



#ONEGREENTHING

7-DAY ACTION PLAN

Wonk

THE WONK LOVES SCIENCE, POLICY, DATA, GRAPHS, & CHARTS. FASCINATED ABOUT DISCUSSING NEW TECHNOLOGIES & SOLUTIONS - TALKS ABOUT THE LATEST STUDIES. ENCOURAGES OTHERS TO LEARN MORE.

DAY 1

KNOW WE CAN'T GOT IT ALONE

Call your member of Congress at (202) 224-3121 to advocate for strong climate action to protect our communities and future.

DAY 2

SEE ENERGY IN A NEW LIGHT

Make a "goal list" of energy efficient options for your home and begin planning to purchase replacements.

DAY 3

PROTECT THE SOURCE

Read an article about the importance of water conservation or protection of clean waters. Reflect on what you learned and make a plan to take action.

DAY 4

VOTE WITH YOUR WALLET

Track your use of single use plastics for the day and plan ways to use more sustainable products instead.

DAY 5

UNDERSTAND THAT YOU ARE WHAT YOU EAT

Take 10 minutes to learn more about supporting sustainable agriculture in your community.

DAY 6

THINK BEYOND YOUR AGE

Watch a documentary about green living, the climate crisis or sustainable practices with friends or family of a different generation. Discuss your various views after the film is over.

DAY 7

LOVE YOUR MOTHER (EARTH)

Write to your local school board about the importance of environmental education and outdoor experiences for young people.



saving our sanity + the planet