

Time: 20 - 30 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

Educational Objective

The purpose of this task is to help participants understand how individual daily behaviours contribute to larger environmental problems such as waste, pollution, and emissions.

The activity supports participants in recognising the link between personal choices and global sustainability challenges, practicing self-reflection, and creating simple, relatable sustainability communication.

Moderator

One Change Challenge

Step-by-Step Instructions

1. Introduction & Framing

Explain that everyday habits, when repeated by millions of people, shape large-scale environmental impacts.

Emphasise that the goal is awareness and action, not perfection.

Methodological tip: *Encourage a supportive, non-judgmental atmosphere.*

2. Organisation

Choose a quiet, comfortable indoor or outdoor space.

Ensure the team has access to a smartphone and a notepad for taking notes.

3. Choose an Action (5 minutes)

Guide participants as they select a realistic sustainable behaviour. Encourage them to pick actions clearly linked to wider environmental issues (waste, emissions, resource use).

Use guiding questions such as:

- What global problem does this action relate to?
- Why is this meaningful for you?

4. Try It & Document It (15 minutes)

Ask participants to create a short video, photo collage, or written reflection showing what they changed, how it felt, and which larger environmental issue it helps address.

Methodological tip: *Encourage accuracy, respectful documentation, and deeper connections.*

5. Summary & Consolidation

Guide the team using questions such as:

- What surprised you?
- Which larger environmental issue connects to your action?
- How would the impact grow if many people did this daily?

Reinforce that small actions are not small when multiplied across populations.

Highlight key insights about habit change, personal responsibility, and collective impact.

Mission Equipment

Smartphone

Internet access (optional - for sharing results)

Notepad or whiteboard for taking notes

Any items needed for the chosen sustainable action



Role of the Moderator

The moderator acts as a facilitator not a judge. Your role is to:

- Create an encouraging and open atmosphere.
- Keep time and structure the activity.
- Encourage realistic and meaningful choices.
- Help participants articulate clear links between small actions and big problems.

Optional Enhancement

Ask participants to share their one small change with friends, family members, or online to inspire others.