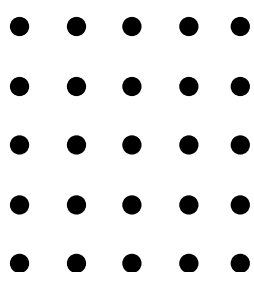


#every1 Campaign - Be The 1

1. Learn about at one endangered or at risk species in your local community and one thing you can do assist in the recovery of this species.
2. Go one day a week lowering your water usage: skip a shower, turn off the water between teeth brushing, re-use dishes, utilize rain water for watering
3. Reuse or re-purpose something that has been thrown away every day or week for a month.
4. Vote in elections.
5. Build and install nest box(es) for animals/birds in local natural area/place in nature. [Find ideas here.](#)
6. Go meat-free for a one day a week
7. Use your own (green) house hold waste to fertilize your garden
8. Make one day a week completely electricity free

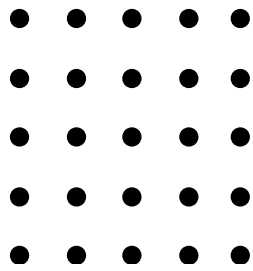




#every1 Campaign - Be The 1

9. Volunteer at a local charity for 5 hours this month.
10. Go vehicle-free for one day a week.
11. Collect old clothes, electronics, goods, food, etc. for charities
12. Plant a tree/start a herb garden. [Learn how here.](#)
13. Use only reusable cups and containers for to-go items such as coffee, food, take-away, etc.
14. Share your favorite outdoor space with someone new. Share what you love about the space and learn what the other person feels in that space.
15. Go straw-free for one week.
16. Go somewhere natural and just sit for an hour. Leave your phone off or even better at home. Don't take any pictures, don't write any notes. Just sit. Take it all in, use your senses, and try to spot something you haven't seen before.





#every1 Campaign - Be The 1

17. Make your own compost. [Learn how here.](#)

18. Spend one day a week actively looking to help others. It might be a mum with kids trying to juggle them and her shopping in the car. It might be a homeless person that just needs someone to say good morning. It might be your neighbour getting ice of their car window. Just offering, even if they say no, takes a bit of courage and it's impossible for you to walk away not feeling good about what you just did. This feeling can become addictive

19. Organise a park clean-up with your friends or your local community. Gather a group of 3-10 people and choose a local park, lake, plaza. Spend the day cleaning up litter. Take a before and after picture and post it online using the hashtags #every1 @CoalitionWILD to show how little things can actually bring huge change

20. Join a group! Find a local activist/campaigning group and join them for a day. It does not have to be anything extreme, and certainly nothing violent but find a cause close to your heart and spend a day fighting for change.

