



# 30 DAYS

## Eco-challenge



### DAY 1

PICK UP 10  
PIECES OF LITTER  
IN YOUR  
NEIGHBORHOOD  
OR SCHOOL

### DAY 2

USE ONLY REUSABLE  
CONTAINERS FOR  
SNACKS OR LUNCH  
TODAY.

### DAY 3

TURN OFF ALL  
LIGHTS AND  
DEVICES WHEN NOT  
IN USE – ALL DAY

### DAY 4

WATCH A SHORT  
VIDEO OR READ AN  
ARTICLE ABOUT A  
CURRENT  
ENVIRONMENTAL  
ISSUE.

### DAY 5

GO A WHOLE  
DAY WITHOUT  
SINGLE-USE  
PLASTIC

### DAY 6

GO VEGETARIAN OR  
VEGAN FOR THE DAY  
AND LEARN HOW  
DIET IMPACTS THE  
PLANET.

### DAY 7

LIST 3 ITEMS AT HOME  
YOU COULD REUSE  
OR REPURPOSE  
INSTEAD OF  
THROWING OUT.

### DAY 8

TALK TO SOMEONE  
ABOUT ONE ECO-  
HABIT YOU'VE  
STARTED.

### DAY 9

BRING YOUR OWN  
BAG TO THE STORE  
(OR HELP A PARENT  
DO SO).

### DAY 10

COLLECT  
RECYCLABLES AT  
HOME OR SCHOOL  
AND SORT THEM  
CORRECTLY.

### DAY 11

SPEND 30 MINUTES  
OUTSIDE OBSERVING  
NATURE. WRITE OR  
DRAW WHAT YOU  
NOTICE.

### DAY 12

SHORTEN YOUR  
SHOWER BY 2  
MINUTES TO  
SAVE WATER.

### DAY 13

REPAIR SOMETHING  
BROKEN INSTEAD OF  
THROWING IT AWAY.  
ASK FOR HELP IF  
NEEDED!

### DAY 14

SCREEN-FREE AND  
ENJOY AN ECO-  
FRIENDLY ACTIVITY  
(READING, WALKING,  
DRAWING).

### DAY 15

ORGANIZE A MINI  
CLEAN-UP WITH A FEW  
FRIENDS OR FAMILY  
MEMBERS. CHOOSE A  
LOCATION THAT NEEDS  
IT.

### DAY 16

MAKE AN ECO-  
POSTER OR DIGITAL  
GRAPHIC TO RAISE  
AWARENESS ON A  
TOPIC OF YOUR  
CHOICE.

### DAY 17

USE A REFILLABLE  
BOTTLE OR CUP FOR  
THE WHOLE DAY.

### DAY 18

RESEARCH AN  
ENDANGERED SPECIES  
AND SHARE A FACT WITH  
A FRIEND.

### DAY 19

WRITE A SHORT  
POEM OR STORY  
INSPIRED BY NATURE  
OR THE PLANET.

### DAY 20

START YOUR OWN  
GARDEN AT YOUR HOME  
OR SCHOOL

### DAY 21

CHALLENGE YOUR  
FAMILY TO GO  
PLASTIC-FREE FOR  
ONE MEAL OR  
OUTING.

### DAY 22

HELP SORT RUBBISH AT  
HOME AND PLACE INTO  
ITS CORRECT BIN

### DAY 23

MAKE A "NO FOOD  
WASTE" MEAL USING  
LEFTOVERS OR ITEMS  
NEAR EXPIRY.

### DAY 24

TRY A WHOLE DAY  
WITH NO PACKAGED  
SNACKS. CHOOSE  
FRUITS, VEGGIES, OR  
HOMEMADE.

### DAY 25

DESIGN YOUR DREAM  
ECO-FRIENDLY HOME  
– DRAW OR  
DESCRIBE IT!

### DAY 26

MAKE A DIY BIRD  
FEEDER OR INSECT  
HOTEL.

### DAY 27

FIX OR MEND  
SOMETHING  
INSTEAD OF  
REPLACING IT.

### DAY 28

START A COMPOST BIN  
(EVEN A SMALL  
CONTAINER FOR VEGGIE  
SCRAPS AT HOME).  
RESEARCH HOW TO  
MANAGE IT.

### DAY 29

REPLACE 5 DAILY ITEMS  
YOU USE WITH  
SUSTAINABLE  
ALTERNATIVES (E.G.,  
BAMBOO TOOTHBRUSH,  
BEESWAX WRAP).

### DAY 30

CELEBRATE YOUR  
SUCCESS! REFLECT:  
WHAT WILL YOU KEEP  
DOING FROM THIS  
CHALLENGE?

**Reduce  
Reuse  
Recycle**

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