

# Take the 30 Day Challenge

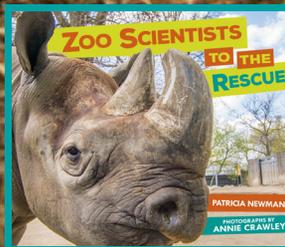
Become an Eco-Superstar and #ProtectOurWorld



#ProtectOurWorld

Share your story and explore with us!

[AnnieCrawley.com](http://AnnieCrawley.com) [PatriciaMNewman.com](http://PatriciaMNewman.com)



# 30 Day #ProtectOurWorld Journal

All living things and our environment need your help. 30 ideas for 30 days to make you an Eco-Superstar

Share with [AnnieCrawley.com](http://AnnieCrawley.com) & [PatriciaMNewman.com](http://PatriciaMNewman.com)    

Write down, photograph, and share what you do during the 30 Day Eco-Superstar Challenge. Share with your friends & family. #ProtectOurWorld	Refuse single use plastic bottles for all drinks. Share with your friends and family. #RefuseSUP (RefuseSUP = Refuse Single Use Plastic)	Stop using all kinds of plastic bags. Animals die every year from eating plastic. #ProtectOurWorld	Take a walk with your eyes on nature. How are plants, birds, insects, mammals connected to each other and us? #ProtectOurWorld	Carry metal or bamboo utensils with your pens and pencils. Share with your friends. Refuse to use plastic utensils! #RefuseSUP	Never use styrofoam. Research why. #ProtectOurWorld
Email us photos, videos, & stories. Share how you and your friends are Eco-Superstars #ProtectOurWorld	Visit a zoo, aquarium, or nature center near you. Find out about local endangered species that need your help.	Download the Palm Oil App. Investigate your kitchen. Are you orangutan friendly? What products can you change to help orangutans?	Go shopping with the Palm Oil App. Only purchase groceries that are orangutan friendly. #ProtectOurWorld	Brainstorm with your parents. Plan your lunch with only reusable containers. #RefuseSUP	Share stories about the environment with your grandparents. What are the similarities/differences from when they grew up?
Turn out lights when you leave the room. Think of other ways to save energy at home/school! #BelInconvenient	Volunteer at a zoo, aquarium, or nature center in your community. Encourage a friend to join you.	Ask your librarian to help you choose books about nature and other scientists working to protect our environment. #ProtectOurWorld	Invite Patricia Newman and/or Annie Crawley to speak at your school. Their stories will inspire all!	Learn about rhinos and where they live. Both rhinos and their habitat need your voice to help protect them. #ProtectOurWorld	Join your school's environmental club. If your school does not have one, create one! #ProtectOurWorld
Write a letter to your local politicians and our President to share what you care about. #ProtectOurWorld	Research more about BFFs and share with your BFF. Visit a prairie or open space in your neighborhood. What animals need one another?	Parks are important to humans. Write a poem or story about your favorite park, add a photo or illustration and submit to your local newspaper.	Switch from candy wrapped in single use plastic to Hershey Kisses. Think about why Hershey Kisses are an environmentally friendly choice.	<i>Read Zoo Scientists to the Rescue</i> with your friends. Brainstorm ways you can help the scientists and the animals.	Art/Photo/Video plays a major role in conservation. Create an art piece or write a poem about rhino poaching.
Ask your favorite restaurant to stop using straws. Write a letter to the owner/manager. #StopSucking	Talk to your sports coaches. Ask them to ban single-use plastic bottles from practices and games. Only use reuseable containers. #RefuseSUP	Brainstorm ways to raise money for your favorite endangered species. Decide on one and do it! #ProtectOurWorld	Carry a reusable bag with you, just in case you need it. #RefuseSUP	Write a letter, take a photo, or create a video with a conservation message to share with your family, school, community. #ProtectOurWorld	Together we can protect our planet! Email us photos, videos, & stories about your 30 Day Challenge. <a href="http://AnnieCrawley.com">AnnieCrawley.com</a> <a href="http://PatriciaMNewman.com">PatriciaMNewman.com</a>