

MOTIVATION MONDAY

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

Date: 2 November 2020

Theme of the week: World Vegan Day

World Vegan Day is an annual event celebrated by vegans around the world every 1 November. The benefits of veganism for humans and the natural environment are celebrated through activities such as setting up stalls, hosting potlucks, and planting memorial trees.

The event was established in 1994 by Louise Wallis, then Chair of The Vegan Society in the United Kingdom, to commemorate the 50th anniversary of the founding of the organisation and the coining of the terms "vegan" and "veganism".

Action

Exercise 1: Try Vegan Food

Aim: To test your tastebuds and try something new.

Instructions: Help your parents cook one vegan dinner or help bake a vegan cake. You can either find a new recipe online or even try and create a vegan version of your favourite dish and see which you prefer. Just remember you can't use any food that has come from or has been formed from an animal.

Take a picture of your final meals and send it to sarah.daniels@ymcachelmsford.org.uk and we will celebrate your efforts through our website and Instagram account
ALWAYS GET PERMISSION FROM YOUR PARENTS IF YOU'RE UNDER 18

Exercise 2: Pot Decorating

Instructions: Either buy a new plant pot or use one your parents currently have in the house and are happy for you to use. Decorate it with things from nature or with the theme of nature and animals. If you can, plant something you can't eat into it too e.g a tomato plant.

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Outcome / Mission Moments:

- How has this exercise made you feel?
- Did you learn a new skill or interest?
- Maybe encourage other members of your family to get involved!