



# Be Part of the Solution

What is your earth awareness? Rate your recycling habits:

## Lesson 2:

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 2:

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.**





# How Can You Make A Difference?

## Lesson 2:

### Do Your Part!

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. Set a good environmental example and encourage those around you to follow it.

### Start a Recycling Club

You know how important it is to recycle, and maybe you want to let others know how important it is as well. One thing you can do is to begin a recycling club.

Start with a group of friends, and together with your teacher, come up with a way to get your entire class, or even your entire school, involved in recycling.

If your school doesn't already have a recycling program, talk to your teachers, school maintenance personnel, or your principal about starting one.

### Go Green Shopping!

Next time you and your parents go shopping, keep in mind that what you buy affects the environment. However, some choices are better than others. Go "green shopping" and shop with the environment in mind. Buy products that will help save natural resources, conserve energy and prevent waste. The following are some tips to consider the next time you go shopping:

- Buy recycled items! Every time you purchase a recycled product that means more and more natural resources are being saved. Buying recycled products is easy – simply look for the labels.
- Buy durable, long-lasting products like rechargeable batteries instead of disposable ones that can be wasteful.
- Avoid excess packaging. Don't buy anything that's overly packaged – it's too much of a waste. Instead, buy products with reusable or recyclable packaging.
- Buy energy-efficient items. When buying TV's, DVD or CD players, look for the ENERGY STAR logo. It's a program designed to promote energy-efficient products.





# Using Water Wisely



## Lesson 2:

Although water is the Earth's most abundant source, only 1 percent is available for human consumption. Most of the water on Earth is either saltwater or freshwater that is frozen in the polar ice caps. 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. 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. 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. Along with your classmates, come up with different ways you can cut down on our most valuable source.

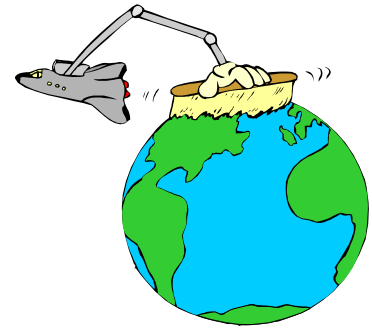
### Fast Facts on Water

- The bathroom accounts for about 65% of water used in the home.
- Some shower heads 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 about 25-50 gallons of water to fill a bath tub and 12.5 gallons of water for a 5 minute shower.
- The U.S. uses about 346,000 million gallons of fresh water every day!





# Activities



## Clean Up Your Act!

### Lesson 2:

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 an 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 at 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:

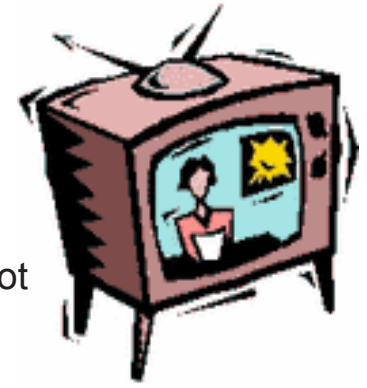
### Basic guidelines for starting a compost pile:

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.





# Marketing:



## Lesson 2:

Ever thought of how you can educate people about our environment and recycling? Why not try informing them with an informational brochure or a self-shot commercial:

1. Break the class up into groups and assign each group a medium.
2. Once the class is divided into groups have the teams brainstorm for topic ideas related to recycling and the environment.
3. Discuss topic ideas amongst the entire class and assign each group a suitable topic.
4. Make sure you have a time frame for the entire project: Weeks? Or Months?
5. Provide the essential materials, such as paper, writing utensils etc. Those working on the TV commercial can work with your school's TV station and learn how to use the cameras and more about the equipment.
6. Devote portions of class time to the project and make sure you follow up with each team as the projects progress.
7. Present the final results to the entire class.





# Test Yourself

## Lesson 2:

- 1. Which of these is the most difficult to recycle?**
  - A. Glass
  - B. Paper
  - C. Plastic
  - D. Steel cans
  - E. Aluminum
- 2. When you buy products with recycled content you are:**
  - A. Closing the loop
  - B. Promoting the recycling process
  - C. Really recycling
  - D. All of the above
- 3. Which of the following activities helps with water conservation?**
  - A. Turning off the faucet while brushing your teeth
  - B. Avoiding unnecessary flushing of the toilet (e.g. to dispose of tissues, insects, and other similar waste)
  - C. Taking shorter showers
  - D. All of the above
  - E. None of the above
- 4. Can you use worms to help you compost?**
  - A. Yes
  - B. No
- 5. Is recycled motor oil used in racecars?**
  - A. Yes
  - B. No

