

# ECO-UNESCO

Ireland's Environmental Education and Youth Organisation



## Earth Day 2 Earth Day 12 month challenge

[www.ecounesco.ie](http://www.ecounesco.ie) [info@ecounesco.ie](mailto:info@ecounesco.ie)



### May: No-Mow-May



Help preserve habitats and protect biodiversity, try reduce or stop lawn mowing for the month of May. Leaving a section of our garden untouched makes a huge difference in protecting native wildlife.

### June: Take 10 in Nature



Take time to connect with nature by sitting or meditating outside – no phone, no distractions.

### No New July



Reduce consumption, try to reuse, repair, upcycle or swap items with friends, avoiding buying if not necessary.

### August Action



Get active and choose public transport, walking and cycling.

### Plastic Free September



Talk with your supermarket manager to also reduce their reliance on single-use plastics for food wrapping.

### Our Ocean October



Take simple actions that will protect our oceans such as reducing use of harmful bleach and make DIY toilet cleaners and household cleaners.



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### No New November



No new pieces of clothing in November – try swapping and repairing!

#NoNewNovember

### DIY December



Make your own festive decoration by re-using, and upcycling, make your own wreaths with fallen branches.

### January Appliances



Make sure appliances are not left on standby and save energy. Try cool clothes washes and turning down thermostat by 1 degree

### February Friday's Meat Free



Did you know that eating more plants and reducing our intake of animal products can reduce our food emissions by up to 75%? Try some delicious plant based recipes.

### March through March



Talk with and inspire others about the environmental actions you have taken as part of #EarthDay2EarthDay Challenge. Take action or attend a march in March, eg, World Planting Day, World Water Day.

### April Reuse the Rain



Leave out buckets or drums to collect rainwater and use it to water plants, wash cars.