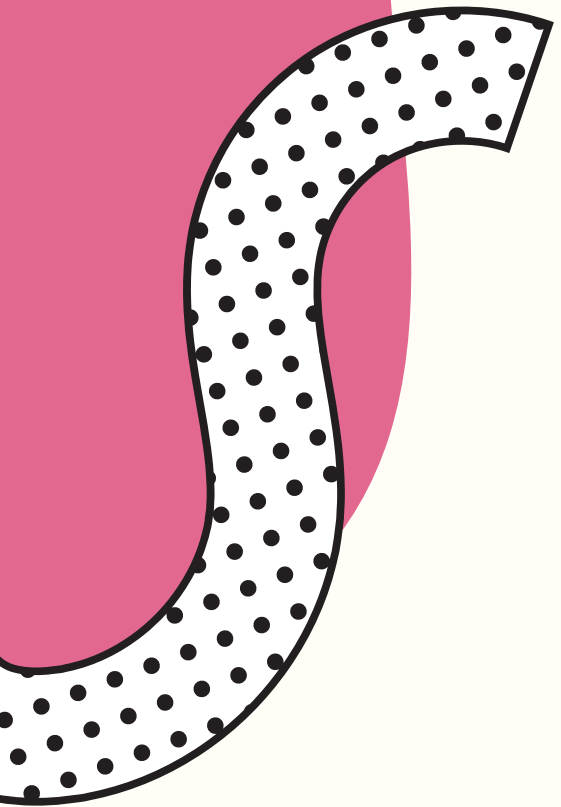
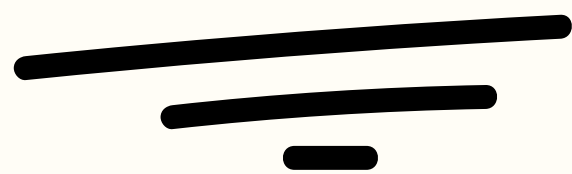
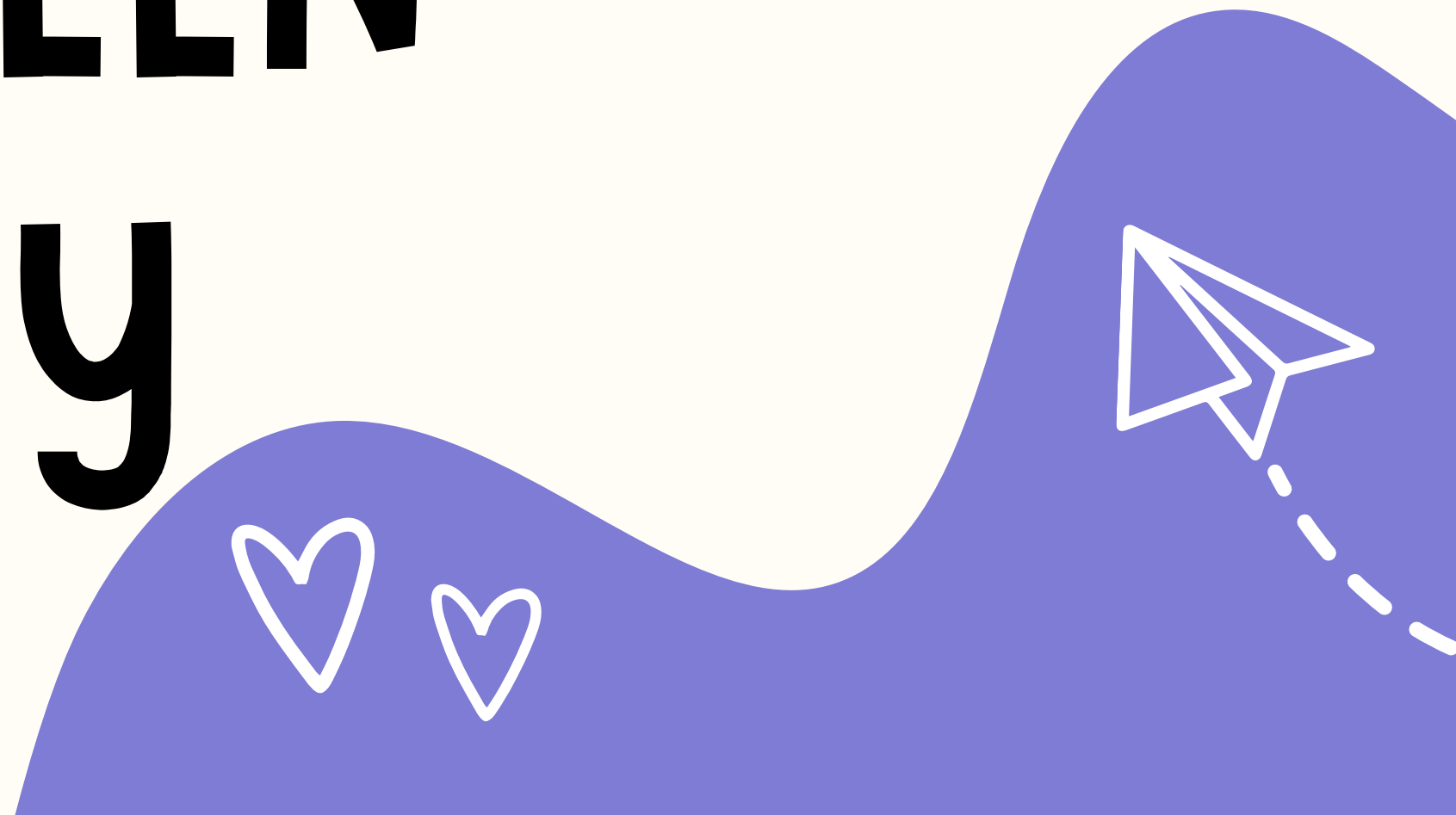
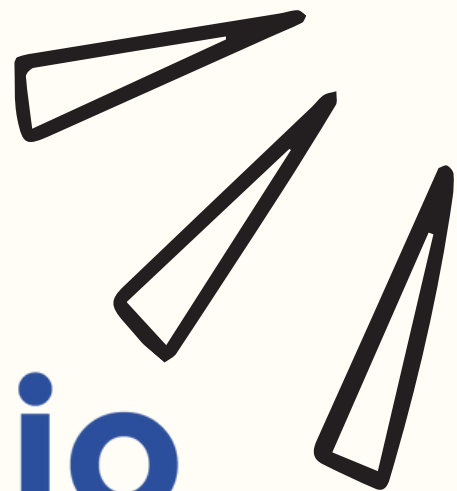


MY GREEN

DIARY



I.E.S.
**Eladio
Cabañero**





DECEMBER 1ST

TREE PLANTING:
TODAY, I DEDICATED TIME TO PLANTING TREES IN A DEFORESTED AREA, CONTRIBUTING TO CARBON CAPTURE AND ECOSYSTEM RESTORATION.

CREATIVE RECYCLING:
I COLLECTED RECYCLABLE MATERIALS AND TURNED THEM INTO USEFUL ART. IT'S AN EXCELLENT WAY TO REUSE ITEMS AND REDUCE WASTE.

SWITCHING OFF ELECTRONIC DEVICES:
I IMPLEMENTED A "NO ELECTRICITY HOUR" TO REDUCE ENERGY CONSUMPTION. TURNING OFF ELECTRONIC DEVICES HELPS DECREASE THE CARBON FOOTPRINT.

DECEMBER 2

**BEACH CLEAN-UP:
I WENT TO VALENCIA AND
PARTICIPATED IN A
BEACH CLEAN-UP DAY,
COLLECTING PLASTIC
WASTE AND OTHER DEBRIS
TO PREVENT MARINE
POLLUTION**

**USE OF REUSABLE BAGS:
I DECIDED TO STOP
USING DISPOSABLE
PLASTIC BAGS AND
OPTED FOR REUSABLE
BAGS WHEN DOING MY
DAILY SHOPPING.**

**HOME COMPOSTING:
I STARTED A SMALL
COMPOSTING
INITIATIVE AT HOME TO
REDUCE THE AMOUNT OF
ORGANIC WASTE
GOING TO LANDFILLS.**



DECEMBER 3

**MEAT-FREE DAY:
I OPTED FOR A DAY
WITHOUT HAVING ANY
MEAT TO REDUCE MY
CARBON FOOTPRINT
ASSOCIATED WITH MEAT
PRODUCTION.**

**VIRTUAL REFORESTATION:
I PARTICIPATED IN A
VIRTUAL REFORESTATION
PROGRAM, DONATING TO
PLANT TREES IN
DEFORESTED AREAS
WORLDWIDE.**

**WALKING INSTEAD OF
DRIVING:
I CHOSE TO WALK
INSTEAD OF USING THE
CAR FOR DAILY
ACTIVITIES, REDUCING
CARBON EMISSIONS.**



DECEMBER 4

**RESPONSIBLE
CONSUMPTION:
I RESEARCHED AND CHOSE
BRANDS THAT ARE
SUSTAINABLE AND
ENVIRONMENTALLY
FRIENDLY WHEN MAKING MY
DAILY PURCHASES.**

**TURNING OFF
UNNECESSARY LIGHTS:
I CONSCIOUSLY MADE
SURE TO TURN OFF
LIGHTS IN UNUSED
ROOMS TO SAVE
ENERGY.**

**ELECTRONIC WASTE
INVENTORY:
I CHECKED MY OLD
ELECTRONIC DEVICES AND
CONSIDERED WAYS TO
RECYCLE OR DONATE
THOSE I NO LONGER NEED.**



DECEMBER 5

**SHORTER SHOWERS:
I REDUCED SHOWER TIME
TO SAVE WATER, A
VALUABLE RESOURCE,
AND ALSO INSTALLED
LOW-FLOW
SHOWERHEADS.**

**ADOPT A PLANT:
I ADOPTED A PLANT
TO CARE FOR. PLANTS
HELP IMPROVE
INDOOR AIR
QUALITY.**

**DAY WITHOUT PLASTIC:
I CHALLENGED MYSELF TO
GO A DAY WITHOUT
USING PLASTIC
PRODUCTS, RAISING
AWARENESS ABOUT THE
PLASTIC POLLUTION
ISSUE.**



DECEMBER 6

**REPAIR INSTEAD OF
REPLACE:
INSTEAD OF DISCARDING
BROKEN ITEMS, I
DEDICATED TIME TO
REPAIRING THEM AND
EXTENDING THEIR LIFESPAN.**

**ENVIRONMENTAL
EDUCATION:
I RESEARCHED AND SHARED
INFORMATION ABOUT THE
IMPORTANCE OF WATER
CONSERVATION AND
PRACTICAL WAYS TO
REDUCE WASTE.**

**TRASH PICKUP IN LOCAL
PARKS:
I SPENT THE AFTERNOON
PICKING UP LITTER IN A
LOCAL PARK TO PRESERVE
NATURAL BEAUTY AND
PROTECT WILDLIFE.**



DECEMBER 7

**ELECTRONIC DETOX:
I SPENT THE AFTERNOON
WITHOUT USING
ELECTRONIC DEVICES,
REDUCING MY CARBON
FOOTPRINT AND FOSTERING
A CLOSER CONNECTION
WITH NATURE.**

**BULK SHOPPING:
I OPTED TO BUY
PRODUCTS IN BULK TO
MINIMIZE PACKAGING
AND REDUCE PLASTIC
WASTE.**

**PUBLIC TRANSPORT OR
BIKING:
I CHOSE PUBLIC
TRANSPORTATION OR BIKING
INSTEAD OF THE CAR FOR
DAILY ACTIVITIES,
CONTRIBUTING TO THE
REDUCTION OF GREENHOUSE
GAS EMISSIONS.**



DECEMBER 8

**PAPERLESS DAY:
I COMMITTED TO
REDUCING PAPER USAGE,
OPTING FOR DIGITAL
COMMUNICATION AND
USING RECYCLED PAPER
WHEN NECESSARY.**

**PLANTING VEGETABLES:
I STARTED GROWING MY
OWN VEGETABLES,
REDUCING THE NEED FOR
FOOD TRANSPORTATION AND
PROMOTING SUSTAINABLE
AGRICULTURE.**

**COMMUNITY AWARENESS DAY:
I ORGANIZED AN EVENT TO RAISE
AWARENESS IN MY
NEIGHBORHOOD ABOUT
SUSTAINABLE PRACTICES AND
HOW THEY CAN CONTRIBUTE TO
ENVIRONMENTAL
CONSERVATION.**



DECEMBER 9

UPCYCLING:

**I TRANSFORMED OLD
ITEMS INTO NEW AND
USEFUL ONES.**

**PROMOTING THE CULTURE
OF UPCYCLING AND
REDUCING WASTE.**

ZERO WASTE LUNCH:

**I PLANNED LUNCHES
WITHOUT GENERATING
WASTE, USING
REUSABLE CONTAINERS
AND AVOIDING
DISPOSABLE PRODUCTS.**

ENERGY CONSUMPTION

MONITORING:

**I EVALUATED MY HOME
ENERGY CONSUMPTION AND
LOOKED FOR WAYS TO
REDUCE IT, SUCH AS
TURNING OFF DEVICES IN
STANDBY MODE.**



DECEMBER 10

**ELECTRONIC APPLIANCE
SHUTDOWN:
I UNPLUGGED
APPLIANCES NOT IN USE
TO AVOID STANDBY
ENERGY CONSUMPTION.**

**ELECTRONIC WASTE
COLLECTION:
I GATHERED OLD
ELECTRONIC DEVICES AND
TOOK THEM TO A
SPECIALIZED E-WASTE
RECYCLING CENTER FOR
PROPER DISPOSAL.**

**CAR-FREE DAY:
I OPTED FOR A DAY
WITHOUT USING THE CAR.
EXPLORING ALTERNATIVES
LIKE WALKING, BIKING,
OR USING PUBLIC
TRANSPORTATION.**



DECEMBER 11

**VEGETARIAN DAY:
I SPENT THE DAY
ENJOYING VEGETARIAN
MEALS TO REDUCE MY
CARBON FOOTPRINT
ASSOCIATED WITH MEAT
PRODUCTION.**

**PLASTIC REDUCTION
CAMPAIGN:
I LAUNCHED A SOCIAL MEDIA
CAMPAIGN TO RAISE
AWARENESS ABOUT
REDUCING PLASTIC USE AND
ENCOURAGE OTHERS TO JOIN
THE MOVEMENT.**

**BATTERY COLLECTION:
I COLLECTED USED
BATTERIES AT HOME AND
TOOK THEM TO A
BATTERY RECYCLING
CENTER FOR PROPER
HANDLING.**



DECEMBER 12

SUPPORT FOR LOCAL PRODUCTS:
I OPTED TO BUY LOCAL PRODUCTS TO REDUCE THE CARBON FOOTPRINT ASSOCIATED WITH LONG-DISTANCE TRANSPORTATION.

COMMUNITY GARDENING:
I PARTICIPATED IN A COMMUNITY GARDENING DAY, BEAUTIFYING PUBLIC SPACES AND PROMOTING URBAN GREENERY.

CLOTHING REPAIR:
INSTEAD OF BUYING NEW CLOTHES, I DEDICATED TIME TO REPAIRING DAMAGED GARMENTS TO EXTEND THEIR LIFESPAN.



DECEMBER 13

**ELECTRONIC WASTE PICKUP:
I ORGANIZED AN ELECTRONIC
WASTE PICKUP IN THE
COMMUNITY TO ENSURE
PROPER HANDLING OF
OBSOLETE ELECTRONIC
DEVICES.**

**DAY WITHOUT PAPER:
I MINIMIZED PAPER
USAGE, OPTING FOR
DIGITAL SOLUTIONS
TO REDUCE PAPER
CONSUMPTION.**

**PLANNING SUSTAINABLE
MEALS:
I CREATED A SUSTAINABLE
MEAL PLAN FOR THE
UPCOMING WEEK,
CHOOSING LOCAL AND
SEASONAL INGREDIENTS.**



DECEMBER 14

**TOY RECYCLING:
I GATHERED OLD
TOYS THAT ARE NO
LONGER IN USE AND
TOOK THEM TO A TOY
RECYCLING CENTER.**

**SECOND-HAND
PURCHASE:
I OPTED TO BUY SECOND-
HAND PRODUCTS INSTEAD
OF NEW ONES. REDUCING
THE DEMAND FOR NEW
RESOURCES.**

**EVENING WITHOUT PLASTIC
IN THE KITCHEN:
I DIDN'T USE ANY PLASTIC
ITEMS IN THE KITCHEN,
OPTING FOR REUSABLE
CONTAINERS AND
SUSTAINABLE KITCHEN
UTENSILS.**



DECEMBER 15

**SUPPORT FOR LOCAL
BIODIVERSITY:
I PLANTED NATIVE FLOWERS
AND PLANTS IN MY GARDEN
TO SUPPORT LOCAL FLORA
AND PROMOTE
BIODIVERSITY.**

**OLD ELECTRONICS
RECYCLING:
I DISASSEMBLED AND
RECYCLED ELECTRONIC
COMPONENTS FROM OLD
DEVICES THAT NO LONGER
WORK.**

**EVENING WITHOUT PLASTIC
IN THE KITCHEN:
I DIDN'T USE ANY PLASTIC
ITEMS IN THE KITCHEN,
OPTING FOR REUSABLE
CONTAINERS AND
SUSTAINABLE KITCHEN
UTENSILS.**



DECEMBER 16

CLOTHING AND TOY SHARING:
I PARTICIPATED IN A CLOTHES COLLECTION EVENT AND A TOY DRIVE AT SCHOOL TO REDUCE THE NEED FOR NEW PURCHASES.

COMMUNITY REFORESTATION:
I PARTICIPATED IN A COMMUNITY REFORESTATION ACTIVITY, PLANTING TREES IN PUBLIC SPACES TO IMPROVE THE ENVIRONMENT.

NIGHT DISCONNECTION:
I TURNED OFF ALL ELECTRONIC DEVICES AT NIGHT TO SAVE ENERGY AND IMPROVE SLEEP QUALITY.



DECEMBER 17

**ETHICAL PURCHASING:
I DECIDED TO BUY
PRODUCTS FROM ETHICAL
AND SUSTAINABLE
BRANDS. SUPPORTING
RESPONSIBLE BUSINESS
PRACTICES.**

**SWITCHING TO LED
BULBS:
MY FAMILY AND I
REPLACED INCANDESCENT
BULBS WITH ENERGY-
EFFICIENT LED BULBS
THROUGHOUT THE HOUSE.**

**DAY WITHOUT PRINTING:
I MINIMIZED DOCUMENT
PRINTING, OPTING FOR
DIGITAL SOLUTIONS TO
REDUCE PAPER
CONSUMPTION.**



DECEMBER 18

BETTER AIR QUALITY AT HOME:

TODAY MY MUM AND I WERE LOOKING FOR SOME AIR-PURIFYING PLANTS TO IMPROVE AIR QUALITY AND REDUCE INDOOR POLLUTANTS AT HOME.

CLOTHES COLLECTION FOR DONATION:

I COLLECTED USED CLOTHES FOR DONATION TO LOCAL CHARITIES INSTEAD OF DISCARDING THEM.

ENVIRONMENTAL AWARENESS:

I TALKED ABOUT SUSTAINABLE PRACTICES AND THEIR POSITIVE IMPACT ON THE ENVIRONMENT WITH MY FAMILY AND FRIENDS



DECEMBER 19



**OLD TOY RECYCLING:
I GATHERED OLD
TOYS THAT ARE NO
LONGER IN USE AND
TOOK THEM TO A TOY
RECYCLING CENTER.**

**SECOND-HAND
PURCHASE:
I BOUGHT A SECOND-
HAND T-SHIRT AND A
PAIR OF JEANS.**

**NIGHT STANDBY DEVICE
DISCONNECTION:
I DISCONNECTED DEVICES
IN STANDBY MODE AT
NIGHT TO SAVE ENERGY
AND IMPROVE SLEEP
QUALITY.**

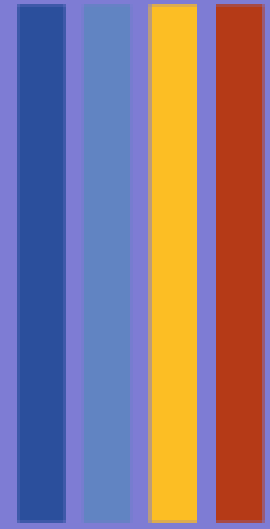


DECEMBER 20

**RED MEAT-FREE DAY:
I FURTHER REDUCED MY
CARBON FOOTPRINT BY
NOT EATING RED MEAT FOR
THE ENTIRE DAY.**

**DIGITAL CLEANUP:
I REVIEWED AND DELETED
UNNECESSARY FILES ON
MY ELECTRONIC
DEVICES TO FREE UP
SPACE AND IMPROVE
PERFORMANCE.**

**SUSTAINABLE MEAL
PLANNING:
I CREATED A SUSTAINABLE
MEAL PLAN CHOOSING
LOCAL AND SEASONAL
INGREDIENTS.**



I.E.S.
**Eladio
Cabañero**



ÁLVARO PERONA
2º BACHILLERATO