

# Love your Planet

## What you can do

**This is a very beautiful world, and we want to keep it that way.  
Here are some things that you can do to keep it beautiful.  
You may be able have more ideas of your own that you can add.**

- 1. Switch it off!** Whenever you leave a room switch off the lights. Switch off your computer, TV and anything else that uses energy whenever you are not using them.
- 2. Save water.** Turn off the tap while you are cleaning your teeth. Don't waste water by overfilling sinks, or just letting run down the plug hole.
- 3. No plastic!** Don't have plastic straws, you can buy reusable ones, or just do without. Try not to have snacks in plastic bags. Always refuse plastic bags if you are buying something in a shop, take a reusable bag with you.
- 4. Recycle what you can.** Try to choose snacks where the packaging can be recycled e.g. in cardboard or paper packaging. Crisp packets can be recycled in a bin outside the Quaker meeting House on Worthing Road. Save up your packets and get your parents to take them there. Don't have drinks in plastic cups if you are buying them from a shop or cafe. You can bring your own reusable cup.
- 5. Reuse.** If you no longer need some of your toys or books, can they passed on to other children? If you have grown out of your clothes, can they be passed on to others?
- 6.Can you walk or cycle?** Don't ask your parents to drive you to places where you can walk or cycle. Or if the journey needs a car, can you share with a friend?
- 7. Find out about the world around you.** When you are outside, see how many plants and animals you can name. Find out as much as you can about them. Read books and watch programmes about the plants and animals in the world.
- 8. Grow your own** Can your parents give you a little bit of the garden to grow your own flowers or vegetables? If you don't have a garden, can you grow something in a pot?
- 9. Find out about the problems this world faces with climate and waste** ask your teacher or parents to explain these to you.
- 10. Talk to your friends.** Talk to your friends about what you have learnt, and what you are doing for the planet. Encourage them to do the same.