

# ECO-UNESCO

Ireland's Environmental Education and Youth Organisation



## Earth Day 2 Earth Day 12 month challenge

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### May: No Mow May



Help preserve habitats and protect biodiversity, try reducing or stopping lawn mowing for the month of May. Leaving a section of your 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



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

### August Action



Get active and choose public transport. Try walking and cycling when possible, it is good for our health and our environment.

### Plastic Free September



Avoid using single-use plastics, including bottles, food wrappings, bags. 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!

### DIY December



Make your own festive decorations 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



Eating more plants and reducing our intake of animal products can reduce our food emissions significantly. Why not try some delicious plant based recipes each Friday in February.

### March through March



Talk with and inspire others about the environmental actions you have taken as part of #EarthDay2EarthDay Challenge. Attend a march or take action on days such as 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.