

# Young Eco Leaders Activity Tracker

Complete one activity from each category by October 7th to become a  
**CERTIFIED PEA YOUNG ECO LEADER!**

1. Track your completed activities and date completed. Take a photo of the finished product or action.
2. Share your photos on social media with #PEAYoungLeaders and tag Piedmont Environmental Alliance to be entered into the weekly Young Eco Leader Raffle.
3. Check the PEA Facebook page every Wednesday for information about raffles, prizes, and winners!

## 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