eco Expo or Climate Action Day.



*Have another outreach idea for Earthcare - contact Catholic Earthcare [catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au) to discuss!*

# OUTREACH



1

Organise a community “Climate Walk” or pilgrimage through local areas impacted by climate change with reflection stops.

A pilgrimage or immersion helps us to connect deeply with our environment by spending time in a natural place - like a local park, wetland, bushland, or coastline. It's a chance to slow down, reflect, and appreciate the beauty and fragility of the environment and the creatures who live there.

Choose a local natural area impacted by climate change or human impact and plan a short walk or visit with your class, school group or invite the school community. You could invite an environmental ranger, local Elder, or wildlife expert to share knowledge about the habitat and the species that depend on it. Along the way, take time for quiet reflection or prayer, noticing the sounds, smells, and life around you. You might finish with a short reflection, poem, or action pledge for looking after the environment around us.



# Checklist

## 1. Plan the Walk

- Choose a route through areas impacted by climate or environmental change (riverbanks, bushland, wetlands, local reserves).
- Set a date and ask for school or parish approval.
- Identify 3–5 “reflection stops” along the walk.
- Create a simple map or route guide.
- Ask a local elder, ranger or relevant expert to speak as part of the walk.

## 2. Prepare Reflections & Resources

- Write or help select a reflection, reading, or prayer for each stop.
- Research local environmental issues to share during the walk.
- Prepare safety information and check any permission requirements.
- Ensure we have water, hats, first-aid support, and adult supervision.

## 3. Promote the Walk

- Create posters or messages inviting students, families, or parish members.
- Explain the purpose of the walk and how it connects to climate awareness.
- Invite others to bring reusable water bottles and wear sun protection.
- Remind participants the day before.

## 4. Lead the Walk

- Welcome participants and explain the route.
- Guide the group to each reflection stop safely.
- Read or help lead reflections and discussions at each station.
- Help ensure everyone stays together and feels included.

## 5. Wrap Up

- Thank everyone for taking part.
- Help clean up any rubbish along the walk if appropriate.

## 6. Share & Celebrate

- Help create a poster, video, or newsletter summary.

# OUTREACH



2

## Develop a School-wide Reflection Trail or 'Creation Walk'

A Creation Walk encourages everyone to experience the wonder of creation right on your school grounds. It helps students and staff pause, reflect, and reconnect with creation in their everyday surroundings. By highlighting the importance of local plants, animals, and habitats, a reflection trail reminds us of the need to protect creation within our own community.

Choose locations around your school where people can stop and reflect - near gardens, trees, or outdoor spaces. Create short reflection points or signs with prayers, quotes, or facts about creation and threatened species. You might include student art, QR codes with short videos, or mindfulness prompts. Invite classes or families to walk the trail during break times or special events as a way to connect with God's creation.



# Checklist

## 1. Plan the Trail

- Choose a path or area around the school to use as the trail.
- Select 5–10 “stations” for reflection or environmental learning.
- Identify the theme (Creation, Laudato Si’, biodiversity, stewardship).
- Ask for teacher approval and check safety considerations.

## 2. Create Each Station

- Write short reflections, questions, prayers, or facts for each station.
- Gather or design visuals, photos, or symbols to support the message.
- Create simple, clear signage that is weather-safe if needed.
- Prepare instructions explaining how to move through the trail.

## 3. Prepare the Trail Space

- Check that each station location is safe and accessible.
- Help set up stands, markers, or laminated signs.
- Test the trail by walking it myself.

## 4. Invite the Community

- Promote the Creation Walk to classes or families and parish groups.
- Give simple instructions for how to use the trail.
- Invite teachers to bring classes during the week.

## 5. Run and Support the Trail

- Welcome students or visitors at the starting point.
- Guide groups through the trail if needed.
- Answer questions and encourage quiet reflection.
- Monitor stations to keep them tidy and respectful.

## 6. Review & Celebrate

- Gather feedback from teachers and students.
- Create a display or short summary of the trail’s impact.

# OUTREACH



3

Partner with another school, parish, or community group to hold an Earthcare Eco Expo or Climate Action Event.

Collaborate with another school, parish, or community group to plan a day/afternoon/ evening that promotes care for creation. You could organise interactive stalls, workshops, art displays, or guest speakers on topics like recycling, native plants, renewable energy, wildlife protection or *Laudato Si'*. Invite families and the wider community to take part, share pledges for change, and showcase student-led projects. Working together shows how collective effort can make a real difference in reducing our impact on creation.



# Checklist

## 1. Plan the Event

- Contact or partner with another school, parish, or community group.
- Help set the date, theme, and purpose of the expo/day.
- Help plan stalls, workshops, speakers, or student-led activities.
- Confirm roles for organising teams (logistics, communications, displays, hosting).

## 2. Prepare Stalls and Activities

- Research sustainability topics for my stall or activity.
- Create posters, demonstrations, or hands-on activities.
- Gather resources (recycled materials, samples, visuals).
- Prepare simple explanations for visitors of all ages.

## 3. Promote the Event

- Design posters and digital invitations.
- Speak at assembly or send announcements encouraging attendance.
- Invite families, parish members, or community groups.
- Check that all presenters or partners have event details.

## 4. Run the Event

- Help set up stalls, tables, displays, or stage areas.
- Welcome visitors and explain the theme of the expo/day.
- Run my stall or activity confidently and clearly.
- Support other groups and encourage participation.
- Collect feedback or record highlights.

## 5. Wrap Up

- Help pack up equipment and clean the space.
- Gather feedback from visitors, students, and partner groups.

## 6. Share & Celebrate

- Help create a newsletter item, slideshow, or display of the event.
- Thank partner schools, parish groups, or community members.
- Reflect on how the expo/day inspired climate action.



# “Aspire not to have more, but to BE more”

- St Oscar Romero  
(Patron Saint of Caritas Internationalis)

## Contact us!

If you would like to put your faith into action through advocacy, service and outreach with Caritas Australia’s Catholic Earthcare program, please get in touch.

 [catholicearthcare@caritas.org.au](mailto:catholicearthcare@caritas.org.au)

 [www.caritas.org.au/catholic-earthcare](http://www.caritas.org.au/catholic-earthcare)



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