# Skill-Building Challenge Worksheet: Living Green Challenge

Name: Blank Class: Blank Date: Blank

Living green is both a social and a personal responsibility. Part of deciding to live green is thinking about your own values and strengths. To help protect the environment, you need to make choices every day that will help, or at least not harm, the environment. This lesson provided you with examples of ways you can live green. Select three to five of the ideas presented and try to do them consistently over a week or longer (depending on what your teacher says). Select ideas that you value and that are realistic. Write down your choices and create a log to track your progress. Here is an example.

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| **Action or behavior** | **Log of progress** |
| Bring a reusable water bottle to school every day. | *I did this every day except when I forgot on Wednesday.* |
| Walk or ride my bike to school every day. | *I walked four days. When it rained my mom gave me a ride.* |
| Put my used papers in the right recycling bin. | *I did this every day!* |

Use the space below to create your log and track your progress:

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| **Action or behavior** | **Log of progress** |
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