

Nothing New July Challenge

What is Nothing New July?

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It is a one month challenge to buy nothing new, with the exceptions of food, medical supplies and hygiene products.

It is a global idea focusing on thinking before buying.

Ask yourself and your whānau:

- Do I need that?
- Can I get that second hand?
- Can I borrow it from a friend?
- Can I swap something to get it?
- Can I make it myself?

This fun diary calendar will help you plan out your Nothing New July Challenge. Tick off the days as they race by, complete the weekly task, and each week reflect on how the challenge is going.



July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Weekly Reflections

At the end of each week, use this box to think about and note how the challenge is going. Some questions to ask yourself might include: What was easy/hard? What did you learn? Are you going to keep doing this? What would you do differently next time? What might be the next step on from this task or stage of the challenge?

Task 1 - Week 1

Visit your nearest charity shop. What do they sell? Can you donate items from your home?

Task 2 - Week 2

Swap something with a friend or family member for the remainder of the month (such as a game, book or item of clothing).

Task 3 - Week 3

Are you and your whānau members of your local library? If not, then this is the week to join up!

Task 4 - Week 4

Upstyle time! Redecorate or create something from an older item in your house. For example, an old piece of furniture (children, please check with an adult first).

