

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste in on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



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

I'm **Rot Girl!** I show you how to compost food scraps, yard waste and food-soiled paper!



I remind you to recycle stuff you no longer need, instead of trashing it. I'm **The Recycler!**



I'm **Professor Reuse!** I show people how to reuse things rather than getting new stuff!!



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# (Re)Generation

You can be part of the (Re)Generation!

**Regenerate** (re-jen-er-āt) means to regrow or to replace what is lost.

## A New Start

Learning and hearing about the big problems facing our planet such as climate change and COVID-19, can make people feel sad, frustrated and hopeless.

The good news is that our planet has faced and recovered from problems many times over the centuries.

**The prefix re means again.** Write what each word means:

**Recycle:**  
cycle through again

**Renew:**  
\_\_\_\_\_

**Reuse:**  
\_\_\_\_\_

**React:**  
\_\_\_\_\_

It can **regenerate** once again. **And you can be part of the regeneration!**

This year on Earth Tips, we will be looking at all of the actions that we all can take to be part of the amazing (Re)Generation!

**This month's action word:**

# REDUCE

One way to reduce waste is to STOP using things that are only used once and then thrown away. Single-use products

are typically things used once and then thrown away.

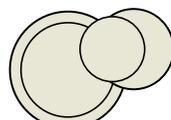
### SINGLE-USE PRODUCTS TO AVOID:



plastic cups



plastic utensils



paper plates



plastic water bottles

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The planet needs our help. The GOOD NEWS is that everyone can help the planet right now! Even kids!



Hi! I'm **Professor Reuse** and I am a *Garbologist*. That means I study garbage!

I am an Action Hero! I take action to help our planet. I teach children like you how to stop using single-use items and find ways to re-use products to reduce trash!

## Be an Action Hero at Home

Here is an action YOU can take. It makes a difference. It makes you a superhero!

1. Scan your trash at home and count how many single-use containers you can find.
2. Make a written list of the single-use containers you found.
3. Is there anything in the trash you really didn't need to purchase?
4. Next to each one, write down a way you could have kept that single-use item out of the trash.

SINGLE USE	INSTEAD DO THIS:
Plastic water bottle	Drink tap water from a glass or a reusable water bottle

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# (Re)Think Halloween

This Halloween you can take action to help the environment and design a creative costume at the same time!

## Creative Costume

Halloween will be here soon. It's always fun to get dressed up in a costume for Halloween. Instead of buying a new costume (that you will probably only wear once), look through your closet and stuff you are going to put in the recycle bin for items to create a new and unique costume!



Look at the items here. Could you use some of them to create a cool robot Halloween costume? Maybe a witch? Or how about a super hero?



Draw your costume design in the box below.

Remember to recycle what is possible when you are done with your costume.

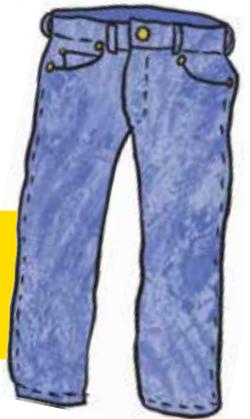
## Clothing Costs to the Planet

Did you know that clothing pollutes?



Garbologists like **Professor Reuse** discovered that inexpensive, trendy clothing sold in stores around the world is often only worn for a short time and then tossed out. **Our environment really pays the price!**

- 10% of the world's carbon emissions come from clothing production.
- It takes about 700 gallons of water to produce one cotton shirt.



**It takes about 2,000 gallons of water to produce a pair of jeans.**

- Textile dyeing is the world's second-largest polluter of water, since the water leftover from the dyeing process is often dumped into ditches, streams, or rivers.
- A 2017 report estimates that 35% of all **microplastics** in the ocean — very small pieces of plastic that never biodegrade — came from the laundering of synthetic textiles like polyester.

### Be an Action Hero!

(Re)think the clothes in your closet! Pass along clothes you no longer wear to family, friends or thrift stores. Is there anything you could change up so you could wear it again?

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# (Re)duce Your Use

Are you thankful for the beauty of our planet? Little actions every day make a difference and keep our planet clean, healthy and beautiful.

## Less is More

To **reduce** means to use less stuff and produce less waste. The more times you reduce your use of water and plastic bottles, the more beautiful and healthy our planet stays.



What are a few ways you can use fewer plastic bottles?

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What are a few ways you can use less water?

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## Take the Reduce Your Use Quiz. The answers may astound you!

1. People around the world use one million plastic water bottles every:
  - a. day
  - b. week
  - c. minute
2. What percentage of all plastic water bottles used by people actually gets recycled?
  - a. 90%
  - b. 45%
  - c. 9%
3. How many plastic bottles do Americans throw out each year?
  - a. one billion
  - b. ten billion
  - c. 35 billion
4. How much water does a family of four use every day in the United States?
  - a. 50 gallons
  - b. 100 gallons
  - c. 400 gallons
5. How many baths could you take with the amount of water one family uses in a day?
  - a. one bath
  - b. five baths
  - c. ten baths
6. It takes about \_\_\_\_\_ gallons of water to grow one orange in California. Be sure to eat your food so that the water and other resources are not wasted.
  - a. two gallons
  - b. ten gallons
  - c. 13.8 gallons

ANSWERS: The correct answer for each question is (c)

# EARTH TIPS

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## Super Reducer Tips

REDUCE is an action you can take every day!



Here are some tips to save water and plastic from **Super Reducer**. Use the Action Hero Secret Code to read them all!

- |          |            |            |
|----------|------------|------------|
| FAUCETS  | 4 GALLONS  | BOTTLES    |
| ICE CUBE | CLOTH BAGS | 5 MINUTES  |
| PAN      | PAN        | 12 GALLONS |

Use reusable \_\_\_\_\_ when you carry water.

Use reusable \_\_\_\_\_ when you need to carry things!

Turn off the tap when soaping up your hands or brushing your teeth. Doing this can save up to over \_\_\_\_\_ a minute. That could be 200 gallons a week for a family of four!

Keep each shower to \_\_\_\_\_ or less. You could save up to 1,000 gallons a month!

Check \_\_\_\_\_ and hoses at home and report any leaks to your parents.

Wash fruits and vegetables in a \_\_\_\_\_ of water. Then use the water for your plants.

If you drop an \_\_\_\_\_, don't put it in the sink. Drop it into a house plant instead.

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# EARTH TIPS

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## Super Reducer Tips

**REDUCE** is an action you can take every day!



### NEW YEAR, NEW ATTITUDE!

A lot of people start the year off by making some New Year resolutions. A **resolution** is a promise to yourself to take actions or make changes in your life.



Fill in the lines below and keep this page somewhere you can see it every day to have a happy and healthy 2021! Share your resolution with a family member so they can help, too!

### MY NEW YEAR RESOLUTION IS TO USE LESS STUFF IN 2021

How I'll use less **WATER**:

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How I'll use less **PLASTIC**:

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How I'll use less **ENERGY**:

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Your signature

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# (Re)treat for Health

The word **retreat** means to pull back from activities to get inspired or get reenergized. Students like you have been working hard to take actions to help solve big problems like climate change. **But in order to help care for the earth, we must first care for ourselves.**

## Taking Care of YOU

According to Yale University researchers, taking action is an excellent way to relieve our stress and anxiety about climate change. And it also helps when you take action with others, too.

When we are being Food Rescuers, we are doing three healing actions:



Self-Caring



Community Caring



Earth Caring

**Healing Actions Checklist** Check the boxes next to actions you do now. Circle all the actions you could add to your life.

### Water

- I drink enough water daily.
- I don't waste food. I eat all my food which saves the water that made my food.

### Air

- I do simple breathing exercises to keep my mind at ease.
- I don't waste food.
- I respect the miles it took to travel from farm to my plate. When you reduce the travel it takes food to get to my plate, there are fewer greenhouse gases.

### Soil

- I respect the soil and farmers who grow my food. When I don't waste food, I don't waste soil or the farmers' work.

### (Re)flect

When you don't waste food, you help your community and the planet. How does it also help you take care of yourself and your family?

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Share how you took action to build our collective action celebration gallery!

Share your action story and a picture to schools@stopwaste.org | Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

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## (Re)sponsible is Caring



Our planet Earth takes care of us. It provides us with air, water and many natural and important resources that help us survive. If we use too many of the Earth's resources quickly or not take care of them, they might not be available as we need them.

Earth needs us to take care of her so she can take care of us and our environment. We do this by being responsible and caring global citizens.



## I ♥ Earth!

**W**hat do you love about the Earth? Look at the pictures of the natural resources Earth provides for us. Put a heart around each of the natural resources that you love. Under each one, write a sentence about how you will care for, or conserve and appreciate this resource.

*I love this because*

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*I love this because*

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*I love this because*

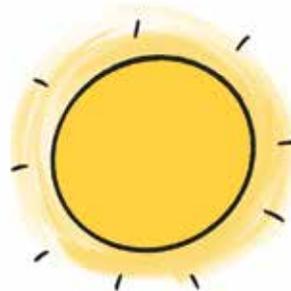
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*I love this because*

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*I love this because*

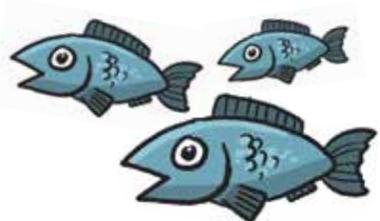
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*I love this because*

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*I love this because*

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- Share your action story and a picture to [schools@stopwaste.org](mailto:schools@stopwaste.org)
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(Re)connect with Earth



All living things on earth are connected. And they are all connected to the sun.

Plants need the sun to grow. People and animals eat plants. You are connected to plants, animals and the sun! This is called the **Web of Life**.

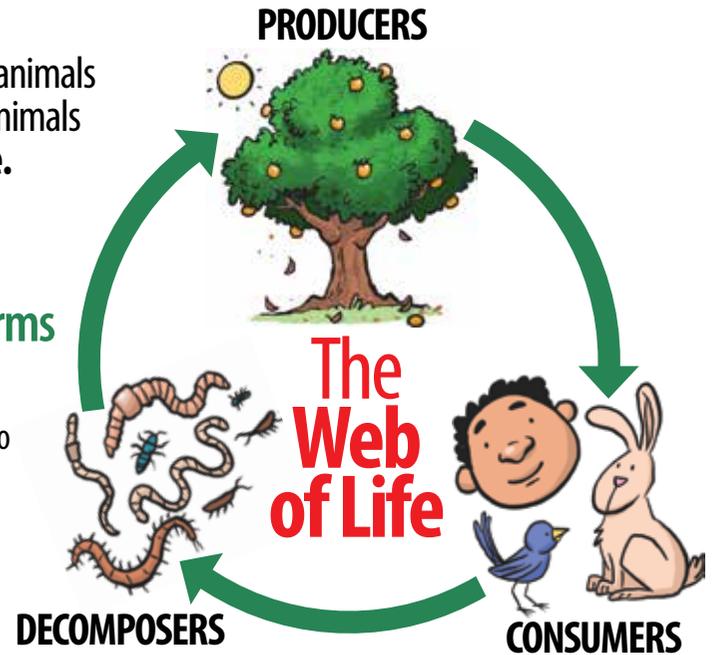
Did you know you are also connected to **worms**?

Re-connect to the World by Appreciating Worms

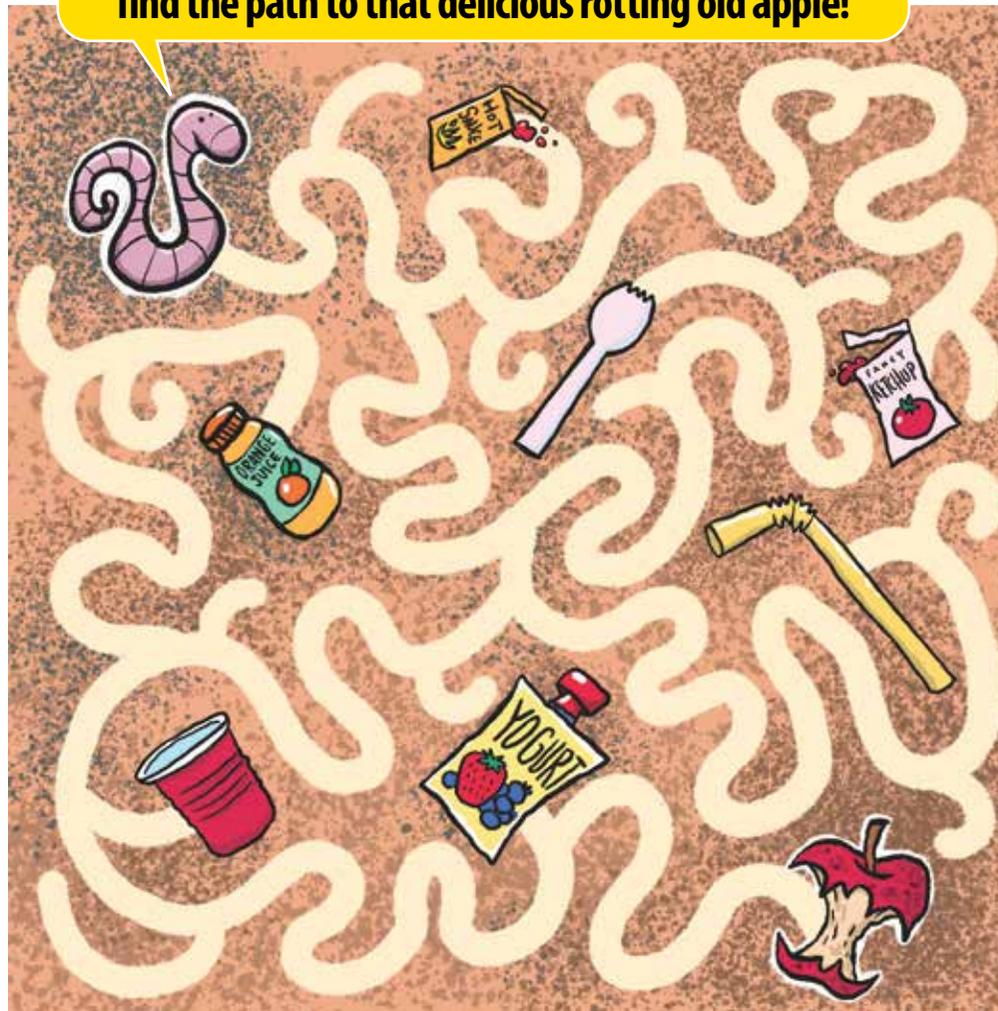
The world just wouldn't be the same without worms.

Worms eat food waste, rotting plants and dead leaves and turn them into good soil for growing more plants.

As earthworms burrow or dig into the ground, they swallow soil. They eat rotting plants and leaves that pass through the worm's body. This waste is ground up by tiny stones in the worm's gizzard and leaves the worm's body as dark and rich castings that fertilize the soil. These rich castings provide nutrients and improve our soils to grow healthier plants.



Worms turn waste into healthy soil! Help the worm find the path to that delicious rotting old apple!



Why was there a single-use plastic food package at some of the dead ends?

Did you guess that worms eat only food scraps? They don't eat plastic and neither do we!

Put non-recyclable plastic packaging in the trash so we can make sure it doesn't get into our food cycle. Or, think about how you can be responsible and use reusable foodware.

- Share your action story and a picture to [schools@stopwaste.org](mailto:schools@stopwaste.org)
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# (Re)look at Nature

To relook means to look again at something, to re-examine. Go to your window or take a walk and relook at things using this scavenger hunt by Ranger Morgan from the East Bay Regional Park District.

## Nearby Nature Scavenger Hunt

Explore your neighborhood, look out of your window, discover a nearby park and check around your home to find as many things as you can!

Spider Web	WIND	FLOWER	Squirrel	SUN
Runner	Song of a Bird	3 Different Leaves	BUG	ROOTS
VINE	CLOUD	Something you love!	Flying Bird	WATER
DOG	SEED	GRASS	Something that makes you SMILE!	FOOTPRINT
STICK	DIRT	THE MOON	FUZZY MOSS	Smooth ROCK

Did you find things in nature around your home that aren't on the scavenger hunt grid? Draw them below:

East Bay Regional Park District • ebparks.org

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Share your action story and a picture. Send to: schools@stopwaste.org

Post @stopwaste.org #StopWasteSchools #IAmPartOfTheRegeneration

# Take Action!

You can take a RELOOK at nature by looking at things you find in nature and thinking of new ways to use them.

## A Paint Brush Made from Nature

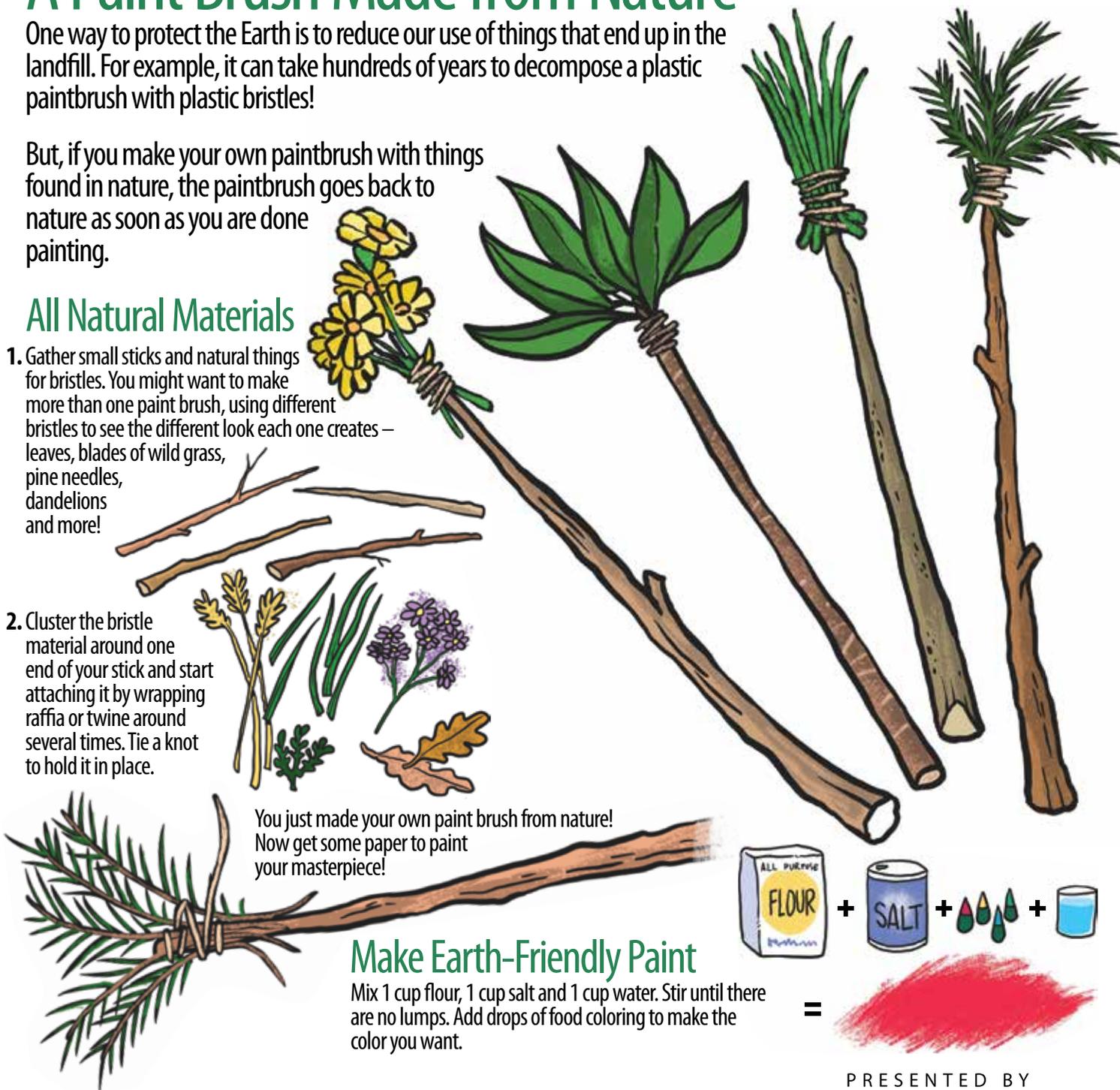
One way to protect the Earth is to reduce our use of things that end up in the landfill. For example, it can take hundreds of years to decompose a plastic paintbrush with plastic bristles!

But, if you make your own paintbrush with things found in nature, the paintbrush goes back to nature as soon as you are done painting.

### All Natural Materials

1. Gather small sticks and natural things for bristles. You might want to make more than one paint brush, using different bristles to see the different look each one creates – leaves, blades of wild grass, pine needles, dandelions and more!

2. Cluster the bristle material around one end of your stick and start attaching it by wrapping raffia or twine around several times. Tie a knot to hold it in place.



You just made your own paint brush from nature! Now get some paper to paint your masterpiece!

### Make Earth-Friendly Paint

Mix 1 cup flour, 1 cup salt and 1 cup water. Stir until there are no lumps. Add drops of food coloring to make the color you want.



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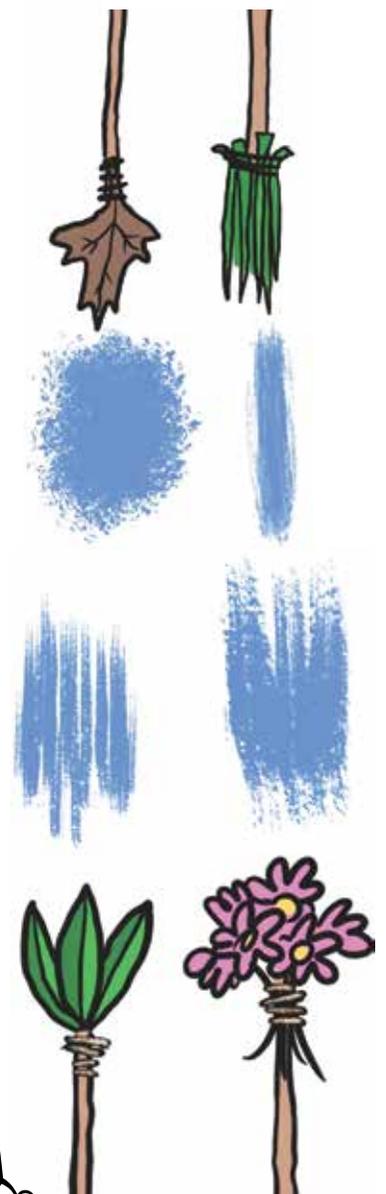


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Different Nature Brushes Will Create Different Patterns. Experiment!



Draw a line from each brush to the paint streak you think it made.



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