



Nordplus

GREEN MINDED CALENDAR- 2023-2024

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greenminded.eu



GREEN MINDED

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5 DISCONNECT FROM SOCIAL MEDIA	6	7
8	9 TRY TO COOK SOMETHING HEALTHY	10	11	12 TAKE A WALK THROUGH NATURE	13	14
15 TRY TO PLANT SOMETHING	16	17	18	19	20 TURN OFF THE LIGHTS	21
22	23 WATCH AN ECOLOGICAL MOVIE	24	25	26 DON'T USE PLASTIC FOR A DAY	27	28
29	30	31				



GREEN MINDED

JUNE 2023



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MON	TUE	WED	THU	FRI	SAT	SUN
			1 REUSE THE BAGS	2	3 USE EVERY BIT OF FOOD	4
5	6	7	8	9 BUY IN LOCAL SHOP	10	11
12	13	14 DONATE YOUR OLD CLOTHES	15	16	17	18 DO NOT EAT MEAT TODAY
19 PICK UP GARBAGE FROM THE STREET	20	21	22 WHAT FO YOU THINK OF SUSTAINABLE GARDENS?	23	24	25
26	27	28	29	30		



GREEN MINDED

JULY 2023



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MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4 CALCULATE YOUR ENVIRONMENTAL FOOTPRINT	5	6	7 USE WATER EFFICIENTLY	8	9
10	11	12 VOLUNTEER IF YOU HAVE SPARE TIME	13	14	15	16
17	18	19	20	21 CARRY A REUSABLE WATER BOTTLE	22	23
24	25 USE RENEWABLE ENERGY IF YOU CAN	26	27	28	29	30



GREEN MINDED

AUGUST 2023



MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3 USE LOW ENERGY BULBS	4	5	6
7	8	9 TURN OFF YOUR DEVICES WHEN NOT IN USE	10	11	12	13
14	15 BUY SECOND-HAND	16	17	18 EDUCATE YOURSELF ABOUT COMPOSTING	19	20
21 TAKE ADVANTAGE OF THE NATURAL LIGHT	22	23	24 RECYCLE	25	26	27
28	29	30 SAVE WATER WHEN YOU CAN	31			



GREEN MINDED

SEPTEMBER 2023



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
DO NOT WASH YOUR HAIR EVERYDAY						
11	12	13	14	15	16	17
					AVOID COMPULSIVE BUYING	
18	19	20	21	22	23	24
			TRY NOT TO USE THE CAR			
25	26	27	28	29	30	
				USE ECO- FRIENDLY STRAWS		



GREEN MINDED

OCTOBER 2023



MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3 USE PUBLIC TRANSPORT	4	5	6 TURN OFF UNNECESSARY LIGHTS	7	8
9	10	11	12	13	14 BUY FROM LOCAL SELLERS	15
16	17	18	19 MAKE A CUP OF NATURAL TEA	20	21	22
23 GO FOR A WALK	24	25	26	27	28	29



GREEN MINDED

NOVEMBER 2023



MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3 DO NOT LEAVE APPLIANCES PLUGGED IN	4	5
6	7 SELL SOMETHING YOU NO LONGER NEED	8	9	10	11	12
13	14	15 SET 5 MIN TIME FOR YOUR SHOWER	16	17	18	19
20	21	22	23	24	25 DON'T ORDER FAST FOOD TODAY	26
27	28	29 EDUCATE YOURSELF ABOUT DEFORASTATION	30			



GREEN MINDED

DECEMBER 2023



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5 CARRY A REUSABLE WATER BOTTLE	6	7	8 GO THRIFTING	9	10
11	12	13	14 DECORATE YOUR HOUSE IN ORGANIC MATERIALS	15	16	17
18	19	20	21	22 EAT FRUIT TODAY	23	24
25	26 BE GRATEFUL	27	28	29	30	31



GREEN MINDED

JANUARY 2024



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MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5 SAVE YOUR WATER USAGE	6	7
8	9 DO SELFCARE	10	11 COOK ECOLOGICAL FOOD	12	13	14
15	16	17 LOOK UP HOW CAN YOU TRAVEL SUSTAINABLY	18	19 LISTEN TO SOME NATURE SOUNDS ONLINE	20	21
22 GO JOGGING	23	24	25	26	27 TRY TO DRAW A LANDSCAPE	28
29	30 GO OFFLINE	31				



GREEN MINDED

FEBRUARY 2024



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MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 USE PUBLIC TRANSPORT	3	4
5	6	7 CONTINUE TO USE PUBLIC TRANSPORT	8	9	10	11
12	13	14	15	16 MAKE A CUP OF NATURAL TEA	17	18
19	20 TAKE A SHORT SHOWER	21	22	23	24	25
26	27	28	29 TURN OFF YOUR HEATER WHEN YOU LEAVE THE HOUSE			



GREEN MINDED

MARCH 2024



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MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5 UNPLUG DEVICES YOU ARE NOT USING	6	7	8 TAKE A NEW ROUTE FOR YOUR WALK	9	10
11	12	13 ANSWER: WHAT DOES ECOLOGY MEAN TO YOU?	14	15	16	17
18 SUPPORT YOUR COMMUNITY IN ANY INITIATIVES	19	20	21 CLEAN UP AFTER YOURSELF	22	23	24
25	26	27 WASH THE CLOTHES WITH YOUR HANDS	28	29	30	31





GREEN MINDED

APRIL 2024



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MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4 DON'T BUY A WATER BOTTLE	5	6	7
8	9 EAT AN APPLE	10	11 WALK TO WORK	12	13	14
15	16	17	18	19	20 USE A RECYCLED BAG	21
22	23 WATER SOME PLANTS	24	25	26 PICK UP SOME TRASH ON YOUR WALK	27	28
29	30					



GREEN MINDED

MAY 2024



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7 PARTICIPATE IN GREEN ACTION WITH A FRIEND	8	9	10 BUT FROM LOCAL SELLERS	11	12
13	14	15 USE VERY LITTLE OF ELECTRICITY	16	17	18	19
20 EDUCATE YOURSELF ABOUT RECYCLING	21	22	23	24 DON'T USE YOUR PHONE	25	26
27	28 EDUCATE YOURSELF ABOUT POLLUTION	29	30	31		



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