



Be Part of the Solution

What is your earth awareness? Rate your recycling habits:

Lesson 3:

If you recycle newspaper, used computer paper or some junk mail	+10 points
If you picked up litter in the past week	+5 points
If you littered in any way	-20 points
If you planted one or more trees in the past year	+10 points +1 point/tree
If someone drove you to a destination closer than 2 blocks away in the last week.	-20 points
If you visited a natural setting such as the woods, a stream, or a mountain trail in the last month	+10 points
If you recycle aluminum cans, plastic bottles or aluminum foil	+10 points
If you burn or bag your leaves or grass clippings	- 10 points
If you have a compost pile	+10 points
If you have a family vegetable garden	+5 points
If you have forgotten to turn off a light, television or radio in an empty room	- 10 points
If you have purchased a product packaged in a foam container in the past week	-5 points
If you use both sides of a paper before throwing it away	+5 points
If you recycle glass and plastic	+5 points
If you have volunteered your time for an environmental cause in the past year	+10 points





How Did You Score?

Lesson 3:

Add up your pluses and minuses separately and then add them together. Rate yourself according to this scale:

90 or Above: EXCELLENT! You are a shining example of environmental awareness. You are definitely a part of the solution. Keep up the good work!

75-89: Good Effort. You are doing your part to help the earth and should be proud of your efforts.

60-74: Average. You are doing some good things but should really make more of an effort to contribute.

Below 60: You are contributing more to the problem than to the solution. Learn some pointers from those who scored above you, and try to be part of the solution!

Even the smallest things you do can have a big impact. Getting into the habit of recycling can influence those around you to recycle too. Start small, and see what happens.





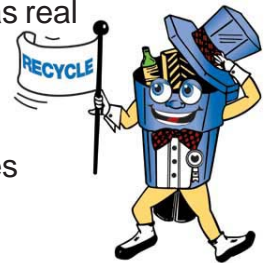
Precycle

Recycling is essential, but there are also things you can do to help before you get to that step! Precycling is “preventing recycling” by taking a little action before.

Lesson 3:

Ways you can Precycle:

- Bring reusable bags to the store with you. Cloth or paper bags work great!
- Buy products in large quantities and put them in smaller containers as you need them.
- Buy products with the least amount of packaging or none at all, or look for products that come in recycled packaging. (Make sure to look for the recycle symbol!)
- Buy less paper towels and napkins; use cloth ones instead.
- Buy long life and concentrated items. This saves on packaging as well as product.
- Buy items in cardboard, aluminum, steel, glass, and plastic containers marked 1 and 2 (they are stamped on the bottom). These containers can be recycled more easily.
- Beware of recyclable products. Many materials are technically recyclable, but what matters is what you can recycle in existing local programs.
- Choose products that are not in plastic trays and do not have attached “promotional” materials.
- Look for products that you can use over and over, such as real razors instead of disposable or cloth diapers instead of disposable.
- Reuse your plastic bags—even reusing them once halves your output.





Maintain a Wasteless School Year!

Take a look around your school and your classroom: you'll discover all kinds of things that can be reused, and a variety of ways to be part of the solution.

Lesson 3:

- Cover your textbooks with cut-up grocery or shopping bags. This helps reduce waste and keeps your books in good condition. Make it an art project by coloring and decorating them.
- Use and maintain durable products. Sturdy backpacks and other products can be used for years. Three ring binders can be reused and filled with recycled paper.
- Don't forget to look for the recycle symbol!
- If you bring your lunch to school, pack it in a reusable container instead of a paper bag.
- Donate books you don't read anymore to the local library, or see if a younger sibling wants to read them.
- Keep your school clean: pick up trash around the playground, and anywhere you see it.
- Save fuel by riding the bus or carpooling.
- Use both sides of the paper instead of another sheet. Save old papers for scrap paper or doodles.

Start a Recycling Program in your classroom:

1. Have each student bring recyclable material to class: paper, plastic, aluminum etc.
2. Create creative containers that you can design as a class to store all the recycling. You can make a box out of recyclable material and decorate it with old can labels.
3. Continue recycling throughout the entire school year to teach students just how much paper from the classroom, left over wrappings from lunch and other materials in school can be recycled.





Be a Recycling Detective

This checklist will give you some good ideas about all the little things you can do to help the environment. Some of these ideas can help you save money as well as resources.

Lesson 3:

Recycle incandescent light bulbs with fluorescent bulbs.

Fluorescent light bulbs use less energy and last 13 times longer.

Turn off the light if no one is there.

If possible, use sunlight to illuminate the room instead of lights.

Buy recycled goods.

Buying recycled goods creates a market for recycled products. Don't forget to check the label to see whether the product comes in recycled packaging.

Create a compost pile.

Don't throw away food; use it to start a compost pile. Remember, you can also compost yard waste!

Plant a garden.

Instead of buying your veggies at the store, plant a garden and learn about organic gardening.

Use cloth rags instead of paper towels to clean up your mess.

Why waste money on paper towels when a clean cloth rag is more absorbent and reusable?

Turn down the thermostat in winter.

Turn down the heat and wear several layers of light clothing instead of one layer of heavy clothing. Also, close unused rooms to prevent wasted energy.

Check the label on your laundry detergent.

Make sure it is biodegradable and, if possible, dry your clothes on a clothes line.

Take quick showers instead of long baths.

One bath can waste gallons of water.





Using Water Wisely



Lesson 3:

Although water is the Earth's most abundant source, only 1% is available for human consumption. Most of the water on Earth is either saltwater or freshwater that is frozen in the polar ice caps and unavailable to humans. Population growth, manufacturing, and agriculture all demand increasing amounts of freshwater.

The amount of water on Earth is constant and recycled through time; this means that some of the water you drink is more than 20 million years old! Protecting and conserving water is important for future generations.

Water Log

Are you curious about how much water you use everyday? Here's a way to find out! Ask your parents when the next water bill will come in the mail, and during that time, record the number of times you do anything water related (i.e. shower, wash your hands, flush the toilet, etc.).

When the water bill comes, ask to see it, and it will tell you how much water you have used during that particular billing period. It will show the amount of water you have used in cf's (cubic feet) or ccf's (100's of cubic feet). To convert the cf's to gallons, simply multiply the number of cf's by 7.5. To convert ccf's to gallons, multiply the number by 748.

Once you have determined how much water you generally use, bring your findings to class and along with your classmates, come up with different ways you can cut down on our most valuable source.

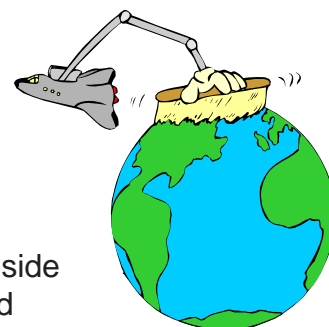
Fast Facts on Water

- The bathroom accounts for about 65% of water used in the home.
- Some showerheads use 5-7 gallons per minute (gpm). That adds up to 50-70 gallons when you are in the shower for 10 minutes!
- It takes approximately 25-50 gallons of water for a bath and 12.5 gallons of water for a 5 minute shower.





Activities



Lesson 3:

Clean Up Your Act!

Have a pride day for your school. Clean your school inside and out. You could pick up litter around your school and plant trees and flowers outside.

Invite teachers and parents to chip in and help out. This is a great way to get your school noticed. Invite your newspaper and other local media to observe your pride day events. You could set the environmental example for your community!

Start A compost Pile At Home!

You can reduce your waste output and save money on store-bought soil by starting a compost pile in your backyard. A compost pile can be started any time of the year. Find a corner of your yard where you have at least 25 sq ft of space, and follow these guidelines:

Basic guidelines for starting a compost pile:

1. Pile waste materials such as twigs and wood chips, grass clippings, leaves, wood ashes, kitchen scraps (no meat, oil or grease), shredded newspapers, pet and human hair, lint and sweepings, sawdust, manure, and weeds. Avoid putting meat or dairy products in your pile because they can attract animals. Remember to cover food scraps with other composted material to keep from attracting flies and other pests.
2. For every foot of organic material add a layer of organic fertilizer such as cottonseed meal and a layer of good garden soil or finished compost.
3. Moisten each layer of material.
4. Turn the pile inward as the material starts to rot. If turned weekly, you could have usable compost in a month.





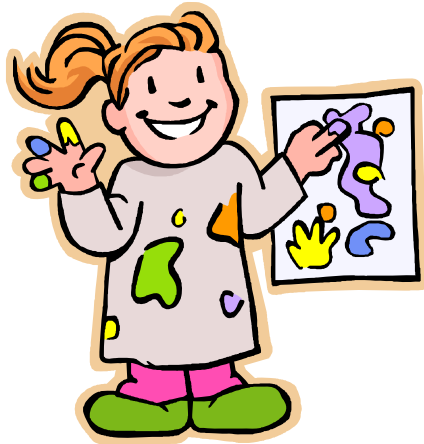
Painting Without a Brush

In the mood to paint? Here's a way you can enjoy painting while reusing an old bed sheet from home, and you don't even need a brush!

Lesson 3:

■ Assemble your painting tools. Things such as empty plastic glue bottles with nozzles, liquid dishwashing detergent bottles, mustard dispensers, and turkey basters work great for squirting the paint onto the bed sheet, creating an abstract look. Even pieces of string or cord can be use to paint. Let your students' imaginations run wild!

■ Make sure the bottles and containers are cleaned thoroughly before feeling each of them with a different color of acrylic paint. You can thin the paint with acrylic medium or some water, and the watercolors can be used straight from the bottle.



■ Find a wide, open space on which your students can paint, and protect the area underneath the bed sheet with newspapers or the painter's tarp. Once everything is set up, let your students begin painting and explain to them the importance of reusing things, even if it's to create a neat art project!

You will Need:

Old bed sheets

Liquid acrylics or waterpaints

Acrylic matte material

Newspapers or a plastic painters tarp

Painting tools

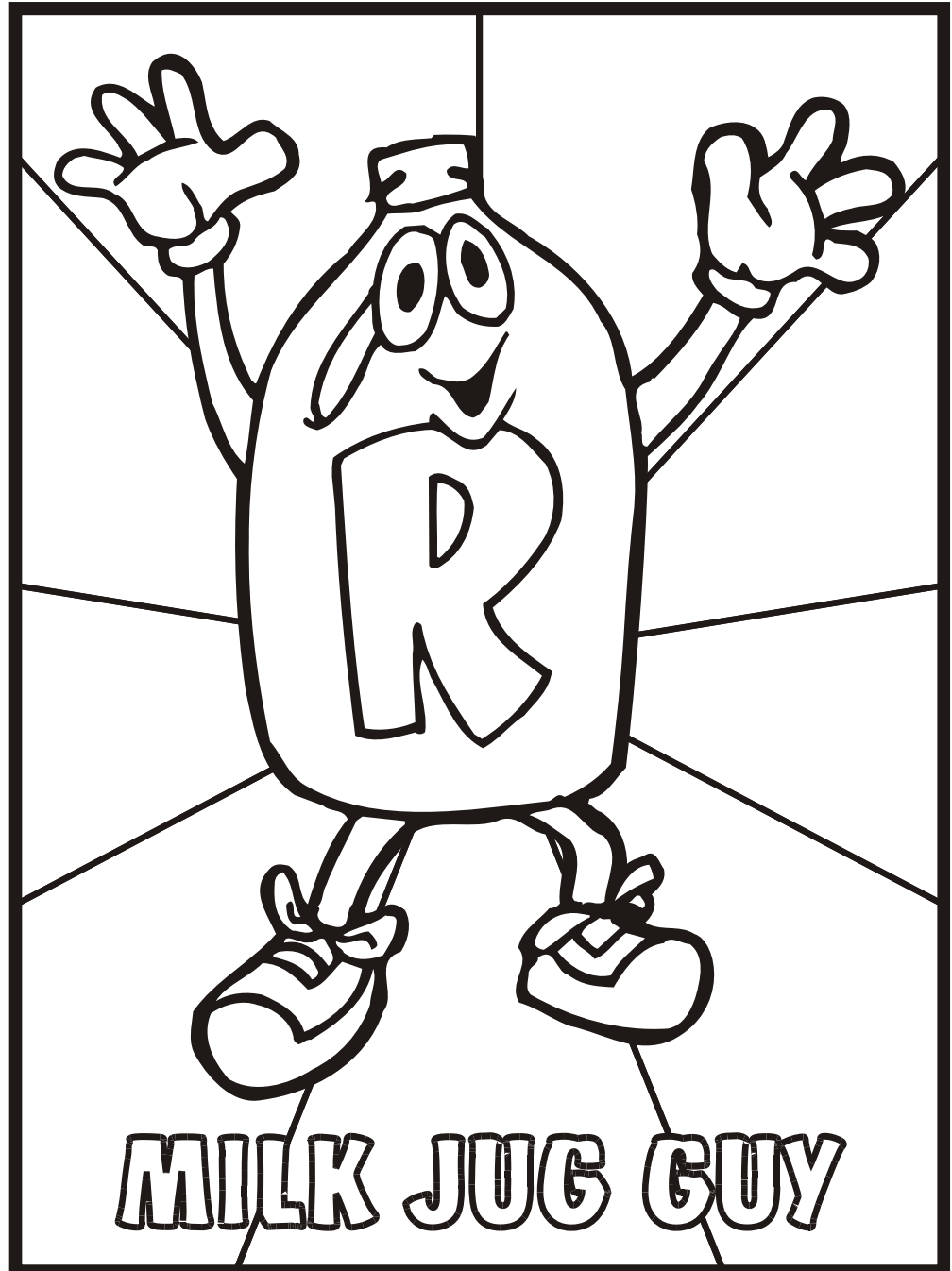




Color the Milk Jug Guy

It takes over 400 years for a milk jug to degrade;
that is why recycling is so important.

Lesson 3:



EASTMAN
GOOD SPORTS ALWAYS RECYCLE.