Here are some **10% examples** of what we want to achieve in our schools, organisations and districts in one year

ACTION TASK

How does this 10% challenge make you feel? Think about how this might impact your life, your Reduce by 10%



Carbon emissions of your region





Unhappiness and addictions



Unhealthy use of social media

Increase by 10%









community, or the planet as a whole and use these thoughts as inspiration.

Express your feelings creatively: you could draw, write a poem, or create a word collage to capture your emotions.



