



Day 1: We Could All Use A Little Change: Find a used (clean!) jar to collect all the loose change that you acquire during the next 40 days.

Day 2: Coffeefee: Get yourself a reusable coffee cup. Already got one? Treat a friend to one instead!

Day 3: Follow The Game Changers: Get on the socials and give Climate Coalition and End Hunger UK a follow/like.

Day 4: Food For Thought: Donate some in-date non-perishable food to your local Food Bank.

Day 5: Bright Idea: Switch out your bulbs with energy efficient ones. Already done it? Give yourself a Hi-5!

Day 6: Hello, its me: Phone someone from back home who you haven't said hi to in a while.

Day 7: Power shift: Don't use any unnecessary electricity. We're talking overcharging, watching TV, using your PC; if it's a luxury, switch it off!

Day 8: On The Right Track: Be a bit more mindful on public transport. Look out for opportunities to be kind; give up your seat if you're able to, or start a conversation with the person next to you.

Day 9: Starbuds: Buy someone a coffee or pop the money you saved not buying a coffee in to the saving jar from day 1.

Day 10: Hosts With The Mosts: host a shared dinner with some buddies to save everyone buying pot noodles.

Day 11: Its Only Fair: Include as many Fairtrade alternatives as you can in your shop this week.

Day 12: Not Just Food Thanks: Food Banks don't just give out food, they also need toiletries like soap and sanitary items. Donate a non-food item to your local Food Bank.

Day 13: Community Research: Do you know what is offered to vulnerable people in your community? Have a google to see what initiatives are happening in your area to expand your mind and maybe give you some inspo!

Day 14: Sharing Is Caring: Check out the End Hunger UK website and share it on the socials to raise some awareness.

Day 15: Caring Is Sharing: If you spot a rough sleeper out on your travels say hello and ask how they are doing, if you feel safe to do so. Conversations make us feel way more human which will mean so much.

Day 16; Batterecycle: Have a clear out of all your old batteries and bulbs, or any other electricals that can be recycled.

Day 17: Be Free Plastic, Be Free: Do everything you can not to use plastic for a whole week.

Day 18: Fail To Plan, Flan To Fail: Plan your whole food shop ahead of time.

Day 19: Treat Yo Self: Self-care is important. Take some time out to take a break; whatever floats your boat!

Day 20: Novel Idea: Today is World Book Day! Gift your favourite book to someone and share the love of stories.

Day 21: Drop To Your Shop: Have a wardrobe clear out and take some bits to the local charity shop.

Day 22: Eggs-A-Lent Idea: Easter is coming! Buy an Easter egg to donate to your local food bank.

Day 23: PM the MP: Lobby your MP about End Hunger UK's work. Find your local MP at [theyworkforyou.com](http://theyworkforyou.com)

Day 24: That's Handy: Try and learn a new skill like sewing, how to bleed a radiator or how to fold a fun napkin.

Day 25: Repurpose Driven Life: Be mindful of what you're throwing away today; could anything be given a entirely new lease of life? Get creative in your upcycling!

Day 26: Join The Movement!: Are you an SCM Member? If no, sign up on our website! If yes, ask a friend to sign up!

Day 27: P-P-Pick Up A Penguin (wrapper): Do a little littler pick in the area outside your home. Feel free to venture up the rest of the street too!

Day 28:\*Task Name Classified\*: Leave an anonymous note to brighten a friend's day!

Day 29: Craftism: Make a green heart for the Climate Coalition and show it off on the socials More details here: <https://www.theclimatecoalition.org/resource>

Day 30: Volunteering Is Good For Me!: Visit [Do-it.org](http://Do-it.org) to find opportunities near you to help the community.

Day 31: Gotta Be Plantin' Something: Plant something in your garden or a flower pot. Growing something is good for you and the environment, and it's amazing to witness over time!

Day 32: Were You There, Were You There?: Offer to help out an older neighbour/friend with small jobs like bin day etc.

Day 33: Party like its 1889: Host a no electricity hangout; board games and old school fun is the order of the day.

Day 34: Switch It Off, Switch It Off: Turn off the heating and rock out the woollies for the day!

Day 35: Yes Ve-gan: Meat free Monday! Plan your meals today to not have any meat, fish or dairy in them!

Day 36: It's Candle LIT: Spend an evening by candlelight and save some energy.

Day 37: Skilling Me With Kindness: Use your talents to bless someone else. Bake, cook, create etc.

Day 38: Leading The Way For Change: Suggest to your church leaders a switch to energy saving initiatives and suppliers.

Day 39: Step Up To The Streets: Make an effort to walk today; get in them recommended 10,000 steps AND save on fuel!

Day 40: Raise A Glass (Jar): Congrats! You've made it to the end. That jar from day one? Hopefully you have saved up some coins! if you would be so kind why not count it up and donate the savings to SCM's vital student work across the UK?! You can donate at [www.movement.org.uk/support-us/donate-scm](http://www.movement.org.uk/support-us/donate-scm)