

Monday Motivation

The YMCA logo is displayed in blue, bold, block letters on a green, trapezoidal background that tapers to the right.

Date: 25th May 2020

Theme of the week: World Hunger

This coming Thursday 28th marks the 10th Annual World Hunger Day

and this year's theme is 'SUSTAINABILITY'

*Sustainability means different things to different communities
What does it mean to you?*

Action:

Exercise 1

During the month of May, and on World Hunger Day itself, 'The Hunger Project' encourage communities, individuals, organisations, and businesses to use the hashtag **#SustainabilityIs** and tell the world **what sustainability means to you**.

- **Write a post, take a photo, shoot a video, or simply draw a picture and post that!**
- **Add #SustainabilityIs #YMCAEssex**
- Share on any media that you have permission to use or get your parents or guardians to share it for you (ALWAYS get permission first)

Exercise 2

PART A:

Design a poster for a fundraiser. This can be something feasible to do in lockdown or post lockdown. Let your creativity flow...

What could you do to raise money to support world hunger?

- Perhaps you could be sponsored to complete a physical activity (5k, obstacle course etc)
- Or bake lots of cupcakes for a bake sale

PART B: Submit your posters to enquiries@ymcaessex.org.uk

- We will select a winner and support your fundraiser by helping you with any help you need along the way.

Mission moments: What have they learnt?

- What have you learnt this week?
- Have you been taking anything for granted and if so what?
- Is there anything you could do to better support your community?

You can find more information on World Hunger Day at <http://www.worldhungerday.org/>