



School: _____

Names in this Household: _____

Directions: Although these tasks are assigned to specific days in themed weeks, we encourage you to practice all of the following tasks anytime! April 22nd is the 50th anniversary of Earth Day. Let's Celebrate!

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: Watts the Matter? Energy Conservation Week April 6-10 	April 6 Ask your family to use only cold water this week to do laundry. Put a reminder sticky note on the machine!	April 7 Open all curtains or blinds in the morning and close them again when it gets dark. This allows the sun to heat your home.	April 8 Spend the day using no artificial lights from sunrise to sunset.	April 9 Try to have a screen free day. Not possible? Pick screen free hours.	April 10 Unplug any electronics or appliances that are not currently in use. Plug in only as needed. Note: April 13-17th would have been spring break so nothing specific for next week.
Week 2: Waste Free Week April 20-24 	April 20 Meatless Monday. Encourage your family to go completely meatless today or as close to it as you can!	April 2 Refuse disposable straws. Getting takeout or delivery? Ask for your beverage without a straw.	April 22 Waste Free Wednesday! Earth Day! 1. Make a waste free dinner for your family. You can recycle and compost but avoid the trash! 2. Celebrate the earth!	April 23 Do a lesson with your family on what should go in each bin: garbage, compost and recycle.	April 24 Create an art project out of things you find in the recycle.
Week 3: Water You Doing? April 27-May 1 	April 27 Limit showers to five minutes of running water. Turn off while you shampoo!	April 28 Collect water as you wait for it to warm up and use that to water houseplants.	April 29 Got any leaky faucets? Spend some time learning how to fix it and try the repair yourself. Or use duct tape in a pinch.	April 30 Turn off the faucet while brushing your teeth or washing your hands.	May 1 Place a large rock or brick in the tank of your toilet(s). This will take up some space and thus use less water per flush!
Week 4: Mobility May 4-8  Practice safe distancing. Virtual hangouts are smart mobility options – take no trips.	May 4 Get outdoors. Go for a walk or run in your neighborhood.	May 5 If you have to drive, plan to stay as close to home as you can. Reduce carbon impacts.	May 6 Bike Anywhere! If school is an option, celebrate Bike to School Day! Fresh air!	May 7 Bike, walk or carpool to school with a friend or neighbor. Practice safe physical distancing while being socially connected.	May 8 If it is an option to ride a school bus, do it! If not, celebrate avoiding one trip anywhere today.