



FREE CALENDAR

12 MONTHS OF LITTLE IDEAS TO
HELP YOUR FAMILY BE MORE
SUSTAINABLE





Rowdy Kind started with a series of challenging questions from Kate's son Chris, then 7, during bathtime one evening: "Why do we use plastic bottles if they are so bad?" and "Why are you still using baby shampoo on me?" The search for a better bathtime solution was on! Kate wanted something that was made of high quality ingredients and specifically formulated for kids' sensitive skin, and Chris wanted something that wasn't for babies, gender neutral (not Pink vs Blue), was "Cool and Fun" and most importantly Plastic Free.

Rowdy Kind was born.

Everything we do, is with kids in mind first and foremost. From Bathtime, where our bars are specifically formulated for kids unique skin & hair needs, to ensuring their brightest future on this planet.

Our mission is to help kids make bath time plastic free.

We want to empower children to have the courage to make messes, the determination to clean them up and the loving support to be themselves, one bath at a time.



Kate *Chris*



LET'S RAISE THE BATH BAR, TOGETHER!



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This month try:

1. Swap one meal per week to vegetarian or vegan
2. Turn electronics all the way off at the wall (not just to standby)
3. Turn off the tap when brushing your teeth between rinses
4. Say "no thank you" to plastic toys with takeaway meals
5. Put on an extra jumper and turn down the temperature in the house



FEBRUARY

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This month try:

- 1. Eat fewer crisps (Did you know the packets aren't recyclable!)**
- 2. Travel via bus or train to your next day out**
- 3. Cut down on shower time by 1 minute, or run a shallower bath every day**
- 4. Now that it's starting to get lighter, bike or walk to school instead of driving**

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This month try:

1. Switch off the lights when you leave a room
2. Pass your old toys, books and clothes to a friend who will use them
3. Accept used clothes, books or toys from someone else
4. Carry a reusable water bottle when you go out and refill it at refill stations

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This month try:

1. Start a compost heap, collect food waste for the council, or build a wormery
2. Sew seeds to start to grow some of your own food
3. Select veggies that are in season locally rather than flown in
4. Pack snacks when you go out on Easter trip to avoid single use plastic packaging

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This month try:

1. Say "no thanks" to straws
2. Use the library rather than buy books
3. Harvest and eat some of the veggies you planted last month
4. Write a letter to a company asking them to be more sustainable (try to be specific)
5. Put a recycling bin in the bathroom and sort your bathroom rubbish

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This month try:

1. When you go to a picnic, bring your own plate and mug
2. Learn to sew and patch your own clothing or socks
3. Help your parents hang clothes to dry rather than using the dryer
4. Find your local Refill shop for World Refill Day, 16th June

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This month try:

1. Join Plastic Free July!
2. Read your home electricity meter for a week and try to reduce it the next week
3. Write a letter to your MP about how important preventing the climate crisis is to you
4. Make a pair of shorts from some trousers that you have outgrown.
5. Pick wild flowers and press and dry them

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This month try:

1. Go on a litter pick every week and pick up 5 pieces of rubbish each time.
2. Look through your old school uniform and re-use what you can from last year
3. Create a bug hotel in your garden
4. Go berry picking. If you get lots, make jam!

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This month try:

1. Swap out any non-LED light bulbs in the house
2. Go through your toys and find a toy you can repair and start using again
3. Review a weekly grocery shop and identify one thing that you could substitute to reduce waste.
4. Start a compost heap

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This month try:

1. Re-use, swap, or make your Halloween costume
2. Hand out sweets without plastic packaging
3. Do a gentle tidy of your garden, leaving some leaves and long grass for hedgehogs
4. Find one thing in your fridge or cupboard that's in a non-recyclable container and swap for something recyclable
5. Learn your local recycling rules and pledge to follow them

NOVEMBER

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This month try:

1. Put on an extra jumper and turn the temperature down in the house
2. Gather pine cones and foliage to make a Christmas wreath
3. Create a mini greenhouse for a window sill
4. Make your own Christmas card paper by recycling waste paper

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This month try:

1. Apply for the Blue Peter Green Badge for all the work you've done this year!
2. Ask for a book about sustainability for Christmas
3. Sew some new Christmas decorations from clothes that are ready for recycling.
4. Shop small and local for Christmas!