



#ONEGREENTHING

7-DAY ACTION PLAN

Adventurer

THE ADVENTURER EXPERIENCES THE OUTDOORS THROUGH NEW CHALLENGES & HANDS ON LEARNING. EMBRACES THE PHYSICALITY OF TIME OUTSIDE. GIVES FAMILY & FRIENDS OPPORTUNITIES TO STRETCH THEIR MINDS & BODIES THROUGH NATURE.

DAY 1

LOVE YOUR MOTHER (EARTH)

Go on a walk or hike with a neighbor or family member in a favorite local park or nature center. Take a field guide or download app to identify what you see and hear.

DAY 2

KNOW YOU CAN'T GO IT ALONE

Take 10 minutes to research local land trusts or nature centers in your area. Make a plan to visit with friends.

DAY 3

THINK BEYOND YOUR AGE

Ask someone older or younger than you about a natural area they love. Ask them to describe what makes it special and what that experience will be like in the future.

DAY 4

UNDERSTAND THAT YOU ARE WHAT YOU EAT

Write down your favorite recipe. Look at the ingredients and find out where they are grown or processed.

DAY 5

PROTECT THE SOURCE

Think about your favorite freshwater lake, stream, or river. Take five minutes to research the biggest threats to it. Talk about what you learned with family or friends.

DAY 6

VOTE WITH YOUR WALLET

Commit to buying gear without forever chemicals. Check out the Green Policy Institute's [PFAS-free guide](#).

DAY 7

SEE ENERGY IN A NEW LIGHT

Keep an energy "diary" today. Write down three ways to conserve energy in your daily life.

