

101 small ways to change the world checklist

✓ caring for yourself

- # 1 be your own biggest fan
- # 2 ask for help
- # 3 say "yes"
- # 4 say "no"
- # 5 don't beat yourself up
- # 6 stop comparing yourself with others
- # 7 look on the bright side
- # 8 love yourself
- # 9 stand tall
- #10 don't hold grudges
- #11 get outside
- #12 disconnect
- #13 celebrate little things
- #14 join a sports team
- #15 make a happiness journal
- #16 eat breakfast
- #17 have a healthy snack
- #18 eat more fruits and veggies
- #19 take a break
- #20 just breathe
- #21 get enough sleep
- #22 be active
- #23 sign up for a run or walk
- #24 stay hydrated
- #25 do something you love every day
- #26 start a book club
- #27 surround yourself with love
- #28 spend more time with those you love
- #29 do a puzzle
- #30 memorize something
- #31 tell a joke
- #32 step out of your comfort zone
- #33 share your talents
- #34 share your feelings
- #35 start a new habit

✓ caring for others

- #36 smile
- #37 talk to a new kid
- #38 write a thank you note
- #39 tutor a classmate
- #40 stand up to a bully
- #41 spread kindness
- #42 volunteer your time
- #43 start a club
- #44 cheer up a friend
- #45 share a hug
- #46 give a compliment
- #47 celebrate others' success
- #48 take on some chores
- #49 give an award
- #50 show that you care
- #51 donate to an animal shelter
- #52 rescue a pet
- #53 eat less meat
- #54 help wildlife thrive
- #55 donate your old stuff to younger kids
- #56 donate your ponytail
- #57 donate sports equipment
- #58 donate food
- #59 hold a sale
- #60 ask for donations instead of gifts
- #61 donate a portion of your allowance every month
- #62 volunteer
- #63 be courteous
- #64 offer up assistance
- #65 start a neighborhood library
- #66 be curious
- #67 take a CPR or first aid class
- #68 join a scouting program

✓ caring for the planet

- #69 unplug
- #70 turn off the light
- #71 think twice before getting in that car
- #72 visit a recycling plant or landfill
- #73 recycle properly
- #74 pick up litter
- #75 compost
- #76 make a homework "mailbox"
- #77 create a bottle planter
- #78 design a trinket organizer
- #79 make an egg carton game
- #80 say "no" to plastic
- #81 bring reusable containers to school each day
- #82 take cloth bags to the grocery store
- #83 buy used
- #84 reuse school supplies each year
- #85 buy local
- #86 buy things in bulk
- #87 buy less
- #88 host a swap with your friends
- #89 borrow
- #90 go digital
- #91 use both sides of the paper
- #92 plant a tree
- #93 use fewer paper towels and napkins
- #94 take a shorter shower
- #95 turn off the faucet
- #96 start a mini potted dry garden
- #97 help your family be "green" when doing laundry
- #98 plant a garden
- #99 speak up!
- #100 visit a national park
- #101 educate others