

# TEASPOONS OF CHANGE A TO Z FOR SUSTAINABILITY

- **Task:** think of 26 sustainability actions that match each letter of the English alphabet!
- **For example:** P is for palm oil. Buy palm oil-free foods or ethically sourced palm oil
- **Variations:** use a theme of global citizenship, well-being, service, etc.; use alphabets of a second language you might be learning; make a personal list and then one for your home and at school!
- **Extension:** correlate each of your 26 actions with the appropriate [Goodlife Goals](#) / [Global Goals](#)
- **Share:** once completed share your list with others and send to [Teaspoons of Change](#) to be posted on their social media and view the Teaspoons of Change [lists](#) for more ideas!

**A** is for: .....

**N** is for: .....

**B** is for: .....

**O** is for: .....

**C** is for: .....

**P** is for: .....

**D** is for: .....

**Q** is for: .....

**E** is for: .....

**R** is for: .....

**F** is for: .....

**S** is for: .....

**G** is for: .....

**T** is for: .....

**H** is for: .....

**U** is for: .....

**I** is for: .....

**V** is for: .....

**J** is for: .....

**W** is for: .....

**K** is for: .....

**X** is for: .....

**L** is for: .....

**Y** is for: .....

**M** is for: .....

**Z** is for: .....

**NOW WE KNOW OUR SUSTAINABILITY ABCs!!!**

