



**We invite you to take action!**

## **Small Steps**

The ecological crisis is growing. Humanity is facing an existential crisis and wide-scale societal and political changes are required to ensure the survival of our species. It is easy to feel dispirited, but every single one of us has the capacity to take action.

This booklet invites you to try out a year of weekly actions, each month focusing on a different aspect of the environment, with one suggested lifestyle change to tick off each week. You can begin in any month!

**Action Number One:** fold open this brochure to the correct page and put it on your fridge! Tick off each action as you try it.

## JANUARY - SAVE ENERGY

- Week 1 This week, take half an hour to switch to a Green Energy supplier for your electricity and gas at home.
- Week 2 Turn off lights in all the rooms you are not using – including any corridors or hallways – and buy a stock of LED bulbs ready for when you need to replace a bulb.
- Week 3 Unplug electric appliances when you are not using them, or switch them off at the wall. Even turned off, many appliance keep drawing power.
- Week 4 Put on a jumper and turn your central heating thermostat down by a degree or two.
- Week 5 Wash lightly soiled clothes at 30° instead of higher temperatures, and air dry instead of using the tumble dryer.

## FEBRUARY – FOOD

- Week 5 Spend a week reducing food waste in your home; make a meal plan, shop from a list, eat leftovers, use the freezer, cook creatively with what you have. □
- Week 6 Get rid of disposable food wrap and store food in reused takeaway containers, beeswax wraps or a bowl with a plate on top instead. Take homemade leftovers to work for lunch, to save money and packaging. □
- Week 7 This week, eat less meat. Try a new vegetarian meal, experiment with foods you would not normally try, and have at least one meat-free day. □
- Week 8 Fill your kettle by mug instead of at the tap so that you only boil the water you need. □



## MARCH - REDUCE WASTE

- Week 9 Put a reusable shopping bag or 'bag for life' in the inner pocket of every handbag/rucksack/coat/jacket that you use, so that you're never caught out without one.
- Week 10 Buy loose fruit and vegetables (take your own bags) instead of pre-packaged.
- Week 11 Invest in a reusable coffee cup or water bottle and make a habit of carrying it everywhere you go.
- Week 12 Visit a market or 'zero waste' shop and take your own packaging.



## APRIL - NATURE

Week 13 Plant bee and butterfly-friendly seeds, if possible. If not, sponsor a tree planting or donate to a wildlife charity.

Week 14 Go for a walk in a green space.

Week 15 Compost your food waste if possible.

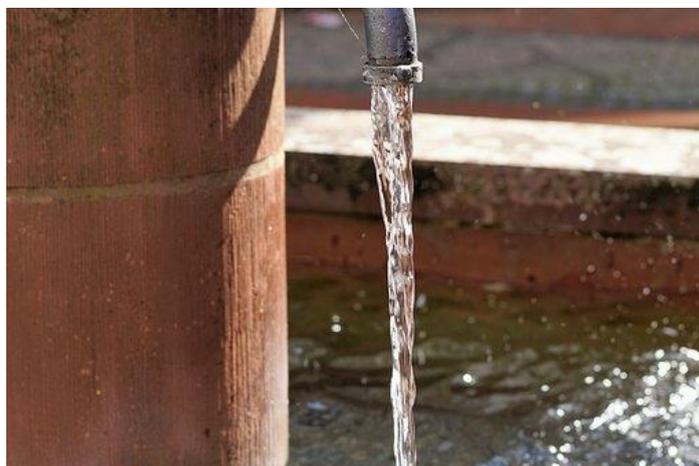
Week 16 Join a local litter pick or just do a miniature one of your own.

Week 17 If possible, install a water butt to collect rainwater.



## MAY - SAVE WATER

- Week 18 Turn the tap off when you clean your teeth – and make sure your family does too!
- Week 19 Put a plastic bottle filled with water in your toilet tank to reduce the amount of water used per flush, or install a 'Hippo' water saver.
- Week 20 Wash clothes less frequently – air them, and spot clean small marks instead of washing the whole garment.
- Week 21 Keep a jug of tap water in your fridge so that you always have cold water without having to run the tap to cool it down.



## JUNE - TRAVEL

- Week 22 If you have a car, swap at least one journey to public transport this week.
- Week 23 If you're planning a summer holiday, choose a location you can reach by car or train instead of flying.
- Week 24 If you drive regularly somewhere (e.g. school, work), could you give a lift to someone else making a similar journey?
- Week 25 Get your bicycle serviced, if necessary, and go for a cycle this week. Perhaps you can use it as a mode of transport more frequently?



## JULY - REDUCE/REPAIR/REUSE

- Week 26 Mend something that's been sitting around, or that you might otherwise throw away. Sew on a button or tighten that loose screw. □
- Week 27 Find a local 'repair group' (transition town initiatives often run them) and go to their next event, to have your own item repaired or to help others and meet like-minded people. □
- Week 28 Suggest running a clothes swap event – with a group of friends, at work, with your book club, or through the PTFA at your child's school. □
- Week 29 Sort out your wardrobe and take any unwanted items to the charity shop. □
- Week 30 If you are buying clothes, explore vintage, preloved or ethically produced garments before going to the high street. □

## AUGUST – ETHICAL CONSUMPTION

- Week 31 Think before you buy, and don't buy anything you know you're going to throw away.
- Week 32 Boycott the top 5 least ethical companies & email to tell them why: Amazon, ASDA, Nestle, Tesco, Coca Cola.
- Week 33 See how much of your weekly shop can be Fairtrade. Buy storecupboard items in bulk if you can, to reduce packaging.
- Week 34 Whenever you buy paper, make sure it is recycled (including kitchen towel, toilet paper, stationery, printing paper, envelopes . . .)



## SEPTEMBER - CAMPAIGN

- Week 35 Write an email to your MP, asking what actions they are personally taking to combat the climate emergency or to reduce pollution in the area, or another environmental priority. □
- Week 36 Sign up to the Climate Coalition mailing list to be informed about lobby days, petitions and marches:  
[www.theclimatecoalition.org](http://www.theclimatecoalition.org) □
- Week 37 Write an email to a local councillor, asking what environmental actions they are taking locally. □
- Week 38 Investigate current campaigns by environmental charities like Friends of the Earth, Tearfund, Greenpeace or the Woodland Trust, and see whether you can support them, for instance by signing a petition or putting up a poster at work. □

## OCTOBER – MAKE YOUR HOME AN ECO ZONE

- Week 39 Divest your personal finances from fossil fuels by switching your current account to ethical banking (e.g. Triodos, the Co-op Bank, Ecology Building Society, Nationwide Building Society)
- Week 40 Contact your pension provider and ask them to divest from fossil fuels (visit the charity [shareaction.org](https://shareaction.org) for advice). Now tackle any other savings you may have and switch those to ethical ISAs or savings accounts.
- Week 41 Commit to a plastic-free bathroom by replacing shower gels and facewashes with bars of soap, shampoo and conditioner with packaging-free bars, and investing in bamboo toothbrushes.
- Week 42 Replace your cleaning products with ecological, non-toxic brands.
- Week 43 Switch to an ethical phone and broadband provider.

## NOVEMBER - SPREAD THE WORD

- Week 44 Inform yourself about the climate emergency and ecological crisis by reading websites such as [www.campaigncc.org](http://www.campaigncc.org)
- Week 45 Explore ways of communicating about climate change – talk about it with friends and family, observe how people react, visit websites such as [theclimatecommsproject.org](http://theclimatecommsproject.org)
- Week 46 Take an eco action at work – like turning off your computer at the end of the working day or bringing a reusable coffee cup – and ask your colleagues to do the same.
- Week 47 Ask if your workplace has an eco rep or committee, join it or start one!
- Week 48 Talk to people in one other place you regularly go – the gym, your child's school, a place of worship or your local supermarket. Ask them to consider what action they might be taking.

## DECEMBER - A GREEN CHRISTMAS 🌲

Week 49 Buy recyclable wrapping paper. Avoid shiny metallic or foiled paper

Week 5 Give gifts that people actually want! Ask people for ideas, what they would like, and buy things they will enjoy using rather than festive novelties likely to be discarded within days, or agree to exchange 'experiences' instead.

Week 51 Source gifts that are ethically made or Fairtrade, or give a subscription or charity gift.



Week 52 Choose your Christmas tree carefully. If it is real, consider buying one that can be replanted, or check that your council will compost it. If it is artificial, treasure it and reuse it for as many years as you can. Wait until after dark to turn on your Christmas lights, and turn them off before you go to bed. □

Week 51 Include some vegetarian meals in your Christmas catering, and avoid food waste as much as possible. □



*At the end of your year, whichever month this might be, reflect on the changes you've made.*

*Which have you stuck with?  
Which would you like to try again?*





We'd love to hear from you!

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