

# Angeline Y., Alameda

May the 4Rs Be With You Contest 2020

## Realize, Restore, Reduce, Respect



## My 4Rs Reflection

My 4Rs are Realize, Restore, Reduce, and Respect. These 4Rs matter to us and our regeneration because I believe the best way for us to work efficiently together is if we fully grasp what tragic things have already occurred and what harsher events could happen in the future. The changes that are continuing to gradually destroy our earth are invisible such as greenhouse gases, we don't see how much pollution there really is which is why it feels passive and okay to not have to act so quickly upon it. In order for us to avoid the worst consequences, we have to adjust our mindset about global warming first. For example, we are reminded to reduce the amount of plastic and conserve energy, or else it'll come to a point where it is irreversible and species of all sorts will go extinct including us humans. It gets us fearful and causes us to put it aside so we don't worry about it. This is why I realized that we should not be trying to restore the earth by putting an end to climate change because that's not possible. Instead, we are trying to gradually limit our use in producing pollution and saving our resources.

Our earth has dealt with a lot throughout the years and as a part of the regeneration we should allow it to rest. One thing I do is reduce the amount of my screen time. I take this opportunity from staying indoors to connect with my family. Instead of streaming movies and tv shows all day we spend hours playing board games, creating artwork, and reading. This is something that everybody can contribute to as technology is advancing and there are fewer things that humans are actively doing. Not only is the radiation that it is giving off bad for our health; but, it is costing us a ton of money. Right now since it is a difficult time to leave our homes when we have the opportunity we can do the smallest things like picking up trash from the sidewalk or decreasing

the amount of pollution by walking and bike riding. These are ways to respect our earth and reciprocate all the good that it has done for us.

The art that I illustrated is meant to show what it would look like underwater if we continued to pollute our earth. I based my drawing on the popular character Nemo. You can see that there are various objects that clearly don't belong there, from plastic utensils to cans to car tires. At the top, other pieces of garbage are piling up, polluting the ocean, and filling it with unhealthy chemicals and harmful effects. My art is supposed to interpret that Nemo's community has no idea what they are consuming and how dangerous it is. So he's scared of what's in his environment and the only thing he can say to himself is the popular quote from the movie to "just keep swimming" meaning that hopefully as he continues swimming, things will get better and he won't see other products of plastic and etc. But he doesn't know that his home is full of it because of us humans. This is why we should be aware that we share our planet with thousands of species and it's only fair for us to be mindful by taking care of them and letting our earth rest as apart of the regeneration