

Connect and Recharge

Engage with the world around you: nature, your community, and yourself

sustainNU encourages you to take time to **Connect and Recharge**. This calendar provides a month's-worth of options for connecting with nature and your community. These actions can be done with your work team, your family, or by yourself. Pick a couple or make it a daily commitment. Doing so can positively affect your well-being, expand your awareness, recenter your appreciation for the natural world, and inspire you with new ways to take action.

Northwestern sustainNU

		1 Get outside, pause and, take a deep breath	2 Review the Campus Sustainability Map & take advantage of these amenities	3 Identify potential home energy savings	4 Pick up a rock & look for insects living in the soil	5 Visit a local natural area
6 Clean out a closet & donate or recycle unneeded items	7 Learn to spot greenwashing	8 Get outside, stretch and mobilize your body	9 Add a new sustainable practice to your home	10 Review how to properly recycle in your community & Northwestern	11 Learn about a local environmental justice organization	12 Gather with friends & clean up an area of your community
13 Learn about the wildlife that share our cities (get started here)	14 Skip the car for a day or a week: walk, bike , take public transit	15 Learn about the Indigenous Peoples native to the land you live on	16 Look for pollinators in your local landscapes	17 Find energy efficiency rebates from Comed & Energy Star	18 Explore the idea of a sound walk and listen to your surroundings	19 Visit a resale shop for second-hand items instead of new
20 Assist with a community science project like Chicago Wildlife Watch	21 Take a walk without headphones or distractions & notice nature	22 Visit EPA's EJScreen tool to explore environmental justice patterns	23 Go outside, take a deep breath, & listen to the sounds of nature	24 Learn about the watershed you live in	25 Donate unused books to a local free library	26 Volunteer to support a community effort
27 Watch the sunrise or sunset	28 Go bird watching , on campus or in your neighborhood	29 Learn about a local environmental justice organization	30 Observe a small piece of greenery. What do you notice?	31 Share a nature photo or environmental practice you engage in with a loved one		

