

## Summer Sustainability Checklist

- Go for a picnic, but remember to avoid using plastic
- Take a break from your electronics and go out for a walk looking for local wildlife
- Go visit some local attractions
- Go paddle boarding or surfing; they are the most eco-friendly water sports
- Go wildlife spotting - download a spotting sheet and see what you can find
- Try helping your local pollinators by planting some flowers or setting up a bee house or insect hotel
- Go camping, even if it's in your own garden
- Make a homemade light trap to attract insects
- Plant some fruit, veg or herbs in your garden or indoors
- Start composting or even go the worm bin route!
- Have a zero-waste food night - the rules are all ingredients must come in biodegradable packaging or no packaging
- Explore your community by cycling around
- Try plogging - a zero waste activity where you go for a jog as you normally would but bring a bag with you and collect as much litter as you can!
- Join in a community beach clean-up
- Upcycle an old t-shirt to wear on a sunny day
- Try out some eco-arts and crafts!
- Make a bird feeder from any bits and bobs you have lying around the house
- Have a conversation with a family member or friend about sustainability
- Listen to a sustainability podcast
- Read a book on sustainability
- Share an eco-tip with someone you don't know!