

Spring is nature's reminder that change often starts quietly—in seeds, in soil, in slow shifts. But growth doesn't only happen in gardens. It happens in our habits, our minds, and our communities. This month is about sustainable, self-directed growth—on your terms, from where you are.

"Grow what you can" doesn't mean do everything. It means start where you are. Use what you have. Trust small actions to add up.

## Grounded in Action: Grow Something— Anything

No matter your space, time, or experience—you can grow life.



#### Try:

- Sprouting lentils in a mason jar (3-5 days, no soil required)
- Growing herbs on a sunny windowsill (basil, mint, or green onions in water)
- Starting a micro wildflower patch or pollinator pot
- Composting food scraps (even on a small scale or via drop-off)

### Why it matters:

- Reconnects you to life cycles and the climate
- Reduces food miles and waste
- Gives you something to tend—a powerful metaphor for change

**Tool to try:** <u>From Seed to Spoon App</u> - Learn what you can grow in your local conditions.

## 7-Day Personal Waste Audit

Track what you throw away or recycle for just one week. Be honest. No shame.



### Log categories like:

- Food waste
- Packaging (plastic, paper, etc.)
- Single-use items (cups, straws, takeout containers)
- Clothing or electronics disposal

#### What to look for:

- Which items show up the most?
- Which are easily avoidable?
- What can be replaced with a reusable, repairable, or "less" solution?

Challenge yourself: Pick one thing to swap out for the rest of the month—e.g., no more plastic water bottles, or always bringing a tote bag.

## **Green Your Digital Footprint**

Your tech habits matter more than you think. Data centers = high energy usage.



## Unsubscribe from unnecessary emails

Each one contributes to carbon emissions!



## Use Ecosia to plant trees while you search

A simple switch with positive impact



## Power down your devices fully once a day

Reduce phantom energy usage



## Turn off auto-play on streaming platforms



## **Set a digital Sabbath**

A half or full day off tech each week

Mindful media consumption saves energy

**Bonus:** Try a minimalist phone screen-fewer icons = fewer temptations = more clarity.

## **One-Day Climate Fast**

Dedicate one day this month to intentionally reduce your impact. No need to be perfect. Just be mindful.



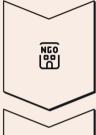
#### Reflect afterward:

- What did you learn?
- What was easier than expected?
- Could this become a weekly ritual?

### **Options:**

- Meatless and local food only
- No driving or rideshares—walk, bike, or use public transit
- No fast fashion or online shopping
- Zero new media (streaming = emissions too)
- Solar-only electricity use (if you have access)

# Activate Your Voice: Write One Message



#### To an elected official

Write about a green issue you care about



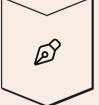
#### To a company

Call out unsustainable practices or applaud meaningful ones



#### On social media

Share one thing you've learned or changed this month



## A thank-you note

To someone who's inspired your climate journey

Your voice is a renewable resource. Use it.

## **Tools of the Month**

Earth Hero App

Personal climate action planner. Track progress. Take new steps weekly.

The Future We Choose

By Christiana Figueres & Tom Rivett-Carnac. Realistic, motivating, and packed with practical frameworks for changemakers.

How to Save a Planet

Podcast archives. Episode rec: "Is Your Carbon Footprint BS?" - tackles individual vs. systemic impact.

Kiss the Ground

Netflix documentary about how soil health is climate health.

**Buy Nothing Project** 

Give and receive goods within your local community. Circular economy in action.

# Monthly Challenge: Bloom Where You Are

Pick one area of your life and take a single visible action this month:

Area	Example Action
Food	Cook a meal using only local produce from a farmers market or co-op
Energy	Replace 5 light bulbs with LEDs OR unplug all unused devices nightly
Fashion	Host or attend a clothing swap OR mend one item of clothing
Finance	Open an account with a credit union or ethical bank OR donate to a climate org
Influence	Start a group chat or Discord channel around eco action at your school or workplace

✓ Post your action using #GrowMay or #MayWeChange, & tag @youngplanetleaders\_

We'll feature some highlights (anonymously if preferred) in next month's dispatch!

"To plant a seed is to believe in tomorrow." —Audrey Hepburn

You don't need to do everything this month. But do one thing that brings you closer to the world you want to live in. Water it. Stay with it. Let it grow.