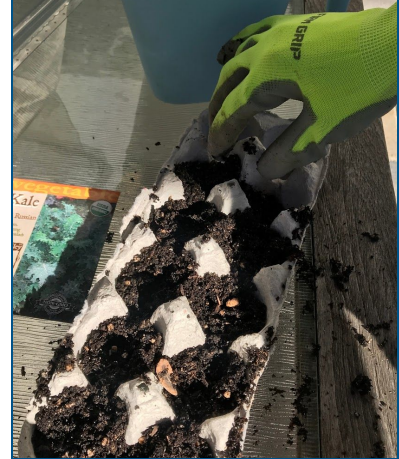# Sustainable Actions

Actions Not Words

Who wouldn't want to help their planet? A lot of people SAY they care about the planet, but some of their actions prove otherwise. A famous frog once said, "It's not easy being green," and he was right! Living sustainably takes extra time, effort, and dedication.

Sustainable living is a lifestyle where one strives to reduce their carbon footprint and their reliance on the Earth's natural resources.

Congratulations! You have already taken the first step of action - you are actively seeking knowledge about sustainability. This activity will give you a chance to highlight your current sustainable actions and reflect on some you have yet to incorporate into your lifestyle.

Activity

1. Print out the sustainable action data sheet below.
2. Thoughtfully think through the actions needed to incorporate sustainable solutions into your lifestyle. Record these actions on your data sheet.
3. Add your own sustainable action ideas to the chart.
4. If you need more writing space please use the back side of the data sheet .

Please send us any videos, pictures, or drawings you make during this activity so we can share them with others. Send to kathy@bckprograms.com.

Sustainable Action Data Sheet

Sustainable Action	Part of My Lifestyle Yes/No	Actions needed to make a sustainable lifestyle change: materials, actions, habits, where, when, how
Sample: Composting	No	Find a container with a lid to store fruit and veggie scraps until I can add them to my pile, shred paper or newspaper, decide what kind of bin I need, set up my compost pile, get red wigglers, talk to my family about saving food scraps. How to start a worm farm
Zero waste lunch		
Save electricity		
Save water		
Reusable plates and utensils instead of single use items		
Sharing gratitude		
Repurpose something instead of buying new		
Walk, bike, skate, scooter		
Meatless meals ideas		
Only take what I eat		
Eat leftovers instead of throwing them away		
Grow a garden		
Reuse before you recycle		