



Planet

Daily challenges

- 1 One piece a day
- 2 Hug a tree
- 3 Processed meat-free lunch
- 4 No single-use plastic

How does it work?

- 4 daily challenges
- Challenges are already set up in the app
- All you need to do is 'do' each one and then click the 'Complete' button

If you do each of the challenges every day for 1 month you have the potential to earn 100 Earth Tokens per user which can be used to support your chosen environmental and social impact projects.

That's it :) Get in touch at info@youdoplay.org if you'd like to try it out.

One piece a day

Litter

noun - small pieces of rubbish that have been left lying on the ground in public places

verb - to spread across an area or place untidily:

We all know what litter is and we all dislike it (don't we?!). The damage to the environment caused by litter is now well-documented. The UK is 2nd after the US in the lists of countries that litters the most per capita.

So let's do something about it! Every day, pick up one piece of litter and dispose it in the appropriate bin (i.e. recycling / non-recycling). Your community will look cleaner and you'll feel better. And so will the planet!



Hug a tree

Reconnecting with nature reduces stress and calms your nerves. It can lower concentrations of cortisol, lower pulse rate and blood pressure. Walking through green spaces can create the calmness needed for reflection. It's in this calm, quiet reflective state that creativity can flourish.

Both green spaces and blue spaces produce well-being benefits. Breathing fresh air can help regulate your levels of serotonin and promote happiness and well-being. In Japan they practice Shinrin-yoku (taking in the forest atmosphere or forest bathing) and Friluftsliv is the Nordic concept of getting outdoors.

Take this time to find your tree and make friends with it. Trees need love just like we do. So why not give your tree a lovely big hug every day. Go on, you'll feel better for it.

Processed-meat free lunch

Processed meat is meat that's been preserved by smoking, curing, salting or adding preservatives. That would include bacon, sausages, salami, ham and sliced meats like turkey and chicken. All things that a lot of us enjoy!

Unfortunately eating a lot of processed meat increases your risk of bowel cancer and the NHS recommends 70g or less per day of red and processed meat. Let's use this challenge to eat more healthily :)



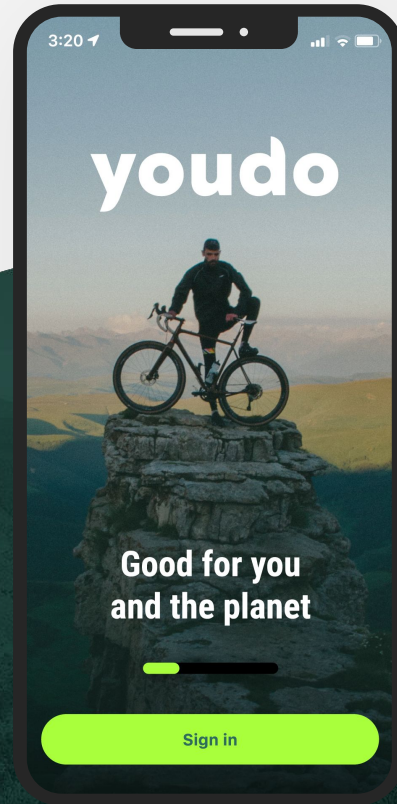
No Single Use Plastic

Cutlery, plates, straws, cups, cigarette butts and plastic bags. All very familiar examples of single use plastics (SUPs). Many / most SUPs are made from fossil fuel-based chemicals and all too often end up as litter (see Litter Picking above).

The impact of SUPs is huge. According to the UN Environment Programme, we produce about 400 million tonnes of plastic waste every year, of which over 75 million tonnes ends up in our oceans. So let's go without every day for a month.

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Any questions?
Please email:
info@youdoplay.org



Live life
**out of the
screen.**