

## **Weekly Action Plan for Preschoolers**

How to make a big difference doing little things in just seven days (then keep it going!)

| Monday                 | Tuesday              | Wednesday              | Thursday                    | Friday                        | Saturday   | Sunday          |
|------------------------|----------------------|------------------------|-----------------------------|-------------------------------|------------|-----------------|
| Turn off tap while you | Turn off lights when | Recycle<br>a newspaper | Put on a sweater instead of | Bring a bottle water that you | Walk to do | Try a meat-free |
| brush teeth            | _                    | or magazine            | more heat                   | can refill                    | an errand  | day             |