



Simple Steps. Big Impact.
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2019 – The Year Humanity Saves the Planet

Here are simple steps you can do each month to restore, preserve, and replenish what you cherish. Like us and post your game changing moves and questions on our Facebook page @TheResilientActivist.

Let the games begin!

- **January – Spend Time In Nature** – schedule specific times every month to visit parks, gardens, and nature sites over the year; put this in your calendar and make reservations or plans with others to confirm the dates
- **February – Manage Your Waste** – notice plastic packaging and single-use plastic to see what can be eliminated
- **March – Nurture Compassion for All Beings** – mulch or compost last year’s leaves & clean up for spring (do not mow or burn leaves); clean bird houses and feeders; order plants from your November garden design plan; spend time in your garden or elsewhere in nature noticing what plants are the first to emerge in the spring; install rain barrels or rain garden
- **April – Actively Green the Planet** – plant native trees, shrubs, and wildflowers, install birdbath and houses for frogs (<https://www.wikihow.com/Make-a-Frog-Home-in-the-Garden>); celebrate Earth Day with others & take classes about the environment
- **May – Manage Your Waste** – begin composting food waste and volunteer at food pantry or shelter
- **June – Actively Green the Planet & Nurture Compassion for All Beings** – plant vegetables & create sacrificial garden for nuisance insects; buy local & organic fruits & vegetables; use reusable bags only
- **July – Choose Who You Give Your Money To** – read labels on packaged foods; source of products, chemical use, fair trade, humanely manufactured and raised, compostable, recyclable, end of life, social impact and giving back
- **August – Manage Your Waste** – notice what is in your trash and commit to eliminating 1/2 of it; study list of items you can take to Scraps KC or other resale shops and start a box of interesting stuff to donate; shop at resale shop
- **September – Actively Green the Planet** – plant early-blooming native wildflowers amongst spring bulbs; gather seeds of native plants to share with friends
- **October – Nurture Compassion for All Beings & Spend Time in Nature** – leave your leaves; no garden cleanup; install solar water heater in birdbath; gather autumn basket of nature to take indoors for the winter
- **November – Nurture Compassion for All Beings & Actively Green the Planet** – keep bird feeders full; create overwinter shelters like brush piles; research plant list for new pollinator garden area or native trees or shrubs to purchase next spring
- **December – Choose Who You Give Your Money To & Manage Waste** – holiday shopping with the planet in mind – give gifts with meaning and experience rather than things; natural gift wrap; real tree to be planted or removed from restoration site

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