

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

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

STOPWASTE at home • at work • at school

(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

- Water: I drink enough water daily, I don't waste 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...

- 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?

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

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

Your signature

PRESENTED BY



Altamont Education Advisory Board