

140 things to do in Adelaide Zoo's 140th year!

40 ways to reduce, reuse and recycle

- Reduce your consumption of single-use plastics
- Go with one less takeaway coffee today and provide financial assistance to a conservation program
- Make a sub-irrigated planter out of a used 2L soft drink container
- Make a pair of binoculars from toilet rolls and spy something through them
- Recycle 140 cans and bottles
- Recycle your old mobile phone and accessories and hand them in at Adelaide Zoo
- Upcycle plastic bags to make a bag/a rug/a coin purse
- Donate to a charity (could be clothes, time or money)
- Make recycled paper
- Bring a mug to the office instead of using single use cups
- Buy less
- Buy local and/or grow some of your own food
- Donate leftover paint to a local community project
- Drink tap or filtered water, not bottled
- Grow plants to give to friends instead of cutting flowers
- Install solar
- Insulate your home
- Join a library instead of buying books
- Leave flowers, even 'weeds', for pollinators
- Love your leftovers
- Make a compost heap to reduce waste
- Never use single-use plastics
- Only flush toilets if really needed; "If it's yellow it's mellow, if it's brown flush it down!"
- Pick up litter
- Recycle your car oil
- Plant a tree, plant dozens
- Plant herbs and veggies
- Reduce, reuse recycle. And as much of the first as possible
- Remove a noxious weed
- Wrap gifts in fabric and tie with ribbon or use old paper bags
- Pick up 4 pieces of rubbish off the ground
- Turn a used milk carton/bottle into a planter
- Make your own wind chime using recycled materials
- Install double or triple glazing
- Use a washing line; tumble dryers suck up electricity
- Use compact fluoro or LED light bulbs
- Use curtains to keep in more heat in winter and keep the house cooler in the summer
- Use energy-efficient appliances
- Cut up the plastic rings from packs of beer or better yet, don't buy beer that uses them
- Use food containers that can be reused



64 ways to protect, play and appreciate nature



- Putting a bowl of water out in your yard for native wildlife
- Put a stick or rock in your bowl of water to allow insects an escape route
- Plant native plants and create mini-ecosystems in your back yard
- Keep your cat inside. Cats (whether they are domesticated or feral) are responsible for 2 billion native animal deaths a year
- Build your own insect hotel
- Look at the clouds and create a story about the shapes you see
- Hug a tree
- Read a book outdoors
- Construct a collage with leaves from the ground
- Listen and identify four different bird songs
- Draw 4 animals in the dirt/sand with a stick
- Go for a hike
- Build a sandcastle
- Make a bird feeder
- Make some seed bombs
- Paint a picture with mud
- Plant a tree
- Make your own solar oven
- Cook a meal outside
- Spend 40 minutes in nature and keep a nature journal for one week
- Create a nature scavenger hunt for a family member or friend
- Go on a feather hunt
- Decorate a footpath with chalk
- Make your own rain gauge
- Build a pile of leaves and jump in them
- Make a paper aeroplane and see how far you can fly it
- Roast a marshmallow on an open fire
- Go on a night walk with a torch and see how many animals/insects you can see
- Make and fly a kite
- Spend a night under the stars or in a tent
- Create a habitat for a lizard in your garden or local park
- Be kind to animals
- Build a cubby
- Catch a crab and release it again
- Catch some tadpoles, watch them and then put them back
- Climb a tree
- Dam a stream
- Do a beach clean-up
- Explore the coast
- Explore the stars with some binoculars
- Learn about the First Peoples of Australia astronomy
- Feed your garden; coffee grounds and eggshells are great for composting
- Go camping outdoors
- Go into the bush and record all the different animal sounds you hear
- Go snorkelling
- Hike to a waterfall
- Install an arid friendly garden
- Kayak, paddle board or body surf
- Leave flowers, even 'weeds', for pollinators
- Make a compost heap to reduce waste
- Make a mud pie
- Make an ant farm
- Make something from sticks
- Roll down a hill
- Skim a stone
- Spot a fish
- Turn off your device and go for a walk with a friend
- Walk barefoot on the beach
- Walk or ride, don't drive
- Watch a bug and think about life from its perspective
- Watch a butterfly emerge from a chrysalis
- Watch the sun rise
- Watch the sun set
- When in nature: take nothing and leave nothing behind

36 ways to do good and feel good

- Spend 4 hours volunteering
- Learn the Kaurna names for four animals
- Read a story to someone older or younger
- Visit Adelaide Zoo!
- Avoid air travel when possible
- Become more scientifically literate
- Buy chocolates that are not individually wrapped
- Don't buy animal-based products (e.g., turtle shell, dried seahorses, shells, etc)
- Cook for friends
- Buy from companies with eco-friendly policies
- Car pool
- Don't release pets into the wild
- Don't use insecticide
- Don't fertilise your garden
- Drive respectfully to avoid road kill
- Eat less meat
- Grow plants to give to friends instead of cutting flowers
- Have your cat desexed
- Improve the ambience and dine by candlelight
- Report animal cruelty
- Report on poaching or any illegal animal trade
- Slow down. Driving slowly uses less fuel
- Support local conservation initiatives
- Take a brisk shower
- Take your out-of-date pills to a chemist to be destroyed; don't flush them down the toilet
- Tell your friends to live green
- Turn down your central heating by a degree
- Turn off all energy vampires (i.e., electronic good on 'standby')
- Use a manual lawn mower
- Use a nappy washing service
- Use a smaller plate
- Use fair trade products
- Use low-phosphate washing-up liquid
- Use public transport
- Shop for products that contain Certified Sustainable Palm Oil
- Don't leave your car running unnecessarily

