

SRG Earth Week Challenge

JOIN US THIS WEEK TO START THESE NEW
HABITS TO TAKE CARE OF OUR EARTH

MONDAY

- START YOUR HABIT OF USING REUSABLE WATER BOTTLE

TUESDAY

- MAKE A PLAN TO ALWAYS REMEMBER YOUR REUSABLE SHOPPING BAGS

WEDNESDAY

- SPEND TIME OUTDOORS AND PRACTICE MINDFULNESS ON THE BENEFITS OF FRESH AIR

THURSDAY

- PLANT A SEED OR CARE FOR A PLANT

FRIDAY

- PICK UP TRASH AROUND YOUR HOME/ NEIGHBORHOOD

BONUS

- EAT A MEATLESS DINNER

How many of these things can you do this week or do you already do in your daily life? Check them off and tag us!

[@schuykill_river_greenways](https://www.instagram.com/schuykill_river_greenways)

Make it a habit to take care of our Earth

www.schuykillriver.org