



# ECOLOGICAL CHALLENGES



## we achieved on week N°1

To see more Flash QRcode

### CHALLENGE N°8 - FOREST THERAPY



#### Why this challenge?

Do you know sylvotherapy or forest bathing? 🌲 Taking walks in the forest and being in contact with trees would reduce stress and stimulate the immune system. So, what are we waiting for to give love to plants too? Especially since, let's not forget, it is partly thanks to them that we can breathe.

### CHALLENGE N°2 - Bake a cake...with no chocolate



#### Why this challenge?

Making your own cakes or biscuits is delicious and, above all, better for the planet than industrial cakes! 🌍

No plastic packaging that pollutes a lot and takes hundreds of years to deteriorate 🆘

Concerning chocolate, cocoa cultivation is the 3<sup>e</sup> cause of deforestation in the world and it takes a lot of water to make chocolate.

### CHALLENGE N° 9- THE EAGLE POSITION



#### Why this challenge?

Eaglepose 🦅 -or Garudâsana-is a yoga standing balance position. It favours anchoring and concentration. In addition to the benefits for the body 🧘 (improving flexibility and balance, being more toned, learning to breathe better), doing a quiet practice has benefits for the mind 🧠 : it increases self-confidence, improves concentration and memory, improves sleep quality and reduces stress.

### CHALLENGE N°28- TAKE A WALK



#### Why this challenge?

Soft mobility means using low-polluting or non-polluting means soft transport, such as walking 🚶 cycling 🚲 scooters 🛴 or even carpooling.

### CHALLENGE N°1 - ANTI FOOD WASTE



Adapt the quantities in your plate to your hunger to limit food waste. **Why this challenge?**

Aim for an empty plate or put it in a doggy bag for later!