



GoodAllYear

365 Days of Hope in Action



Jane Goodall's
Roots & Shoots
USA

rootsandshoots.org | [@RootsAndShoots](https://www.instagram.com/RootsAndShoots)

ABOUT

365 Days of Hope in Action

This calendar contains daily actions to inspire hope and compassion that cover environmental awareness, animal welfare, community service, as well as personal kindness and inspiring human connection.

How It Works

Every month includes a different act of compassion for each day. Download or print this calendar and complete a daily act everyday. Keep track of which actions you take by filling in the daily tracker.



daily tracker:



At the end of this calendar, there are blank journal pages for you to record your reflections on what you do, learn and recognize as these complete daily acts of compassion.

Remembering Dr. Jane Goodall

In honor of Dr. Jane Goodall, these daily acts of compassion are a way for us all to honor her legacy — by channeling hope, action and kindness towards our planet and one another. Thanks for taking part!

rootsandshoots.org
@RootsAndShoots



*"What you do
makes a difference,
and you have to
decide what kind
of difference you
want to make."*

— Dr. Jane Goodall

ABOUT



About Roots & Shoots

Roots & Shoots is a global movement that inspires people of all ages to put their hope into action for people, other animals, and the environment. Through everyday choices and community projects, participants learn that what they do makes a difference—and that collective action creates lasting change.

Founded by Dr. Jane Goodall and carried forward through the Jane Goodall Institute, Roots & Shoots connects a worldwide network of individuals and groups who share a common belief: hope becomes real when we act on it.

#GoodAllYear: 365 Days of Hope in Action is one way to live that belief. This perpetual calendar offers simple daily actions that nurture awareness, kindness, and care—reminding us that even the smallest steps can make the world better.

Join us in continuing Jane's message of hope through action:

- Share your daily acts using #GoodAllYear
- Visit rootsandshoots.org to connect with the Roots & Shoots network, share your projects, and be part of a global community turning hope into action every day.

JANUARY

1

Gather with your family or closest friends to share a meal and conversation about peace and community.

2

woo!

Practice gratitude. Write thank you cards for gifts you received over the holidays.

3

Research local wildlife and how to coexist respectfully.



4

Learn something new! Check out a book from your public library in braille.



5

Show interest others. Ask a friend or family member about their favorite meal.

6

Read a poem by a famous poet to somebody in your family.

7

Get to know where you live a little better! Look up who your elected officials are.

8

Reach out to 5 people and ask them what their goals are for the new year.



9



Know more about what you eat. Research the first grain you eat today and learn 3 facts about it.

10

Conserve water! clean your driveway with a broom and not hose water.



11



Show kindness. Give a compliment to the first 5 people you see today.

12

Think global! Look at a globe or a map and find 3 countries you never heard of before

13

Brainstorm your very own or very favorite act of kindness for the day.

14

Get to know your local environment. Research 3 facts about a pollinator that is native to your area.

15 share!

Share this quote with somebody- "Every individual has a role to play, every individual makes a difference" —Dr. Jane Goodall.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

JANUARY

16

It's World Religion Day! Learn 3 new facts about a religion that is not your own.

17

Show gratitude. Tell someone 3 things you are grateful for.

gratitude!

18

Get to know your family a little more. Ask a parent or guardian what their birthstone is.



19

Love nature! Pick a tree you see all the time and give it a name.

20

Make a plan to wake up early tomorrow and watch the sun rise.

21

Think global! Listen a song that originates from a country you have never visited before.



22

Don't forget to look up! Look for clouds today and name 3 shapes or images you think they look like.

23

Show some kindness. Draw a portrait of somebody you love and give it them.

be
kind!

24

Learn something with others! Watch a new documentary film and discuss what you learn.



25

Support a local cause that you care about by sharing it on social media or telling a friend.

26

Try to find a building or home that is powered by solar panels! Research how to support local clean energy in your area.

27

Try a new form of exercise today that you have never tried before!



28

Create a plan to make a meal or snack for somebody in your family either today or tomorrow.

29

Unplug: spend a whole day without looking at social media or video games.

30



Take care of your health! Pack or plan on a healthy, natural snack today. Think fruits, vegetables, nuts or seeds!

31

Get out in nature. Go on a walk to find a natural object like a leaf, rock or stick and draw a picture of it.

daily tracker: 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

FEBRUARY

1

Spread joy! With permission, take a picture of your pet or a neighbors pet and share it with somebody who loves animals.

2

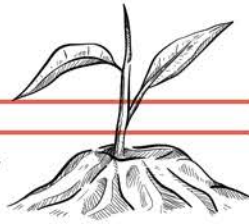
Learn which wetlands are closest to you and share a map or photo to raise awareness.

3

Repeat these self affirmations: I am loved, I show love to others, I make a difference.

4

Offer praise! Compliment somebody for their kindness and compassion.



5

Use your creativity! Draw a picture of your friends pet and give it to them.



6

Send a note, text, or email to a friend "just to say hi".

say hello!

7

Get growing! Look for seeds the next time you go to a store or hardware store.

8

Connect with your elders. Ask a grandparent to show you a photo of their favorite plant in their house or garden.

9

Be curious about your family! Ask a family member if they have ever volunteered for anything and why.

10

Write a nice letter or note to a neighbor and leave it in their mailbox.



11

Appreciate a scientist you know. Take some time to look up scientists like Dr. Jane and learn about their work.

12

YOUR CHOICE!
Brainstorm your very own act of kindness for the day.



13

Treat a service provider! Give an extra tip the next time you buy something or receive a tipable service.



14

Happy Valentine's Day! Write a valentine card to somebody unexpected.

spread love!

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14

FEBRUARY



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15

Grow some greens. Place a cutting of an herb or base of a head of lettuce in a glass of water and see if it grows roots in a few weeks!

16

Bring a card and pen on a walk. Find a garden you love in your neighborhood and leave a note in their mailbox to tell them.

17

Leave a positive note or doodle somewhere unexpected to brighten a stranger's day.

yes!



18

Offer to run an errand or do a chore for someone who's overwhelmed or busy.

19

Spread love. Remind somebody in your life that they are important to you.

20

Learn about one local organization working on social justice and share their work with your friends.

21

Wave or say hello to everyone you see!



22

Eat Meatless Monday! Prepare or purchase only plant based meals.



23

While out and about today, pick up litter you see and dispose of it responsibly.

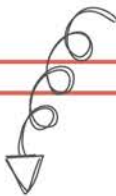
24

Say no to wasteful plastic! Avoid using any single-use plastic today.



25

Spend time in nature. Visit a park, go for a hike, sit in your garden or hug a tree!



26

Think Global! Learn your favorite word in a language that you don't know.

learn!

27

Watch a short video about Arctic conservation and polar bears then tell one person what you learned.

28

Show love to other animals. Give an extra few minutes of attention to a pet!

daily tracker:

15 16 17 18 19 20 21 22 23 24 25 26 27 28

MARCH



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1

Make a treat and gift some to a friend.



2

Show gratitude today. Say thank you every chance you get!

3

Think about nearby wildlife and how you can show them care. Maybe add a bird feeder or put out a bowl of water.

4

Try to grow something you can eat! Plant something in the ground or in a container in sunny window.

5

Unplug! Avoid looking at screens today when not using them for work or school.

6



Learn about environmental justice. How does pollution affect different communities?

7

Lend a hand! Ask somebody if they need help with a task today.

be helpful!

8

Learn about one inspiring woman from history whose story isn't told enough.



9

YOUR CHOICE! Brainstorm your own act of kindness for the day.



10

Make a person's day! Leave flowers or a handmade craft on somebody's doorstep.



11

Show yourself kindness! Take an extra break today with a relaxing drink of your choice.

12

Call up or email a friend from long ago to share your favorite memory with them.

13

Reduce food waste! Meal plan for the week to buy only what you need.

less waste!

14

Show your understanding to somebody who needs it. Share a story with somebody today who could use connection.

15

Lend a hand! Offer to help clean up a mess that wasn't yours.



16

Be positive! Find learning moments in challenges that come up today.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

MARCH

17

Conserve water:
water your plants
during the coolest
parts of the day.



18

Do something
unexpected and kind
for somebody in your
family or somebody
living with you.

19

Repeat some self
affirmations: I am a kind
person. I can make
good choices to leave
each day better than the
rest. I make a difference.

20

Write a list of all the
things that make you
most happy today.

happiness!

21

Practice forest bathing
today! Take a slow walk
through nature, breathe
deeply, and observe the
sights, sounds, and
scents of the forest

22

Brainstorm one thing
you can do to reduce
water waste and try
to apply it for the rest
of the year.



23

Support business owned
by Black, Indigenous,
People of Color and
LGBTQ communities.
Celebrating diversity
strengthens communities.

24

Spread love! While on
a walk, deliver a
compliment to
somebody walking by.

25

Show love for the
people around you. Do
something special
today for somebody in
your family!

26

Share positive
messages! Write an
uplifting quote in
chalk on the sidewalk
for everyone walking
by to see.

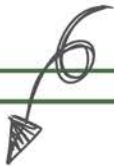
27

Have some spare
change? Donate it
wherever you can.



28

Be grateful! Say
thank you to
everyone you can.



29

Today is Holi, the Hindu
Festival of Spring!
Lookup the celebration
and expand your
understanding.



30

Do a quick waste
audit! Look in your
kitchen or bathroom
and find one thing you
can replace with a
reusable option.



31

Use your purchasing
power for good. Read
all the ingredients at the
store and say no to
products with palm oil.

daily tracker: 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



1

IT'S EARTH MONTH!
Ask a family member
if they know when
Earth Day is this year.



2

Send somebody a kind,
unexpected message.



3

Volunteer: offer to help
somebody with their
homework or projects.

4

Make a difference for
the lives of animals!
Say no to buying pets
from a pet store.



5

Today, challenge
yourself to do a few
chores at your home
without being asked.



6

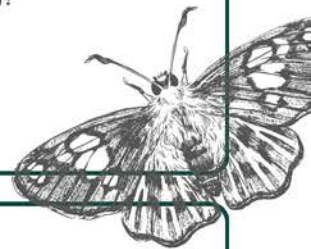
Reduce new
consumption! Try to
buy used items before
you purchase new.

7

Do something fresh for
your health! Move
your body, dance, try
yoga, or explore a
new hiking trail.

8

Reduce light pollution.
turn off exterior lights
at night!



9

Cut down on waste!
Find reusable bags for
shopping and
remember to use them
when you or family
members visit the store.

10

Take a reusable
water bottle, lunch
container, or coffee
cup with you today
and say no to single
use containers.



11

YOUR CHOICE!
Brainstorm your own
act of kindness for
the day.

12

Treat yourself! Give
yourself a meaningful
compliment today.

self-love!

13

Conserve water:
Shower in half the
usual time!



14

Repeat some self
affirmations: I choose
to be kind to myself.
My possibilities are
endless. I am worthy
of my dreams.

15

Show compassion to
wildlife. Remove
uninvited wildlife
from your home (like
spiders) without
harming them.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



16

Laughter is contagious! Learn a new joke today and tell it to a friend.

laugh!

17

Spread positivity. Make an encouraging sign and place it where others will see it.



18

Give an unexpected hug to somebody in your family or home.

19

Eat Meatless Monday! Prepare or purchase only plant based meals.

20

Green is good for the health! Spend some time in a garden today.



21

Care for the environment- Water a thirsty plant when you see it!



22

Its Earth Day! Plant something today and watch it grow.



23

Trade books with a friend today, reading what they love builds connection and understanding.

24

Feed you local pollinators! Plant a flowering plant to provide them with needed nectar.



25

Spread some kindness. Leave a note of compassion in a book at the library.

26

Treat your animal family! Spoil your family pet with a homemade treat.

woo!

27

Reduce electric waste! Turn off all the lights and electronics in your house when you are not using them.



28

Invite somebody to go in front of you in a line (grocery store, bank etc.)

29

Say no to plastic! Use only reusable containers today when prepping and packaging food.

30

While on a walk, pull some weeds from a yard that isn't yours and help a stranger out!

daily tracker:

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



1

Help battle climate change! Air dry your laundry today instead of using a dryer or hand wash an item.

2

Share your nice thoughts! Give an unexpected compliment to someone.



3

Perform a secret act of kindness! Sneak a note into someone's lunch, desk, or workbag that will surprise them later.

4

Re-home unwanted things! Look around for equipment or toys you no longer use and donate them.

5

Spend an extra 15 minutes playing with your family's or neighbors pet before work or school.



6

Learn from your elders: Reach out to a grandparent or elder and ask them to share a story about their childhood.

7

Slow down and drive the speed limit! Did you know that it's better for the planet?

8

Reduce consumption: Ask to borrow something you need instead of buying new.



9

Make a gift for somebody who could use a little love.

get
creative!

10

Try to regrow some food from the market. Look it up online for easy tools to regrow things like garlic, celery, lettuce and herbs.

11

Show compassion to wildlife. Remove uninvited wildlife from your home (like spiders) without harming them.



12

It's International Nurses Day! Send an extra thank you to a nurse for their role in keeping your community healthy and safe.



13

Save energy! Turn off lights and unplug appliances that are not in use.



14

Ditch the private car! Challenge yourself today to walk, bike or carpool where you need to go.

15

Pollinators like butterflies need nectar to live! Research a plant that attracts butterflies that is native to your area.

16

YOUR CHOICE!
Brainstorm your very own act of kindness for the day.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16



17

Support your neighbors- Buy something from a family-owned business in your community.

18

Repeat some self affirmations: I am capable of great things. The way I treat others makes a difference. I am compassionate.

19

Awareness grows compassion! Research an endangered species in your local area.



20

Support local honey or bee farmers—your purchase helps protect pollinators.



21



Practice all day compassion and say no to gossip!

22

Look up the word biodiversity and learn what it means, then step outside and notice how many forms of life you can spot around you.

23

Learn about one Indigenous environmental practice and how they protect ecosystems.

24

Eat Meatless Monday! Prepare or purchase only plant based meals.

eat
plants!

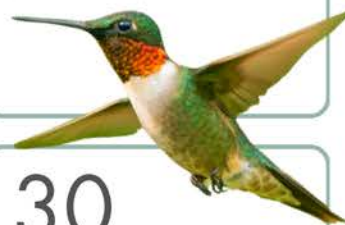
25

Donate something today: Your time!



26

Research a native bird that might visit your garden or a park near you.



27

Participate in the international observance of Earth Hour! Turn off your lights for 1 hour at 8:30PM your time.

28

Save your seeds from the garden and offer them for free to neighbors.



29

Save energy! Turn off lights and unplug appliances that are not in use.

30

Play a board game with a friend today.



31

Hug a tree and identify what kind of tree it is.



daily tracker:

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1

Do something kind for someone who usually takes cares you, whether it's your parent, guardian, elder or caregiver!

2

Give an unexpected compliment to someone in your life.



3

Walk or bike to a nearby destination instead of driving.

4

Ask a friend or family member what their favorite book is.



5

Join a local cleanup or spend 10 minutes collecting litter in your neighborhood or near a local nature trail.

6

Help create a welcoming and inclusive world. Offer your pronouns when introducing yourself to new friends.



7

Conserve water: turn off the faucet while brushing your teeth.

8

Read about the vital role coral reefs play in our ocean ecosystems and what's putting them at risk.

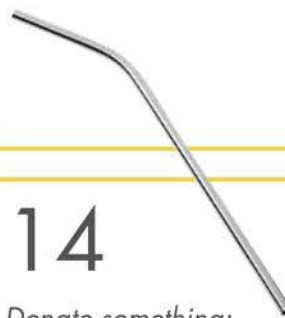


9

YOUR CHOICE!
Brainstorm your very own or very favorite act of kindness for the day.

10

Say no to plastic straws!
If possible, purchase a reusable straw.



11

Awareness grows compassion: research the rate of homelessness in your community.

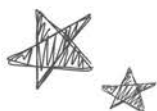


12

Say "have a nice day" to everyone you see.

13

Turn off the lights every time you leave a room.



14

Donate something: your skills!

share your gifts!

15

Learn how wind turbines turn air into electricity and why clean energy matters for our future.

daily tracker:



16

Repeat some self affirmations: I am a kind person. I am loved. My actions make a difference for people, animals and the environment.

17

Identify the species of a plant that you find inside a friend or family member's home.



18

Reduce consumption: Offer to loan something to somebody so they don't have to buy it.

19

Ask a relative or friend about the history of their last name.

learn!

20

Smile for no reason at all today. Will your smile make you smile again?



21

Learn a new yoga pose and take a mindful moment to connect breath, balance, and focus.

22

Phrase what you want from a positive perspective. State what you want, not what you don't want.



23

Get unplugged: turn off your phone for a screen free walk around the neighborhood or on a trail.

24

Think global! Learn a new word in a foreign language today.

hola!

25

Give your things a second life! Find 3 things you don't use anymore and drop them off at a thrift store.



26

Do a random act of kindness: Take out the neighbors trash cans on trash day.



27

Bee aware! Research how many native bee species there are where you live.



28

Create a special moment. Light a candle at dinner and tell everyone at the table what you love about them!

29

Eat al fresco! Plan a meal outside with your family and count how many trees you see while you are there.

30

Reduce paper waste! Collect all the paper at your desk that has been used on one side and use them again on the other.

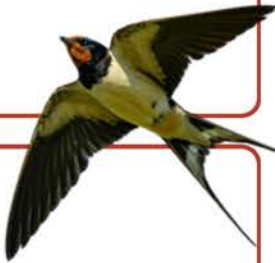


daily tracker:

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1

Protect birds from flying into clean windows. Hang an object in your window.



2

Pack a zero waste lunch. Get creative with the items in your home and pack your meal using only reusable items.

3

Ditch the plastic bag! Bring your own reusable bag when you shop, small habits make a big impact.

4

Do the wave! Greet everyone that walks by you today.

hello!

5

Donate something: Raise some money for a cause you care about!



6

Get to know your greens! Think about your favorite vegetable and research how and where and how it grows.

7

Fungi are fabulous! Go for a walk and observe mushrooms, big and small, on the ground and dying trees.



8

YOUR CHOICE! Brainstorm your very own or very favorite act of kindness for the day.

9

Sharing is caring. Offer to share your snack or treat with somebody near you.



10

Build awareness: collect all your trash for the day in one bag to see how much waste you produce.

11

Find one fun fact about how population growth connects to clean air, water, or schools around the world.

12



Repeat some self affirmations: I am limitless. The value I add to the world makes a difference. I am enough.

13

Conserve water: check your toilet and faucets for leaks!

save water!

14

Discover how chimpanzees show kindness and teamwork, traits Jane Goodall helped the world see in them!



15

Be curious about the things you see! Try to identify the species of a flower you see in your neighborhood.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



16

Put on your favorite song and dance it out with friends and family.



17

Share your creativity!
Give a performance for family in friends either virtually or in person!

18

Show gratitude for your mail delivery person!
Leave a nice card for your mail carrier



19

Eat Meatless Monday! Prepare or purchase only plant based meals.



20

Create a list of love.
Write down the things you love about somebody and give the list to them!

21

Laughter is contagious!
Learn a new joke today and tell it to a friend.

haha!

22

Treat a family member. Make somebody in your family their morning beverage of choice!

23

Flex your muscles for good. Help a person load their car with groceries or return their cart for them!

24

Create a visual reminder (poster, phone reminder, sticky note) of one sustainability goal you want to live by.

25

Think global! Learn to say hello in 3 other languages.



26

Learn why mangroves are called "super trees" for their ability to clean water and protect wildlife.

27

Everyone loves a parade! Go on a walk with your family while playing music and wave to the neighbors.



28

Check in with a plant growing in your yard or a local park. How is it looking?



29

Learn where tigers still live in the wild and what's being done to protect their habitats.

30

Lend a hand! Ask somebody in your family if you can help to get them something they need.

31

Learn something new! Lookup how to say 'I love you' in sign language.



daily tracker:

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AUGUST



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1

Be aware of the good stuff. Count how many times you hear the words "please" and "thank you" today.

2

Help reduce waste! Bring your own reusable utensils if you are dining at a place that only provides plastic ones.



3

Share the love. While baking something for yourself, make extra to give to neighbors!

share!

4

Leave a creative drawing or kind note in a library book for the next person to find.



5



Perform a secret act of kindness- sneak a note into someone's lunch, desk, or workbag that will surprise them later.

6

Volunteer your skills! Ask to help somebody with their project or work.



7

Reduce waste! Find items in your pantry you are not going to eat before they expire and donate them to a shelter or offer them to neighbors.

8

YOUR CHOICE!
Brainstorm your very own or very favorite act of kindness for the day.

9

Discover the Indigenous nation or tribe from your area and take time to learn one of their stories or traditions.

10

Repeat some self affirmations: I believe in myself, I choose to be positive, I will make myself proud.

11

Spare the air! Ditch the car on one of your outings. Walk or bike instead.



12

Connect with another young person who cares about the same issue and brainstorm a small project together.

13



Protect wildlife! Avoid rat poison as a means of vector control and educate your neighborhood to do the same.

14 yes!

Help stop the spread of invasive plant species by wiping down your shoes or hiking gear after each use.

15

Donate items to people experiencing homelessness and organizations that support them.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

AUGUST

16

Love thy planet! Write a poem about our Earth.

P O E M

17

Ask a family member if there's something nice you can do for them today!



18

Inspire love for nature! Invite your friend or family to watch a nature show or documentary with you.

19

Learn what humanitarian work means and find one way you can help others in your own community

20

Did you know that bats are very important pollinators and eat mosquitos? Research what bats are in your local ecosystem.

21

Next time you see the trash/recycling collector, give them a kind wave of hello!

22

Get unplugged: Turn off screens today and go outside instead!



23

Eat Meatless Monday! Prepare or purchase only plant based meals.

let's go!



24

Buy local- purchase items from a locally-owned store or famstand, instead of ordering from an online company.

25

Your words have power! Send somebody a thoughtful message of encouragement.

26

Get creative! Draw a picture of something from nature in chalk on the sidewalk.



27

Pick up 5 pieces of trash and dispose of them in the appropriate receptical.

28



Ask a family member about their favorite flower and draw a picture of it for them.

29

Spread love! Compliment the first 5 people you see today.

spread love!

30

Leave a nice message on your bathroom mirror for yourself or your family to find.

31



Game on! Invite a family member or a friend to play a board game.

daily tracker: 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SEPTEMBER

1

Remind somebody in your life that they are important and that you love them.

love!

2

Reflect on your favorite teachers. Reach out to a few of them to say hello!



3

Solve challenges today with positivity. Present solutions in addition to identifying problems.

4

Be an observer! Make a note of the first 3 birds you see outside and record their characteristics.



5

Find a star or constellation and try to identify it.



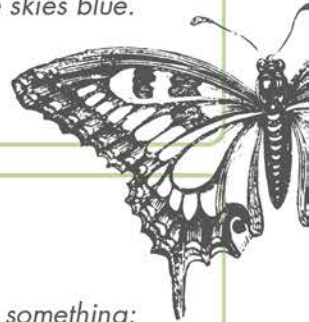
6

Get your hands dirty and offer to wash somebody's car!



7

Walk, bike, or take public transit today to help keep the air clean and the skies blue.



8

Read for 15 minutes today and share one thing you learned or loved from the story.

9

Repeat some self affirmations: The positivity I give will come back to me, I grow every single day, I believe in myself.

10

Plastic takes approximately 450 years to decompose! Make a plan today to say no to plastic straws and utensils.

11

Donate something: Offer the books you have already read to a friend or neighbor!

12

Learn more about the people you love! Ask a family member which is their favorite: beach or mountain, and why?



13

Did you know beetles have been on earth for approximately 300 MILLION YEARS?! Research a beetle that lives in your area!



14

Think global! Learn to say "thank you" in 3 other languages.

merci!

15

Learn how voting works where you live and why participation matters.



daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

SEPTEMBER

16

Get to know a person better! Reach out to somebody you don't know well at school or work and ask them something about themselves.

17

Treat your animals with some extra love. Read your pet a story!

18

Be a good listener! Invite somebody to share with you and give them all your attention.

19

Conserve water: check the faucets in the house for leaks.



20

Eat Meatless Monday! Prepare or purchase only plant based meals.



21

Write a poem, song, or short story about what peace means to you.



22



Leave the car at home and explore your neighborhood on foot, you might notice something new!



23

Learn how to say "hello" or "thank you" in sign language today.



24

Use recyclable items to create a work of art.



25

Save energy: eat your dinner by candlelight and turn off the lights.



26

Check your local air or water quality report and learn how it impacts your community's health.



27

Draw a picture of your favorite animal and share it with someone today.



28

Identify a plant species you don't know in your neighborhood.

discover!

29

Check your fridge and use up leftovers before they go bad, waste less, save more.

30

Take an interesting photo of something simple in your yard: rock, pinecone, grass, etc.

daily tracker:

16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

OCTOBER

1

Try to eat only plant-based meals all day today!



2

Treat yourself to a cup of compassion: Make yourself some herbal tea and take a break to drink it.

3

Be a big buddy. Read a book to somebody younger than you!

4

Visit a local animal shelter or sanctuary and see how you can help or volunteer.



5

Thank a teacher who's made a difference in your life with a note, message, or simple "thank you."

6



Spiders are important! Identify a spider that is native to your area and research how it helps the environment.

7

Use new senses to appreciate nature! Close your eyes while on a walk and observe the natural sounds around you.

8

Organize a pet party! Zoom a distant family member or friend and invite your pets to join.

9



Conserve water: When hand washing dishes, use a tub or an extra sink full of water to dip rinse instead of running water.

10

Try a mindfulness exercise! Notice five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.

11

Approach today with openness! Say "yes and" to accept other people's ideas and then build upon them with your own.

12



Repeat some self affirmations: I know I make a difference, the compassion I give matters, I can do this!

13

Ask your community to share one item or service they need and see if you or someone in your network can make it happen.

14



Make a plan to volunteer! Look for upcoming events or activities you can donate your time to in your community.

15

yes!

Conserve water: Only turn on your washing machine once you have a full load to avoid running many cycles!

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

OCTOBER



Jane Goodall's
Roots & Shoots
USA

16

Help stop the spread of invasive plant species: if you see an invasive plant on your walk, report it to the Department of Agriculture!

17

Get to know your community better! Research and count how many community gardens there are where you live.



18

Eat Meatless Monday! Prepare or purchase only plant based meals.



19

Find the story! Reach out to an elder and ask them to share a recipe or story about a meal from their childhood.

20

Know anyone with a green thumb? Call or Zoom a family member with a garden and ask them why and how they started it.



21

Self-care! Take 15 minutes to visualize yourself achieving one goal. Image in the steps, journey and how success feels.

22

Observe the natural beauty around you. Look for a beautiful flower in your yard or neighborhood. What do you love about it?

23 *breathe!*

Just keep breathing! If you feel frustrated today, take several long deep breaths and feel your body begin to relax.

24

Check-in with a best friend! Reach out to a buddy and ask them what their favorite song is.

25

Send some digital encouragement! Write a positive comment on a blog or friends social media.

26

Inspire positivity. Write your top 3 favorite positive words on the sidewalk in chalk.

27



Write a joke on a piece of paper and tape it to your bathroom mirror for your family to see when they wake up in the morning.

28 *self-love!*

Repeat self affirmations of gratitude: I am thankful for what I have, I am grateful for the lessons life delivers to me, I am thankful for the love in my life.

29

The more you know, the more you grow! Look up how to grow the very first vegetable you eat today. Will it grow easily where you live?



30

Sharing is caring! Share your knowledge of how to properly recycle materials with somebody who has yet to learn or needs the help.



31

Don't rake your yard! Pollinators like bees and fireflies need them to survive winter. Rake your leaves to the side of your yard or under a tree.



daily tracker: 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

NOVEMBER



Jane Goodall's
Roots & Shoots
USA

1

Support food equity!
Learn where your
nearest food pantry is
and drop off a few
items, or ask what they
need most.

2

Let somebody go in
front of you in line.

show
kindness!

3

Find 5 pieces of trash
and throw them
away or recycle them
if possible.

4

Get out in nature.
Go on a 'color walk'
and take pictures of
colored leaves,
flowers, and other
items in nature.

5

Give a smile or a
kind compliment to a
stranger today.



6

Take a reusable
water bottle, lunch
containers, or coffee
cup with you today
and say no to single
use containers.



7

Help animals in your
community: bring
supplies to a shelter
or donate money to
an animal non-profit.

8

Thank a tree- find a
plant or tree and tell
them thank you for their
part in reducing carbon
and making oxygen.

9

Lend a hand! Offer
to help somebody
out with a project.

help
someone!

10

Learn about a native
plant species in your
neighborhood.



11



Learn about the
Indigenous people who
are the original stewards
of the land where you
live using: whose.land
or native-land.ca

12



Look around your
community- what can
you do to take action
for people, animals,
and the environment
we all share?

13

Make a list of 5 things
that make you happy!
Tape it up where you
will see it each day or
set a daily reminder
on your phone.

14

Show compassion to
wildlife. Gently remove
wildlife like spiders
from your home, a
sidewalk or a road.

15

Save energy! Turn off
lights and unplug
appliances that are
not in use.



daily tracker:

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NOVEMBER

16

Gratitude letter: Think of someone who has made a significant impact on your life. Write them a thank you letter, and read it aloud to them if you can.

17

Volunteer to spend time with animals at a shelter or give extra love to your or a neighbors pet.

18



Get to know the native animals in your community- research a mammal, reptile, or amphibian and share 1 interesting fact with a friend.

19

Take a shorter shower and turn off the water when you brush your teeth.

20



Perform a secret act of kindness! Sneak a note into someone's lunch, desk, or workbag that will surprise them later.

21



Repeat this affirmation: My actions make a differences for people, animals, and the environment.

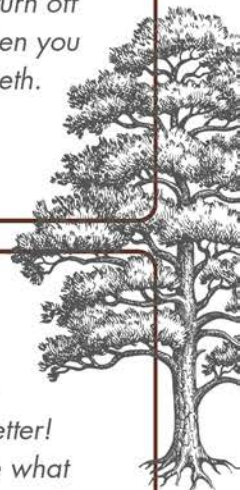
22

Know where food grows! Research where the nearest farm to you is.



23

Get to know somebody better! Ask someone what their favorite tree is and ask them why.



24

Be Thankful! Reach out to five people to tell them you are thankful for them.

thankful!

25

Waste less: Save your food scraps and make a meal from leftovers!



26

Be a conduit of joy! Give a high five to the next 5 people you see.

27



Can we get an autograph? Research and sign your name to an online petition for an issue you care about.

28

Look for clothing you have grown out of or no longer wear and donate it.

29

Re-connect! Reach out to a friend from your past and see how they have been.



30

Get to know your environment better! Research a reptile that is native to your area.



daily tracker:

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DECEMBER

1

Research an online group that buys, sells, trades or gifts used items to reduce consumption. Try to join!

2 *connect!*

Call 5 friends and wish them a happy holiday for whatever holiday their family celebrates this month.

3

Sweet! Look up how to grow the very first fruit you eat for the day.

4

Keep a small wildlife journal like Jane Goodall! Record what wildlife you see and hear around you.

5

Learn how to compost your food scraps and see how your food waste can turn into healthy soil.

6

Expand your horizons! Research 3 holidays that happen this month that are different than the ones you celebrate at home.

7

Foster inclusion: brainstorm ways to include a new person into an activity or project you are planning.

8

Support a small business! The next time you need to buy something, see if you can buy it from a locally owned shop.

9

Deliver a random act of kindness! Offer to take out a neighbors trash bins.

10

Offer warmth. Collect blankets to donate to a shelter for people experiencing homelessness.

11

Give the gift of time! Plan a gift for somebody this holiday season that includes time with you instead of things.

12

YOUR CHOICE!
Brainstorm your very own or very favorite act of kindness for the day.

13

Pack your food in only reusable containers.

zero-
waste!

14

Share a memory! Look at old photos with a family member or friend and send them a copy to remind them of special times.

15

Bring a notecard and pen on a walk today. Find a yard with a beautiful tree and leave a note in their mailbox to tell them why you love it.

daily tracker:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

DECEMBER

16

Spread friendship! Ask a friend if they'd like to go on a walk with you.



17

Conserve water: Water your landscape only when it needs it!



18

Be thankful! Write and send a note of gratitude to somebody in your life.

gratitude!

19

Donate something: Winter clothes you no longer use.



20

Eat Meatless Monday! Prepare or purchase only plant based meals.



21

Share the things you love with others! Recommend your favorite book to a friend who you think will like it too.

22

Repeat some self affirmations: I am a part of a global family of people who care, my actions can change the world, I make a difference.

23

Spare the air! A dryer can use approximately 3,000 watts per house! The next time you wash clothes, try to line dry them.

24

Be thankful! Call or text 5 people to tell them you are grateful for them.



25



Learn more about where you live. Research a story in your community of a citizen doing something good for the city!

26

Be kind to yourself- Take 3 minutes today to sit quietly and meditate.



27

Is there a friend's or neighbor's pet who you really like? Write down what you like about their pet and share the note with that pet's human.

28

Blast from the past, gratitude edition! Send somebody a thank you card for something they have done for you in the past.

29

Help stop the spread of invasive plant species: Look up KEYSTONE SPECIES and learn what plant to your area.

30

Bring the fun! Ask a friend or family member what their favorite game is and offer to play it with them.

fun!

31

It's the last day of the year! Reflect on the top 3 things that happened for you this year.



daily tracker:

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GoodAllYear

365 Days of Hope in Action



Jane Goodall's
Roots & Shoots
USA

rootsandshoots.org | [@RootsAndShoots](https://www.instagram.com/RootsAndShoots)