

# 40 climate challenge ACTIONS!

**1** Triple your impact! Inspire two other mates to join the challenge with you.

**7** Write to a company that you love but isn't very environmentally friendly. Let them know what changes you'd like to see.

**13** Learn about what kids in Myanmar are doing to mitigate the impacts climate change in their communities on the [40 Hour Famine website](#).

**19** Take public transport.

**25** Make some environment-centred art and share snaps on social media. For example, these [paper beads](#) can be made using old magazines!

**31** The more you know the better equipped you are to tell others. The [Ministry for the Environment website](#) is a good place to start!

**37** Which products use the least packaging? If you can afford to buy the same thing with less packaging – switch!

**2** Clean up your local beach or waterway with your friends. [Sustainable Coastlines](#) provide free kits you can use, including sacks, gloves, hand sanitiser and more!

**8** Go an entire day without using any [single use plastic](#).

**14** Research [recycling](#) in your region and make sure your home is doing the right thing. Maybe start by learning which types of plastics can be recycled where you live.

**20** Re-grow herbs from dinner in a pot or your garden, we love [re-growing spring onions!](#)

**26** Plant a tree, see [why Greta thinks that's AWESOME!](#)

**32** Plant something [bee friendly](#) in your garden.

**38** Find food that you won't use from the cupboard, or vegies from the garden and put them in your local [Pataka](#).

**3** Start a [worm farm](#) or [compost bin](#). Already have one? Why not offer the use of it to your neighbours!

**9** Watch a documentary about climate change. We can recommend [2040, An Inconvenient Truth and Our Planet](#).

**15** For your next purchase, choose second-hand over new.

**21** Take a photo of the natural environment near where you live and share why you appreciate it.

**27** Bring your own reusable container next time you order takeaways.

**33** Check out [School Strike 4 Climate, Generation Zero, Te Ara Whatu](#) or other youth climate advocacy groups near you. Sign up to stay informed of what the young people of Aotearoa are doing.

**39** Swap plastic produce bags for paper mushroom bags. Or try making your own produce bags from old clothing.

**4** Set a timer and see if you can keep your time in the shower under 5 minutes.

**10** Calculate your household's carbon footprint using [Toitu Envirocare's free calculator](#). Make an action plan for how you can reduce your impact together.

**16** Borrow a book from the library about climate change and commit to reading it with a friend. We love 'Climate of Hope' by Carl Pope and Michael Bloomberg.

**22** Switch your browser to [Ecosia](#) and plant trees with your searches, for free!

**28** Help in a [local community garden](#) near you.

**34** Research and sign an online petition like [this one](#) that calls for change, and share it with your friends.

**40** Reflect back on the challenges! What was difficult, what was simple and what can you keep doing as a permanent change?

**5** Take a walk around your neighbourhood and pick up any rubbish you see.

**11** Learn a new vegetarian recipe and go meat free for the day with your family. You could join other Kiwis in taking the [Meat Free Monday pledge!](#)

**17** Pack a [plastic free lunchbox](#).

**23** Join your school's environmental sustainability group. If there isn't one, perhaps find a group of like-minded people and start one!

**29** Walk rather than drive everywhere within 2kms from your home this week.

**35** What single-use items do you use because it's convenient? Put together a zero waste on-the-go kit (think reusable cutlery, straw and drink bottle!)

**6** Have you heard of kaitiakitanga? Learn more [here](#). Is there a traditional way of practicing guardianship of the environment that you know of by another name?

**12** Have a respectful & honest korero about climate change with someone you know. See [Jane Goodall's tips](#) on how to get others to care about the environment.

**18** [Repair or upcycle](#) an item of clothing you no longer use.

**24** Find a way to stay informed. Follow some trustworthy organisations, or join a Facebook group with a sustainability focus like [this one](#).

**30** Donate some quality items you no longer use to your local op shop.

**36** Do a clothes swap with friends. Have everyone over, make snacks and swap threads.