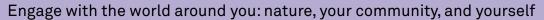
Connect and Recharge





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













