

# Aotearoa

# CONSERVATION ACTION BINGO!

Get the whole family connecting to Nature!

Use the grid to tick off some simple conservation actions you can do right in your own home and backyard. So good for wildlife and your wellbeing!

## EARTH HOUR RITUAL

Find out more about [Earth Hour](#). Start your own weekly Earth Hour ritual in your household.

## HOME WASTE AUDIT

Get an idea of how much waste your household produces. Think of ways you can reduce this. Get some ideas [here](#).

## SOFT PLASTIC RECYCLING

Learn more about [soft plastic recycling](#) here in Aotearoa New Zealand and how you can get involved.

## RECYCLING RIGHT?

Play this [game](#) online to see how well you recycle.



## TAKE A MINDFUL MOMENT

How [important](#) is our connection to Nature? Take a moment to enjoy some [Vitamin N](#) (N for Nature) with Cathryn.

## BACKYARD NATURE PHOTOGRAPHER

Hone your photography skills in your backyard by taking photos of plants and animals.

## NATURE JOURNALLING

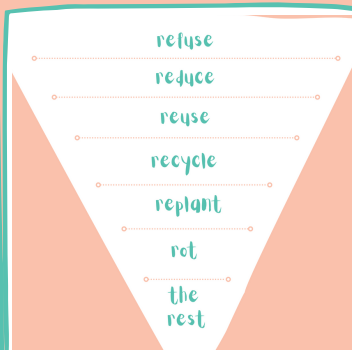
Regularly spend a few minutes outside in Nature with a notebook and pen. List at least 3 things you are grateful for.

## PONDER YOUR TP

Audit all the paper products in your home, including toilet paper. How many have the [FSC](#) logo? Pledge to go FSC all the way from now on.

## THE 7 R-WORDS

While putting [this puzzle](#) together have a conversation with your household about each of [the 7 R-words](#) and how you could put them into action.



## VEGAN SOY DILEMMA

Find out where your [soy products](#) come from and how they are produced. Do some research to source sustainable and environmentally friendly alternatives.

## WE ARE WHAT WE EAT

Check out this [TED talk](#) about regenerative agriculture. Reflect on how you can support similar local initiatives.

## SUSTAINABLE PALM OIL

Work out how many items in your house may contain palm oil. Pledge to look for [sustainably-sourced palm oil products](#) from now on.

## MEATLESS MONDAY

Organise for at least one meat-free day a week. It does not have to be Monday! [Just eat less meat.](#)



## A GARDEN PROJECT

Design a revamp of one area of your [garden](#) to [encourage bees](#). Make sure to include as many native plant species as possible.

## COMPOSTING

[Learn online](#) about different composting options. If you can't use what you compost, can you [ShareWaste](#)?

## ATTRACT NATIVE BIRDS TO YOUR GARDEN

Find out how to [attract native birds](#) to your garden.



## MEET THE LOCALS

Watch this short [YouTube clip](#) to find out what other local wildlife may be in your backyard. Learn how to [attract lizards](#) to your garden.

## PREDATOR FREE 2050

[Why Predator Free 2050?](#) [Reflect](#) on ways you can get involved with this campaign to really make a difference for wildlife here in Aotearoa.