

Kid-friendly Green Tips

- ☺ Don't kill that spider! There are an estimated 40,000 species of spiders, and they all eat insects. They're an important part of the food web and provide natural pest control.
- ☺ Buy toys that last. Toys are made, directly or indirectly, from natural resources. Choose toys that won't break easily so you aren't always buying more stuff or creating more trash.
- ☺ Choose rechargeable batteries, then recycle them when they die. You'd have to use hundreds of single-use batteries to equal the energy you'd get out of one rechargeable battery. Be sure to recycle all batteries to keep harmful metals from entering the environment.
- ☺ Safeguard storm drains. Don't litter. Trash tossed carelessly outside often washes into storm drains, which empty into rivers and streams that eventually flow to the oceans. Pollution is a growing problem for all the Earth's ocean and its wildlife.
- ☺ Make your own reusable shopping bag or find a strong bag that you like around the house. Next time you head out shopping, bring it along and say "no bag, please" at the check out counter. By carrying your own bag you will help reduce the 1 million plastic bags that end up harming animals and polluting our oceans every year.
- ☺ After your shower or bath hang your towel neatly to dry so you can use it again the next day. It will help cut down on the amount of laundry and save water! And Mom won't mind either!
- ☺ Become the light switch police! Every time you leave a room for more than a minute or find a light left on in the house, turn it off. By flipping that switch, you save energy and keep greenhouse gases out of the atmosphere.
- ☺ Make a your own recycle box for clean scraps paper, bottle caps, cardboard, empty paper towel rolls - anything interesting that your family would normally throw away. You will be surprised how much you will collect and how many cool things you can make and do with these items! It will really come in handy for school projects!
- ☺ Ask your Mom to pack a cloth napkin in your lunch box which you can reuse after washing. It will cut down on

lots of garbage.

☺ Why not set up a **Book Swap** with your friends? It's easy! You can either do a "for keeps" swap or a "borrow" swap. Ask Mom or Dad to help you set up a day, time and place to get together with one or more friends. Each friend should bring a few books they are willing to either trade for good or lend out for a few weeks. At the swap, you will trade the books you have brought for a friend's books! If it's a "for keeps" swap then that's all there is to it! If you are *borrowing* each other's books, make sure you...

- Write your name in your books,
- Take very good care of the books you borrow *and*
- Choose a date that the books will be returned.
- And Have fun!

☺ A great way to save water while washing your hands is to turn the water off while lathering up. Take your time and make lots of suds covering every part of your hands so they look like they have soapy gloves on! Some kids like to sing Happy Birthday while washing so they know they have lathered long enough. Then turn the water back on and rinse really well. If possible, use your paper towel to then turn off the water so your hands stay clean.

☺ A great way to save water while washing your hands is to turn the water off while lathering up. Take your time and make lots of suds covering every part of your hands so they look like they have soapy gloves on! Some kids like to sing Happy Birthday while washing so they know they have lathered long enough. Then turn the water back on and rinse really well. If possible, use your paper towel to then turn off the water so your hands stay clean.

○ And don't forget - there is still time to bring in your old Crocs!

☺ Check out the labels on the products that you use every day like shampoo and toothpaste. How many words in the ingredient list can you actually pronounce? Chances are, if you can't pronounce them they are not eco-friendly. Ask Mom or Dad to try a brand with all natural, pronounceable ingredients next time!

☺ Do you know that you can help the environment by choosing to eat certain foods instead of others? Food grown locally does not have to be shipped very far to get to you so they save on gas and cut down on the

amount of exhaust going into the air. Organic foods are grown without the use of unhealthy pesticides which are bad for our bodies and the Earth. Farmer's markets are a great place to find these kinds of foods and they are fun to go to!