

SHELTER-IN-PLACE ENVIRONMENTAL ACTIVITY CALENDAR (HIGH SCHOOL)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Click the links on the calendar for instructions or examples!	Some activities are weather dependent- feel free to switch up days!		1 Find some ways to reduce waste at home	2 Identify trees in your neighborhood	3  Get outside! Go for a run, walk, or bike ride	4 Start composting at home
5 Conduct a waste audit - how can you reduce waste? 	6 Design a green home	7 Where does the smell of rain come from?	8 Try growing an avocado tree 	9 Find (at least) 3 ways your house can be more eco-friendly .	10 Practice mindful coloring	11 Try making natural household cleaners
12 Explore the NOAA Sea Level Rise Viewer	13 Get outside! Go for a run, walk, or bike ride	14 DIY " Adulting School "	15 Pick an environmental issue that's important to you and write to a politician	16 Use mindfulness to overcome anxious thoughts	17 Try a few upcycling projects	18  Check out the NASA Climate Time Machine
19 Use an eco-friendly recipe to make dinner	20  Plant a bee garden	21 Calculate your water footprint - how can you reduce it?	22 Go on a nature walk and identify/report invasive species	23 Take a virtual museum tour 	24 Why are sloths so slow?	25 Do an online yoga class
26 Conduct another waste audit - have you reduced waste?	27 Try a mindfulness or meditation application	28 Monitor our planet's vital signs using NASA's Eyes on the Earth	29 Create a moss terrarium	30 Get outside! Go for a run, walk, or bike ride		

APRIL 2020

