



take the stairs

about 100 Watt hours per round trip per person – that is approximately how much a desktop computer and monitor use in 30 minutes (Source: [Elevators Vs Stairs, By Trent Wright](#))

Day 1: If you are able, today try and take the stairs instead of elevators or the escalator.

Did you know – If you take two flights of stairs every day, you’re saving about 72 kilowatts of power each year. Each of those days equals about 90 cents a year in energy costs. An elevator uses



5 min shower



(Source: [Water Conservation Tips](#))

Day 2: Challenge yourself to shower in under 5 minutes

Did you know – If you use a low-flow showerhead, you can save 15 gallons of water during a 10-minute shower. Now imagine cutting that down to less than a 5-



reusable bottle

(Source: [The World Counts](#))

Day 3: Instead of single-use cups, bring a re-useable coffe cup and/or water bottle to work or school today

Did you know- 90% of bottled water’s cost comes from making the bottle. An estimate 1,500 plastic bottles end up as waste in landfills or thrown in the ocean every second. (Source: [The World](#)



handwash dishes



Handwashing dishes instead of running a half-full washer can save 15L of water and 1-2 kWh of energy.

Day 4: Handwash your dishes instead of running the dishwasher today.

*While certain dishwashers are **more efficient** than handwashing, it is important to only use them when full.*



drive 9 to 5



Day 5: Don’t drive between the hours of 9 and 5! This is an Extinction Rebellion event

The average Canadian vehicle burns 2, 000 L of gasoline every year and releases about 4 600 kg of CO2 into the atmosphere.

[Burning just 1 L of gas produces 2.3 kg of CO2.](#) (Source: NRCAN.gc.ca)



unplug

while boosting your immune system. (Source: PNAS.org)

Day 6: Unplug for a full hour and spend time in nature (your garden or a local park)

Being connected to nature has a number of [measurable health benefits](#). Being in green spaces can lower stress and anxiety



your watershed



Day 7: Learn about your watershed from your local Conservation Authority and (if you are able) volunteer to help with ecological monitoring such as water testing
All Canadians live in [a watershed system](#) that connects us to the rest of the country. Issues such as pollution and erosion are felt across watersheds, so protecting one watershed has a ripple effect across political borders. (Source: Canadian Geographic)



support the water walkers



<https://www.anishinabesacredcircle.org/connexion-membres>
Grandmother Josephine Mandamin walked more than [10,000 miles and circumnavigated all five of the Great Lakes](#) to raise awareness about the need to protect water. (Source: Water Docs)

Day 8: Support those walking to protect the water. Learn more about one walk below:



learn Indigenous place names



Resulting from the colonization of Turtle Island, many Indigenous place names were replaced with English and French names. The use of Indigenous names helps to keep alive the history, stories, and teachings of Indigenous peoples. According to the United Nations Educational, Scientific, and Cultural Organization (UNESCO), [three-quarters of living Indigenous languages in Canada are endangered.](#) (Source: UNESCO)

Day 9: Research and learn about the Indigenous place names of natural landmarks in your area
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research water advisories



recognized [“the right to safe and clean drinking water and sanitation as a human right that is essential for the full enjoyment of life and all human rights.”](#) Despite this, First Nations communities in Canada are at a [disproportionately high risk](#) for lack of access to clean water. (Source: UN)

Day 10: Research your area to learn about nearby communities with water advisories. Consider the federal policies (or lack of policy) that allow these to continue. Since 2010, the United Nations has



Indigenous territories



Day 11: Visit <https://native-land.ca/> and explore the traditional Indigenous territories of Turtle Island (North America)
We identify ourselves with political boundaries that [do not reflect natural borders or traditional territories of Indigenous peoples.](#) To understand our identities, we need to those who lived on the land before us, and those who live around us. (Source: Native-land.ca)

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read UN Declaration



Day 12: Read the UN Declaration on the Rights of Indigenous Peoples & consider how this should impact all Canadians
After passing through the House of Commons, the bill that would have harmonized Canadian law with international law, [died on the Order Paper](#) in the Senate in June 2019. Advocacy will continue into the next Parliamentary session. (Source: KAIROS)

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community video



Day 13: Plan a community video initiative on an ecological justice issue you are passionate about. *Grassroots and community organizing has power to heavily influence elected officials. Storytelling, through a medium like community videos, is a [powerful force for social change](#).* (Source: Working Narratives)



visit local friendship centre



Day 14: Visit your local friendship centre. Engage and learn from local First Nations, Inuit, and or/Metis community ecological initiatives. Find your nearest centre at:

<https://nafc.ca/en/friendship-centres/>

Friendship Centres are Canada's most significant off-reserve Indigenous service delivery infrastructure and are the primary providers of culturally enhanced programs and services to urban Indigenous residents. For many Indigenous people, Friendship Centres are the first point of contact to obtain referrals to cultural based socio-economic programs and services. (Source: NAFC.ca)



thank the water



Day 15: Intentionally thank the water that you use today. Try to learn the Nibi song from the link below:

http://www.motherearthwaterwalk.com/?attachment_id=2244
Canadians use an average of 466 litres of potable water per day. Take a moment to be conscious of every way that water facilitates your day, from cooking, to drinking, to washing. (Source: Statistics Canada)



walk



Day 16: Get to know the natural wonders in your community. *If you are capable, it is recommended that you walk roughly [10,000 steps](#) per day. Use this time to reconnect with nature and your community.* (Source:

Mayo Clinic)



public transit



Day 17: Use public transit today (if it is available) *The most recent Statistics Canada data reveals that the transportation sector is the second largest source of greenhouse gas emissions, [24% of total national emissions](#). Using Public transport options when available greatly reduces individual emissions.* (Source: Canada.ca)















lunch from home



Day 18: Save on disposable cutlery and containers & bring a lunch from home in reusable packaging. *Fast food chains are convenient, but the companies have out-sized environmental impacts.*

There are urgent climate and water risks throughout

	<p>the entire corporate supply chain. (Source: Climate Action)</p>
 <p>support local apiary</p>  <p>(Source: Ontariobee.com)</p>	 <p>support and share on social media</p>  <p>Day 20: Support youth climate action organizers by sharing the Friday's for Future posts on social media <i>The Fridays For Future movement began in August 2018. Youth are still striking for the climate and organizing internationally but need the support of adults.</i> (Source: FridaysforFuture.ca)</p>
 <p>local agriculture</p> 	 <p>cook with local produce</p>  <p>Day 21: When you go shopping try to only buy local foods. <i>Eating locally ensures that your personal carbon footprint is lower because your food does not have to travel as far to reach you. The added benefits also include supporting local farmers and having your food be much more fresh!</i> (Source: onf.coop)</p> <p>Day 22: Try to cook a meal with only local produce. If you can make it a vegan meal! <i>Cooking with less meat and using as many vegan options as possible can cut greenhouse gas emissions significantly. If everyone was vegan, greenhouse gas emissions from food production would drop by 49%.</i> (Source: Poore and Nemecek, American Association for the Advancement of Science, 2018)</p>
 <p>research Green New Deal</p>  <p>Canadians across the country. (Source: KAIROS, Pact for a Green New Deal)</p>	 <p>calculate your carbon footprint</p>  <p>Day 23: Read the Pact for a Green New Deal and compare it to the federal party platforms. Is there any overlap? <i>The Pact for a Green New Deal is a collaborative attempt to make the climate emergency a political priority. It is supported by over 60 organizations and thousands of</i></p> <p>Day 24: Calculate your carbon footprint & if you can buy carbon offsets for your 2019 activities. Carbon calculator below:</p> <p>https://coolclimate.berkeley.edu/calculator <i>Individual Canadians can change their lifestyles to meet international emission reduction targets. Canadian emissions are currently 13.5 tonnes per person and this needs to be reduced to 2.1 tonnes per person.</i> (Source: Wynes and Nicholas, Environmental Research Letters, 2017)</p>

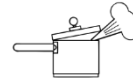


election

Day 25: Make a social media post on why this election is important to you. Encourage people to register to vote *68.3% of Canadians voted in the 2015 federal election. While this was the highest turnout since 1993, ALL eligible Canadians need to vote on issues that matter to them.* (Source: Elections Canada)



Kitchen Table Conversation



Day 26: Organize a Kitchen Table Climate Conversation. See below for more information:

<http://www.climatefast.ca/kitchen-table-conversations>

Change takes place in group discussions with trusted communicators. Holding important conversations with family, friends, and neighbours can help change mindsets and move forward ideas on facing the climate emergency. (Source: Climate Fast)



join climate strike



Day 27: Join the Global Earth Strike in your city if you are able. If not, support those who are striking by supporting on social media. *Millions of people are planning to walk out of workplaces to join youth climate activists to demand an end to the age of fossil fuels.* (Source: GlobalClimateStrike.net)



write a letter

Day 28: Write a letter to your MP/Candidate and ask them questions that are important to you. *Creating a positive relationship with your elected officials makes it much more likely that*

issues you care about will be heard. Write your representatives so they know the issues that their constituents are passionate about. (Source: Citizens' Climate Lobby)



all candidates meeting



Day 29: Contact your representatives to see if they plan on attending an all candidates meeting. If not, organize a meeting and encourage them to attend. *Meeting candidates in person before an election helps you make an informed decision when voting. You can ask*

specific questions and find out where both the candidate and their party stands on issues that you care about. (Source: KAIROS)



repost



Day 30: Re-post your favourite challenge from the month on social media and challenge your networks to make it part of their everyday lifestyle!