



name: _____

date: _____

Extended learning

The background

In this lesson, we learned that habits such as hyper-consumption and waste are first and foremost personal. If we are capable of developing a mindset and attitude based on prophetic instruction, we will not only be doing our individual part to help the environment but will force the macro-systems to respond to a new dynamic.

We have also realized that in modern countries, life is surrounded by manufactured plastics, metals, and wood that come with an ecological cost. Because we are accustomed to this lifestyle, it is difficult to imagine life without these conveniences and benefits, as flawed as they may be. Though we may not be likely to give up our cell phones, cars, computers, clothing, or homes, we can become more mindful of preserving the environmental balance, and understand the impact of our personal choices on the environment around us.

The challenge

Check one of the options below to implement in your personal life for one week.

- ☐ **Trash on your back:** carry the trash you produce in a bag that you must have on you at all times. Be mindful of what you put in the bag—avoid items that may rot or develop a smell. The experience is meant to help to give you a visual of how much trash you, as an individual, actually produce and dispose of in the environment. To lighten the amount of trash you carry, find various creative ways to reduce the amount of trash you produce from your daily lifestyle.
- ☐ **Avoiding single-use plastic:** find alternative methods to help you avoid using single-use plastics. Consider alternatives to plastic utensils, bags, packaging wraps, cling-wrap, disposable gloves, balloons, cotton swabs, water bottles, to-go cups, lids, take-out containers, etc. For any single-use plastic you end up using, keep it with you for one week to develop an idea of how much plastic you use and think about how it can be avoided.



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Reflection

Describe your experience. What was it like committing to the activity for an entire week? How did it make you feel? What did you learn?

Are there any lifestyle changes you can permanently make to reduce the amount of trash you produce or single-use plastic you use?

How does this activity relate to the hadith narrations about personal ethics we studied in class? How is the prophetic instruction applicable to our lives today as we face the modern climate crisis?