

# FEB

## WEEK 6

Global Goals  
Australia Campaign  
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### MONDAY

1

It's Black History Month in USA. Read up on black history month and the importance of the observance.



### TUESDAY

2

#### World Wetlands Day

This year's World Wetlands Day theme is Wetlands and Water. Check out this year's Wetlands and Water factsheet on [www.worldwetlandsday.org](http://www.worldwetlandsday.org)



### WEDNESDAY

3

Parliament has returned! Write an email to your Lower House federal politician about your favourite of the Global Goals and why it is so important to you. Remember you can be any age to write to a politician - it's not just for people of voting age!

### THURSDAY

4

#### World Cancer Day

Sign up to one of the Union for International Cancer Control's 21 Day Challenges. Pick the goal most relevant to you and start!



### FRIDAY

5

Fan of soft drinks? Consider purchasing a home carbonation product to cut down on plastic. Find other ways you can cut down on disposable drink bottles in your household.

Don't forget your UICC 21 day challenge!

### SATURDAY

6

#### International Day of Zero Tolerance to FGM

For our younger audience, this could be a good opportunity to learn what life is like for some girls going to schools in other countries. For our more mature audience, read up on Agnes Pareyio and the amazing work she has done to end FGM.

### SUNDAY

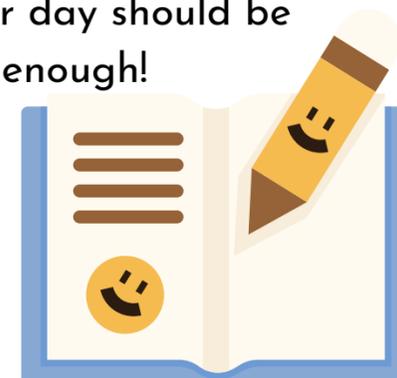
7

Autumn is on the way. Update your wardrobe by visiting a secondhand charity store or look on a local swap group on social media instead of purchasing clothes new. Invite friends to make it an event!

Don't forget your UICC 21 day challenge!

### NOTES:

It's a busier month than normal with the UICC 21 day challenge. Try scheduling in both the UICC challenge and this challenge - 15 to 20 minutes per day should be more than enough!



# FEB

## WEEK 7

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### MONDAY

8

In support of Black History Month, follow a social media account which highlights the importance of racial justice, such as @NAACP or @blklivesmatter . Share a post from the account you follow about racial equality.



### FRIDAY

12

*Chinese New Year: Year of the Ox*

Looking for something to watch this weekend? Make it about sustainability! Check out a great sustainability TV show, movie or podcast. Check out our latest blog article to read our suggestions.

UICC 21 Day Challenge

### TUESDAY

9

*Safer Internet Day*

Report hate speech on social media. Many social media platforms have community guidelines around what you can and cannot say to someone. Don't be afraid to report someone breaking those guidelines!

UICC 21 Day Challenge

### SATURDAY

13

*The Apology: Anniversary*

Take a few minutes to read the Uluru Statement from the Heart today. It is important to understand the people whose land we are on.

UICC 21 Day Challenge



### WEDNESDAY

10

Spend five minutes meditating today. Totally switch off and take a few minutes to yourself for your mental health.

UICC 21 Day Challenge



### SUNDAY

14

*Valentine's Day*

Write a love note about one of the Global Goals and share on your social media

UICC 21 Day Challenge



### THURSDAY

11

*International Day of Women and Girls in Science*

In honour of International Day of Women and Girls in Science, read about Chien-Shiung Wu. If you know a lot about her work, share your favourite fact about her on social media!

UICC 21 Day Challenge

### NOTES:

Don't forget to use the hashtag #GGATakeAction and take @GlobalGoalsAus (Twitter) or @globalgoalsaustralia (Facebook and Instagram). We would love to share your journey with everyone!

# FEB

## WEEK 8

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### MONDAY

15

For WA residents, contact your local candidates for the upcoming election and ask about their commitment to the Global Goals. For non-WA residents, reach out to any friends and family in WA and remind them about the upcoming election and how important their vote is!

UICC 21 Day Challenge

### TUESDAY

16

In support of Black History month, read up on Shirley Chisholm, the first black woman elected to congress. If you already know a lot about Chisholm, share your favourite fact about her on social media!

UICC 21 Day Challenge



### WEDNESDAY

17

*Ash Wednesday*

Read the news today! It's important to stay up-to-date on everything happening in Australia and around the world. If you read a good news story, share it on social media!

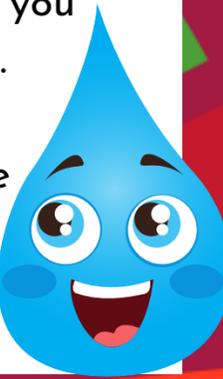
UICC 21 Day Challenge

### THURSDAY

18

Drink more water today! Chances are, you are not drinking enough. In fact, the ABS estimates Australians only drink 1L of water a day on average. Make sure you keep yourself hydrated.

UICC 21 Day Challenge



### FRIDAY

19

In support of Black History Month, find a new PoC-owned business to support. Purchase from them, spread the word about them in person and on social media and leave a positive review!

UICC 21 Day Challenge



### SATURDAY

20

*World Social Justice Day*

Read the targets associated with Goal 5: Gender Equality and Goal 10: Reduced Inequalities today. Share your favourite target on social media and think of one way everyone can contribute!

UICC 21 Day Challenge

### SUNDAY

21

*International Mother Language Day*

Share a post with your friends in your mother language. If your mother language is English, spend some time researching the language of the First Nation you live in.

UICC 21 Day Challenge

### NOTES:

Sunday's challenge requires you to know the country you live on. To find this out, visit the AIATSIS website or search your city or town with "Indigenous nation" after it. You can even spend some time finding out the country that your family and friends live on too!



# FEB

## WEEK 9

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### MONDAY

22

This week, try to challenge yourself to stay away from negative thoughts. If you don't feel overly positive about something, try to think of a solution or a way you could work towards a solution than just staying with your negative thoughts.

UICC 21 Day Challenge



### TUESDAY

23

Do you use public transport often? If not, take some time today to work out where you might be able to use public transport more. If you are a regular user of public transport, think about if there could be improvements to the service and let your local politician know!

UICC 21 Day Challenge

### WEDNESDAY

24

In support of Black History Month, learn more about Jane Bolin today. Jane Bolin was the first Black woman to attend Yale Law School and the first Black Judge in the US. If you already know a lot about her, share your favourite fact about her on social media!

UICC 21 Day Challenge

### THURSDAY

25

Do you make sure your dishwasher is completely full before running a cycle? If so, awesome work! If not, challenge yourself to get your dishwasher full before running a cycle. If you don't have a dishwasher, consider using less water during your dish-washing.



### FRIDAY

26

As you plan your meals this week, consider decreasing your consumption of meat. If you are already a vegetarian or a vegan, share your favourite plant-based recipe on social media.



### SATURDAY

27

Research into upgrading your lights to energy-efficient globes. Create a plan and a budget around transitioning to energy-efficient globes. Even if it's just one globe in a lamp, it makes a difference. Donate your replaced light to charity. If you have already upgraded your lights, share a pic or video on social media.

### SUNDAY

28

In support of Black History Month, challenge yourself to only listen to Black music today. It doesn't have to be the latest chart-topper; in fact, challenge yourself to dive back in time to some music from earlier decades! Extra points for tuning into independently-signed artists.



### NOTES:

Remember: for any actions involving purchases, there is no need to make the purchase as we understand not everyone has complete financial flexibility. We encourage you to do research into these products and switch to the ones you can afford and create a budgeting plan to save for the ones you cannot yet afford.