

Young Eco Leaders Activity Tracker

**Complete one activity from each category to become a
CERTIFIED PEA YOUNG ECO LEADER!**



1. Sign up for the program using the QR Code
2. Track your completed activities and date completed.
3. Share photos on social media with #PEAYoungLeaders and tag us @peancorg
4. Submit the finished tracker to info@peanc.org for a certificate and prize!

GET EDUCATED

Research climate change and calculate your carbon footprint



Research environmental justice and racism



Watch a short video: The Story of Change



Watch a short video: The Story of Stuff



Research local farms and farmers markets



EXPLORE NATURE

Set up a bird-watching station in your home



Write or draw 5 nature journal entries



Complete a nature scavenger hunt



Walk, swim, or play at a local river, state park, and local park



Go on an early-morning or late-night nature walk



MAKE SOMETHING

Plant (or help with) a vegetable or pollinator garden



Make a large batch of a household snack



Start a compost pile or worm bin



Make a hummingbird feeder using recycled items



Make a favorite store-bought item



CREATE ECO ART

Make a sculpture out of recycled materials



Create artwork inspired by nature



Make a nature mandala



Draw a map of your favorite outdoor space



Create an environmental education poster



CHOOSE A CHALLENGE

Family Experiment: buy-nothing week



Family Experiment: meal plan for 2 weeks



Have a waste-free week



Explore being a weekday vegetarian



Try cloth towels and napkins instead of paper products



CHANGE YOUR WORLD

Perform a home energy audit and identify how to conserve energy



Write a letter or send a video to an elected official or your school principal about an environmental topic



Write a letter to the Winston-Salem Journal about an environmental topic



Take a bus, bike, or walk somewhere that you usually drive



Pick up litter at a local green space

