

*Dear AP Environmental Students,*

*As you prepare to take AP Environmental Science next year, it is important to understand that your actions and choices everyday have a big effect on our environment. This summer, I challenge you to complete as many of the actions below as possible, and write a one page reflection about what you did and how it made you feel.*

*Be prepared to discuss your experiences during the first week of class. This is going to look different for everyone, and that's OK, as everyone will make different choices. Thinking about your actions is a great way to engage with important ideas in environmental science. It's amazing how much of what we do is just habit, and how we can change our habits with a little thought and planning! Get family and friends to join in and have fun with this!*

- Spend a whole day (24 hours) without using plastic ANYTHING - if plastic is a component of something, do not use it during this time either. You'll be amazed at how many of our daily items are plastic!
- Spend a week without buying anything plastic - this includes things that come in plastic packaging. Find alternatives!
- Spend a week without making ANY trash, or as little as possible (recycle and compost what you can, keep any trash that you might make to see how much you produced). Think about the sticker on your banana, a twist tie, a tea bag wrapper, string, etc.
- Walk or bike somewhere you would usually drive to.
- Sleep outside for at least one night.
- Spend a whole day outside - eat all three meals and snacks outside too. (And stay off your phone) ;-)
- Go for a hike in a State Park - find one here: <https://ksoutdoors.com/State-Parks>
- Spend a week eating a vegetarian diet, OR try a vegan diet- NO meat, eggs, dairy (no butter!), honey etc.
- Make a meal for your family using ONLY locally grown food, using ingredients from a farmer's market, LOCAL bakery, and/or food you've grown/hunted/fished/foraged yourself.
- Spend a day (24 hours) without looking at a screen of any kind - no tv, cell phone, computer, video games etc. Completely unplug (and enjoy the relaxation!). ;-)
- Take your own bags to the store all summer long- do not get a single use plastic bag.
- Plant some [NATIVE PRAIRIE](#) wildflowers in a sunny area of your yard to support native wildlife.
- Choose your own environmental actions and write about them!

*Have fun, and we'll see you in August! :-)*

*Mrs. Moran*