

#climatecareathome toolkit

To take climate action during COVID-19 and beyond



@edusoil | @dfcsouthafrica | @dfcphilippines | @dfcsudan

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DESIGN for
CHANGE

SUDAN

SOUTH AFRICA

PHILIPPINES

Have you been feeling bored and stuck at home?
Do you feel like you have tooooooo much homework (or work) to do?
Why not take all those feelings and channel into

#climatecareathome

Just follow these 4 simple steps.

1. Use our daily prompts to choose an action to take each day.
2. Track your activities on the Monthly Action Sheet by ticking the box of the action you complete each day or write in other actions you took. NB. Use a new sheet each month.
3. Take a photo of your action each day. Then ask a parent or guardian to help add text to the photo and type a reflection.
4. Ask your parent/guardian/teacher to share on social media with #climatecareathome and @edusoil so we can celebrate your success!



We're not appreciating natural beauty enough!



Scenic Sunday



1. Take a photo of the sunrise, sunset or view of nature from your window (landscape image)

2. Take a close up photo of something in nature eg. a leaf, a stone, a shell, a vegetable, your pet

3. What else can you do?



Follow us on Facebook to get our daily prompts to take care of the earth, in your own home.

Reply to our posts with comments and photos of your daily actions and inspire others!

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We're not reducing our carbon footprint and caring for animals enough!



Meat Free Monday



1. Do not eat meat or dairy. Eat fruit, vegetables, grains.



2. Check that the foods you are eating do not contain animal products.

3. What else can you do?



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We're not saving energy enough!



Turn it Off Tuesday



1. Turn off the lights/AC/devices when you or no-one is in the room



2. Reduce your screen time (laptop, TV, phone, games)

3. What else can you do?



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We're not saving water enough!



Water Wise Wednesday



1. Be quick in the shower.
2. Close the the tap when brushing your teeth.
3. What else can you do?



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We're not reducing and re-using waste enough!



Thoughtful Thursday



1. Reuse plastic containers and bags for storage
2. Create something new from something old.
3. What else can you do?



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We're not taking enough climate action!



Force of Nature Friday



1. Tell 3 new people about your #climatecareathome actions
2. Convince 1 person to take up the #climatecareathome challenge.
3. What else can you do?



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We're not gardening and composting enough!



Soilful* Saturday



* Soilful - The feeling you have when your mind, body and heart reconnect with our earth.



1. Grow something.
2. Compost food waste.
3. What else can you do?



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Add a photo/drawing of your action here



Write about how you feel after taking action.

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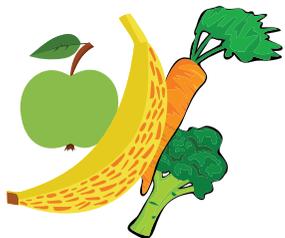
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We're not saving water enough!



Water Wise Wednesday



- 1. Be quick in the shower.*
- 2. Close the the tap when brushing your teeth.*
- 3. What else can you do?*



Add a photo/drawing of your action here



Write about how you feel after taking action.

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Soilful Saturday



Soilful - The feeling you have when your mind, body and heart reconnect with our earth.

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Write about how you feel after taking action.

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Write your name here

#climatecareathome

write the month here

Action Sheet

Scenic Sunday	Meat Free Monday	Turn it off Tuesday	Water Wise Wednesday	Thoughtful Thursday	Force of Nature Friday	Soilful* Saturday
<p>1 Took photo of nature from window</p> <p>2 Took close up photo of natural object</p> <p>3</p>	<p>1 Did not eat meat/dairy</p> <p>2 Did not eat foods containing animal products</p> <p>3</p>	<p>1 Turned off lights & AC when not in use</p> <p>2 Reduced my screen time</p> <p>3</p>	<p>1 Was quick in the shower</p> <p>2 Closed tap when brushing teeth</p> <p>3</p>	<p>1 Reused plastic containers & bags</p> <p>2 Created something from waste/old stuff</p> <p>3</p>	<p>1 Told 3 people about my climate care actions</p> <p>2 Inspired 1 person to take action too</p> <p>3</p>	<p>1 Planted, watered, pruned or took care of a plant/garden</p> <p>2 Composted food waste</p> <p>3</p>
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