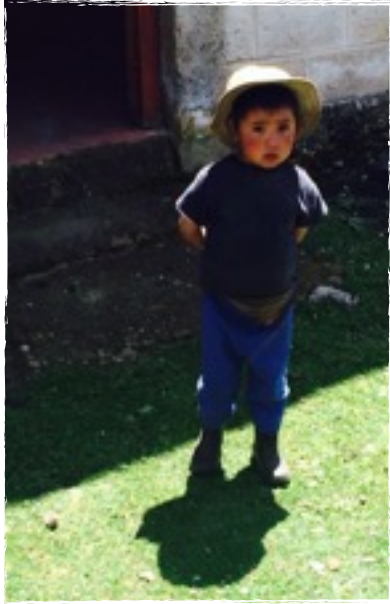


# DAY 1



## Challenge: Turn heat down at least three degrees (or air condition up depending on the weather)

**Extreme challenge:** Turn off all heating and cooling systems.

**Did you know?** Each year, the U.S. uses the same amount of energy to power air conditioners as Africa uses to power the entire continent.

In most third world countries, families live in homes without air condition or heating systems. For example, in Guatemala during the cold seasons families will spend a lot of time in the kitchen around the “pollo”. A pollo is a stove built out of concrete which requires burning wood to use. Families will wear layers to stay warm inside their homes and rarely remove their shoes.

**Dinner Discussion:** Share with your child an experience you have had in a third world country.

**Suggested Pledge:** Pledge the \$3 you would save by turning up (or down) your unit.



# DAY 2



## Challenge: Take a lukewarm shower or bath

**Extreme Challenge:** Take a cold bath

**Did you know?** 884 million people in the world lack access to safe water supplies.

In many third world countries, families struggle to find clean water sources for cooking, cleaning, and bathing. For many families, bathing is one of the last priorities. Families in Guatemala will catch rain water with barrels in hopes to use the water for washing dishes and washing clothing. Some children will only be able to bathe 1-2 times per month. For the families lucky enough to have access to water, most of them do not have a way to warm their water and will take cold showers and baths.

**Dinner Discussion:** Discuss as a family why it is important to have clean water. What would it be like to live without clean water?

**Suggested Pledge:** Cold showers mean quicker showers! Donate the \$2 you save by cutting your shower time



# DAY 3



## Challenge: Eat a simple dinner

**Extreme challenge:** Eat a simple dinner (all foods must be prepared from fresh)

**Did you know?** 66 million primary school-age children attend classes hungry across the developing world, with 23 million in Africa alone.

Approximately 75 percent of the population of Guatemala lives below the poverty line. Families struggle to provide adequate meals for their children. Examples of meals people living in extreme poverty may eat are: corn tortillas with salt, beans, eggs, and rice.

**Dinner Discussion:** What are some of the affects hunger has on children? Examples of things to discuss: growth, disease, concentration, and mood

**Suggested Pledge:** Consider donating the money you saved eating a simple dinner (approximately \$5)



# DAY 4



## Challenge: Be screen free for the night

**Extreme Challenge:** Go the night without all forms of electricity (leave your refrigerator connected). Spend time with family and reflect on the third world challenge.

**Did you know?** Studies show children living in the United States spend an average of 7 and ½ hours using electronics every day. Families living in third world countries have access to very unstable systems of electricity. Electricity will come and go frequently and very unreliable. Families can't rely on electricity to complete their tasks and have to be flexible. Although inconvenient, the unreliability of electricity provides family with opportunities to connect with each other.

**Dinner Discussion:** What did you learn from the third world challenge? Fill out the globe and return it to school to share your reflections of the Third World Challenge with the Salem Montessori School community.

**Suggested Pledge:** Consider donating the money you save on your electric bill (between \$3-\$5).