

## Some Ideas for the Quadrathon 2013 Challenge

### The Peace Challenge

- Make peace with someone you have been in conflict with.
- Help someone you do not know with a task they need done.
- Join a meditation group.
- Choose some task that is a challenge for you and brings inner peace.
- Write a letter to the editor pertaining to world peace.
- Create a piece of art that advocates for peace and post it on the Greenbelters facebook page.
- Write an article for the Greenbelt News Review on how to raise children to be peaceful.
- What do children need to know about peace? How do we teach them what peace means?

### The Social Justice Challenge

- Participate in civil disobedience.
- Advocate for a social justice project for one week.
- Become a pen pal of someone in prison.
- Volunteer at the Greenbelt animal shelter.
- Choose some task that is a challenge for you and supports social justice.
- Write a letter or email your legislators taking a stand on a social justice issue.
- Write a short story or screenplay that can be performed dealing with animal rights.

### The Environmental Stewardship Challenge

- Create a natural wild life habitat in your yard (water, bushes, bird seed).
- Sign up for green energy.
- Buy locally grown foods for one month.
- Give your car a rest; walk or bike to the Roosevelt Center once a month for a year.
- Adopt a Panda through the World Wildlife Funds wild animal adoption program.
- Conduct a star-gazing session with children at the observatory.
- Participate in an environmental justice rally.
- Spend a few hours every month helping to clear out invasive species in Greenbelt Park.
- Keep a journal of your experiences in the woods and share it with friends.

These are only examples. Be inspired! Create your own!

### The Storytelling/Songwriting/ Picturepainting Challenge

- Paint a picture for a cause you care about and share it with friends.
- Publish a photo, painting, film clip, poem, sculpture, music video, dance video, or book excerpt that brings peace into your life. Explain how the art makes you a more peaceful person.

- Use a photo or piece of art as the catalyst for a short story of 100 words or less about social justice.

- Publish a story, poem, song, or video about struggle in relationships and what you learned from this struggle that brought peace into your world.

- Sign up for storytelling at the Pumpkin Walk
- Write a children's story or poem that teaches concern for the environment and share it with friends.

## Plans for the Legacy Memorial Project

(Greenbelt Artist Barbara Stevens sketch).

