



A KINDNESS A DAY

JUNE 2020

THEME:
Saving the Environment
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Today, start becoming mindful of recycling. It might take you an extra moment to find a recycling bin, but think about the impact it makes!	2 Refrain from buying products or eating foods that come from endangered animals.	3 If you have old clothing that cannot be donated, recycle them instead of throwing them out!	4 Go paperless. Avoid printing when you are able to.	5 Add more to your laundry cycle to save water on extra washes.	6 Visit a zoo, aquarium or national park to learn more about the planet's species, and pay the recommended entry fee.
7 Go strawless. If you like to use a straw for your iced coffee, try a reusable or paper one instead.	8 Find a fundraiser to donate toward saving your favorite animal.	9 Switch out your regular light bulbs for energy-efficient bulbs.	10 Volunteer to clean up a local beach to save ocean life from the harms of plastic.	11 Turn off the faucet when you are brushing your teeth this morning.	12 Bring a reusable cup to the coffee shop.	13 Water your plants and flowers today.
14 Before leaving your house in the morning, be sure to turn off lights and televisions, unplug chargers from the outlets and lower the AC.	15 Send a letter to an elected official or government agency to support policies that protect animals, such as certain restrictions on wildlife trade.	16 Instead of bagging your groceries with the grocery store's plastic bags, bring and use reusable bags.	17 Clean up a local park or playground to preserve the environment.	18 Get an energy audit of your house, and make plans to optimize energy consumption.	19 Instead of using your car, walk or take public transportation to run some errands.	20 Donate old books, toys, furniture and clothing to a charity of your choice.
21 Plant a tree in honor or memory of someone special or something meaningful.	22 If you come across a stray animal, call an animal shelter.	23 Consider adopting a pet from an animal shelter instead of buying from a pet store or breeder to prevent the euthanization of animals.	24 Minimize your use of electricity.	25 When you see an insect or spider in your house, carefully trap it and release it outside.	26 Be conscious of the environmental impact of the foods that you choose to eat today. Choose foods with less negative environmental impact.	27 Be aware of nature's beauty and presence, and feed the birds!
28 Bring your extra grocery bags to the farmers market, grocery store or to anyone who forgot to bring a bag with them.	29 Volunteer on your own, or with an organization, to clean up graffiti in a local neighborhood.	30 If there is no established recycling collection program in your town, start collecting cans and deliver them to the recycling center yourself.				