

BE A SUPERHERO FOR TREES!



Even though it seems like there are a lot of trees on Earth, they are being cut down and harmed by some of our other bad behaviors. Earth needs your help! Your mission? Pick a superhero below. Each one of these heroes performs a specific action to help protect and care for trees. Your challenge for the next two weeks is to perform the action of your superhero every day. Who will you choose? You can pick any gender.



EAGLE EYE

She does her part to save the planet by picking up trash outside!



BOLT

She's always running to turn off unused lights and prevent energy waste!



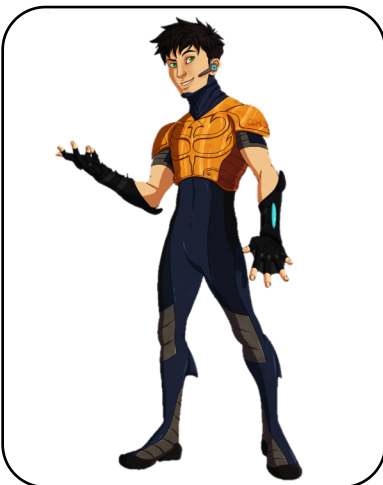
SPLASH

She's a lean, green, tree planting machine. She plants and waters trees!



BIN BUSTER

She's down to earth and always ready to recycle as much as she can!



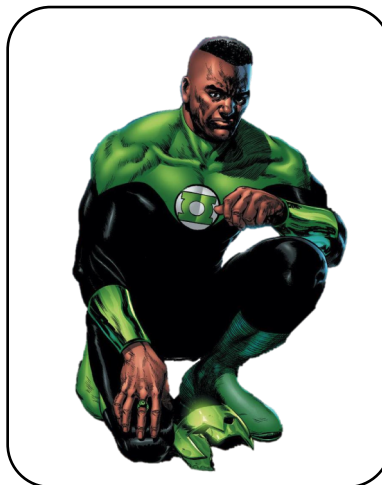
COACH

He's here to offer a hand, sharing what he knows with family & friends!



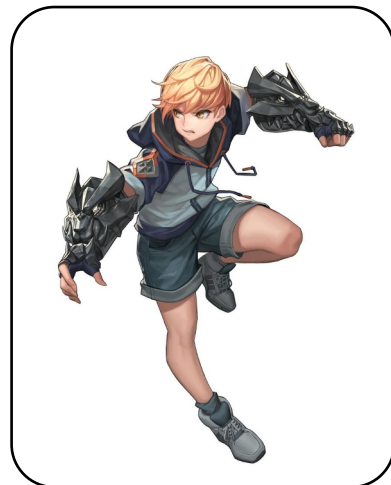
GRAZE

He's strong, full of energy, and fueled by plant power. He doesn't eat meat!



HOME HERO

He uses his strength to help his community. He shops locally, not online!



THRIFT

His goal is to reduce waste. He creates less trash by reusing things!

Which superhero did you choose?:

SUPERHERO BOOT CAMP

Before you can assume your superhero duties, you need training.
Complete the boot camp tasks below to earn your superhero badge.



1

YOUR HABITS

What is your lifestyle like? Each person's actions have an impact on the Earth. This is called an **ecological footprint**. To find out yours, click the green button below and answer the questions. When you've finished, you'll be told your personal Earth Overshoot Day (the date when we would run out of resources if everyone on Earth lived like you), as well as how many Earths we would need to support humanity. Record your numbers below.

What is your
ECOLOGICAL FOOTPRINT?

- ▶ Your Earth Overshoot Day: _____
- ▶ If everyone lived like you, we would need: _____ Earths
- ▶ How does this make you feel? _____

2

YOUR HOUR!

Now it's your time to shine! To earn your superhero badge, make a superhero card for yourself based on the superhero you chose earlier, and track how often you do the behavior associated with him/her. The goal is to be as consistent as possible for two weeks. Are you up for the challenge?

Week 1

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 2

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check in: How did you do? Forming new habits takes some time, so be patient with yourself if you didn't do it perfectly every day. Try to see if you can keep up your new habit for a full month! And remember, **you are never too small to make a positive difference.** Your actions count!

YOUR NAME: