

Anarchist Calisthenics

Download Boycat or NoThanks	Access free resources	No Starbucks	Watch a short film	Post or repost on social media
Talk with a stranger about politics	Make a sign for a protest	Attend a Divestment Coalition meeting	Support the displaced students campaign	No Target
No Amazon	Read a book about politics	Free Space	Spread resources	Support alternative transport
Avoid companies supporting genocide	Go to a Mutual Aid Hub	Read about liberation struggles	No AI	Research settler colonialis m
Use alternative news sources	Convince someone to give up Starbucks	Wear a Keffiyeh in public	Find an open source textbook	Save the Siembra Hotline in your phone

Anarchist Calisthenics Guide:

Download Boycat or NoThanks and take a screenshot.

Access free resources such as the free markers in DH Hill.

No Starbucks for a week. Take a picture at a local coffee shop or a coffee at home instead!

Watch a short film and tell us your key takeaway.

We have a list to choose from!

Post or repost on social media about liberation struggles or another political topic and tag us!

Talk with a stranger about politics and tell us your takeaways

Make a sign for a protest

Attend a Divestment Coalition meeting: Workers Union, Dissenters, Decarb, CCAEJ, YDSA, SJP

Anarchist Calisthenics Guide:

Support the displaced students campaign

No Target for a week

No Amazon for a week

Read a book about politics and pick your favorite quote. We have some recommendations!

Free space: come up with your own idea!!

Spread resources like stickers, flyers, and zines.

Support alternative transport like busses, walking, or biking.

Avoid companies supporting genocide at career fairs, we'll have a list!

Go to a mutual aid hub like RUMAH (Raleigh) or The Burrow (Durham).



Anarchist Calisthenics Guide:

Read about liberation struggles in the news

No AI/LLMs for a week

Research settler colonialism and how it relates to a topic of your choice (like telescopes displacing indigenous people in Hawaii)

Use alternative news sources such as ground news

Convince someone else to give up Starbucks for a week. Take a picture at a local coffee shop or at home instead!

Wear a keffiyeh in public such as on campus or when walking around

Find an open source textbook

Save the Siembra hotline in your phone:

(336) 543-0353

