

4Rs Action Hero Journal

20 ACTIONS
20 DAYS
TO
EARTH
DAY
2020

Journal Set 1



Name: _____

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Day 1. Action 1.

Recruit

[ri-kroot]

v. to join a cause



Take Action!

Welcome, 4Rs Action Hero recruit! Show you care for your community! Draw a rainbow on reuse scrap paper and put on your window.



StopWaste Champion Partner, Community Impact Lab in San Leandro, shared with us the "Chasing Rainbow Project". Children across the country are placing rainbows in their windows to stay connected and inspire others to care about their community. By reusing the back of an already used piece of paper rather than a new piece of paper, you are helping save trees, a precious natural resource. If you printed this journal sheet- you can reuse this journal paper. By doing this action, we are caring for our community and caring for the earth.

Draw your rainbow below and cut it out. Post on your window so your neighbors can see. Report & share with our community.



Share With Our
Community

Share how you took action to build our collective action mural!

3 Ways to share:

1) Report: Go to our 20 Actions Report Form Link

<https://forms.gle/7gfkTKUwuCGNhmQe8>

2) Post on Instagram or Facebook and #StopWaste and #StopWaste2020

3) Mail us a pic or video link at: Schools@stopwaste.org

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Day 2. Action 2.

Reduce

[ri-dooz]

v. to use less

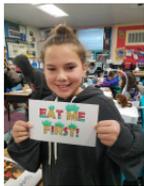


Take Action!

4Rs Action Hero "Eat Me First Challenge"! Make an "Eat Me First" sign and storage space in your fridge!



Did you know that 40% of food in the U.S. is wasted? And did you know that 43%, almost one half, of wasted food in the United States comes from households? Now, more than ever, is the time to make the most of what we have. Keep your food fresh and your family healthy by making small shifts in how you shop, prepare and store food. One of the easiest things you can do is create an "Eat Me First" sign you put in a refrigerator shelf or drawer to remind you that this food may rot first and be wasted. Doing this can help an average family of four save \$1,500 a year!



Decorate the "Eat Me First" sign below and cut it out. Teach your Family and put it in your fridge, pantry or drawer. Report & share with our community.

EAT ME
FIRST!

Share a photo of your Eat Me First Sign

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Day 3. Action 3.

Reuse

[ri-yooz]

v. to use again



Take Action!

Make a Reuse Scrap Box to store your reuse paper for this project and beyond!



Are you finding yourself doing some spring cleaning? You can always find ways to reuse a lot of the things you would often throw away. All of our things come from natural resources and by reusing as much as we can, we are making sure that we are conserving or saving these precious natural resources.

Paper and cardboard is made from the natural resource, trees. Can you find ways to reuse paper or cardboard?

Find a cardboard box or cereal box. Decorate your box and use it to store scraps and other materials you can reuse later

Share how you took action to reuse or a photo of your reuse paper box!



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Day 4. Action 4.

Recycle

[ri-sahy-kuh l]



v. to make something old into something new



Take Action!

Be an educated and caring global citizen. Find out what your city accepts in your recycle bin.



It's important to stay educated on what your city sorts for recycling. Recycling is an excellent way to keep precious natural resources like oil, which is made from fossil fuels, from going to the landfill.

You can visit www.RecyclingRulesAC.org or visit your city's recycling website to find out what is happening with recycling in your city.

Look at the common packaging items below. Circle the items that can be recycled.

Garbologists, or people who study garbage, notice patterns. Below are some hints that may help you notice patterns in common packaging items.

- Plastic items go in the landfill if:
 - you can ball it up or squish it in your hand
 - it's smaller than 3 inches or doesn't have a wide opening



EMPTY CHIP BAG



OPEN MILK CARTON



SQUISHY PLASTIC



JUICE POUCH



UNBITEN LUNCH FOOD



PLASTIC BOTTLE



PLASTIC STRAW



EMPTY YOGURT CUP



PLASTIC UTENSIL



PAPER NAPKIN



JUICE BOX



FOOD SCRAPS

"It's tricky" - The Beastie Boys

The answers - Recycled: plastic bottle, empty yogurt cup, juice box, paper napkin, paper milk carton, juice box, plastic straw, plastic utensil, food scraps. Check with your city: open milk carton, juice box, unbiten lunch food, juice pouch, squishy plastic, empty chip bag.

Share how you took action to recycle the right way by sharing a pic or creative report back on what you learned, you properly sorting, or a shot of your home sorting station!

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Day 5. Action 5.

Rot

[rot]



v. to plants and food scraps into compost



Take Action!

Watch "The Adventures Of Wiggle E. Worm" and give thanks to the worms by drawing your favorite fruit or vegetable!



Food is a precious resource and we can all do our part to keep food out of the landfill. If you have a compost bin or green bin, make sure all your food scraps and food-soiled paper go there. Once in the green bin, helpful critters like worms decompose or break down that material and turn it into compost! We can all help feed these helpful critters instead of the landfill!

You can watch the comic movie on YouTube by visiting bit.ly/AdventuresofWiggleEWorm (link is case sensitive)

Draw your favorite fruit or vegetable or take a picture with it and send it to us! Report and share with our community!

Share how you take action to Rot your food scraps or share a photo, or creative report back of your favorite fruit or vegetable!

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4Rs Pictographs

Directions: Cut out and write the name of the "R" - Reduce, Reuse, Recycle or Rot - represented in each pictograph



Take Action As A Family!

Observe the pictographs above. Reflect on how you as a family can practice to the best of your ability how to Reduce, Reuse, Recycle and Rot and complete the sentences below:

Our family can reduce by _____, and
can reuse by _____, and
can recycle by _____, and
can rot or compost by _____.

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Congratulations! You are now an official 4Rs Action Hero!



Who are the 4Rs Action Heroes? They are students just like YOU! They are heroes who help us do the 4Rs - Reduce, Reuse, Recycle and Rot

I am **Super Reducer!** I show people how to use less stuff!



I am Super Reducer's sidekick, Pingzi, the reusable water bottle

Let's take action!



I am **Professor Reuse!** I show people how to use things again!



I am Professor Reuse's sidekick, Alba, the albatross

I am **Rot Girl!** I show people how to compost food scraps, food-soiled paper, and plants!



I am Rot Girl's sidekick, Wiggle E. Worm

I am **The Recycler!** I show people how to turn something old into something new!



I am The Recycler's sidekick, We-Can, the aluminum can