**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Place a checkmark by each earth-friendly action you already do.**

**Circle or highlight the actions you’d like to start doing in the future.**

**1. \_\_\_\_ Close the refrigerator as soon as you find what you need.**

**2. \_\_\_\_ Turn off light switches when leaving a room, turn electronics off Stand-By, unplug electronics and chargers.**

**3. \_\_\_\_ Turn off the water when brushing your teeth.**

**4. \_\_\_\_ Use fewer single-use plastic bottles, plastic straws, forks, and plates. If you do buy them, reuse them again.**

**5. \_\_\_\_ Donate unused items.**

**6. \_\_\_\_ Take a reusable bag to the shop.**

**7. \_\_\_\_ Eat up - Don’t waste your food.**

**8. \_\_\_\_ Use a reusable lunch box and drinks bottle for school and sports.**

**9. \_\_\_\_ Use towels and clothes a few times before washing them.**

**10. \_\_\_\_ Use your voice - Write letters to companies and local politicians asking them to help the earth. Talk to your family too.**

**11. \_\_\_\_ Pick up litter in your area or when you visit the beach.**

**12. \_\_\_\_ Choose aluminium cans when possible (they can be recycled more easily than plastic).**

**13. \_\_\_\_ Ask can you turn down the heating at home by 1 degree.**

**14. \_\_\_\_ Walk, cycle, skateboard, scooter to school & nearby places.**

**15. \_\_\_\_ Help Nature by planting flowerpots for bees & pollinators, plant a native tree, build a bug hotel or make a bird feeder.**

**16. \_\_\_\_ Get outdoors as much as you can. Learn to love Nature, play in Nature and have fun in the outdoors.**

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