

Take action as an **INDIVIDUAL** to prepare for the impacts of climate change!
Share your commitment on the [GAME On!](#) website.

ADAPTATION ACTION	COMMITMENT IDEAS
<p>PLANT RESILIENT TREES Trees will help reduce heat by providing shade and creating microclimates. As an added bonus you'll provide habitat for birds and animals, food (if it's a fruit tree!), clean the air, and store carbon.</p>	<ul style="list-style-type: none"> • I will plant (insert #) trees appropriate for the next century by April 2021 • I will donate (insert X) dollars to a local tree planting organization • I will start a tree planting program with my neighbors
<p>LANDSCAPE CLIMATE SMART Plant for current and future climate conditions and use green infrastructure- such as rain gardens and green rooftops to help with urban heat, improve air quality, improve water quality, and help prevent local flooding and erosion. Consider your water consumption in your indoor and outdoor activities, especially if you live in an increasingly drought-prone area.</p>	<ul style="list-style-type: none"> • I will replace vegetation that requires irrigation or energy to maintain and select plants that are suited for current and future climate condition • I will not use pesticides or other harmful chemicals so that my yard is suitable, healthy habitat for organisms already dealing with the stresses of climate change • I will protect or create permeable ground surfaces to absorb rain water and help prevent flooding and erosion • I will collect rainwater for irrigation • I will support green infrastructure projects in my community
<p>SUPPORT A RESILIENT FOOD SYSTEMS Climate change will have detrimental impacts on the food supply with stronger and more frequent storms, drought, extreme heat, and other extreme weather events. To increase your food supply resilience to climate change, it is critical to support local food sources and plan for food security in your city.</p>	<ul style="list-style-type: none"> • I will learn how climate change is impacting my growing season and plant accordingly • I will strengthen my local food system by buying local, growing my own food or volunteering at a community garden • I will skip meat if I cannot buy locally and/or sustainably raised products • I will ask my city/county to start a food system resilience plan
<p>REDUCE YOUR ENERGY AND WATER USE Learn how your energy is produced and your sources of water. Reducing the rate of climate change is key to successful adaptation, that means stopping fossil fuel combustion. Climate change will likely increase water demand while shrinking water supplies. Make a commitment to reduce your energy and water use and encourage your friends and neighbors to do the same.</p>	<ul style="list-style-type: none"> • I will start a community solar project and invest renewable energy and renewable workforce development • I will use energy efficient lighting, unplug electronics while not in use, decrease heater and increase air conditioning set temperatures, upgrade to Energy Star labelled appliances, and use water efficient fixtures • I will create and live by an annual carbon budget, reduce my carbon use by (insert X%), and use non-motorized or public transit for (insert X%) of the trips I take each week • I will conserve water by taking shorter showers, , run full loads of laundry, and turn off the tap while washing hands or brushing teeth

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<p>VOTE AND DEMAND CLIMATE ACTION We need to build a climate resilient future by ensuring we are prepared for climate change, building climate jobs, and promoting climate justice. We have the power to do this by voting and ensuring that we place climate change advocates in office. We need to demand local officials to take climate action now.</p>	<ul style="list-style-type: none"> • I will vote for elected officials plan to take climate action • I will attend government meetings to ensure climate change is part of decision making • I will encourage local officials to create and implement climate adaptation plans and low-carbon transit, including public transportation, biking or walking trails, and car share programs • I will encourage local officials to sign on to the Global Adaptation Month Proclamation • I will ask city/state officials to undergo a climate vulnerability assessment and adaptation plan
<p>ADVANCE CLIMATE JUSTICE Get to know the risks of climate change and advocate for risk reduction strategies for those most vulnerable to climate change, including children, elderly, people of color, indigenous peoples, people with disabilities, those with existing health issues, low-income people, women, and other historically marginalized communities.</p>	<ul style="list-style-type: none"> • I will support community-led initiatives that facilitate resilience to climate impacts • I will advocate to my local government to prioritize vulnerable populations in disaster preparedness and response. • I will demand community input be incorporated into climate change projects
<p>LEARN & TALK ABOUT CLIMATE CHANGE Learn what climate change is, how it affects you and others, and what can be done to address it. Become an advocate for change. Share knowledge with your neighbors and friend. Share knowledge on climate action and make personal commitments.</p>	<ul style="list-style-type: none"> • I will attend Global Adaptation Month free webinars to learn who is doing what on climate change • I will attend one local meeting a month and ask what they are doing about climate change • I will host an awareness event (e.g., climate happy hour, learning forum, movie screening with discussion) • I will read case studies on the Climate Adaptation Knowledge Exchange (CAKEx.org) to learn about adaptation work in my region • I will attend the National Adaptation Forum
<p>GOOD GRIEF Those impacted by climate change undergo severe trauma. Understand the impacts of climate change on your own mental health and the mental health of those around you.</p>	<ul style="list-style-type: none"> • I will understand and acknowledge my own climate grief, then use that awareness to take climate action • I will organize a grief circle or a reflection group to find community in it, then find hope together to take climate action