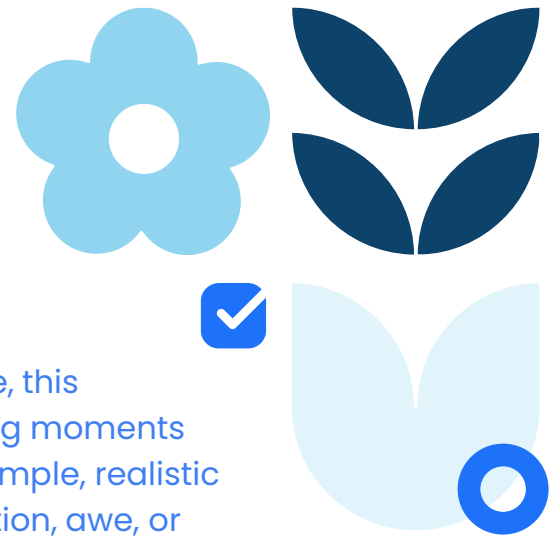


Mini Challenge

Earth Day

Instead of starting with action steps or behavior change, this challenge begins with noticing, appreciating, and finding moments of delight in the world around you, then builds toward simple, realistic ways to care for the planet. When people feel appreciation, awe, or enjoyment toward the natural world, they're more likely to value it, protect it and feel motivated to act.

Complete 4 **Gain Appreciation** activities before completing 4 **Act** activities.



Gain Appreciation

- Notice Beauty**
Notice one thing in the natural world that feels genuinely pleasant to see light, color, movement, or texture.
- Tune Into Sound**
Listen for a natural sound today wind, rain, birds, leaves, or even quiet.
- Feel the Elements**
Pay attention to how nature feels on your body — sun, air, warmth, coolness.
- Find Nature Indoors**
Notice plants, natural materials, or daylight inside your space.
- Appreciate Where You Live**
Notice one thing you like about your surroundings — even something small.
- Share a Moment**
Share something you noticed this week with someone else — a photo, a comment, or a quick message.
- Reflect on Delight**
Think about which moment felt the most grounding or enjoyable. That's your personal entry point to connection.

Act

- Reduce One Thing**
Choose one item to use less of today, energy, water, disposables, or consumption.
- Reuse Intentionally**
Reuse something you'd normally throw away or replace.
- Support Local**
Support a local or sustainable option, food, business, or service.
- Care for a Space**
Clean, organize, recycle, or care for a shared or outdoor space.
- Learn One Thing**
Read or watch something short about the environment, climate, or conservation.
- Encourage Care**
Share one earth-friendly habit or idea with someone.
- Choose One Habit to Keep**
Pick one small action from this week that feels doable long-term.