



# 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 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! 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.





# Be A Recycling Detective!

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

## Lesson 2:

### **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.



**EASTMAN**  
GOOD SPORTS ALWAYS RECYCLE.

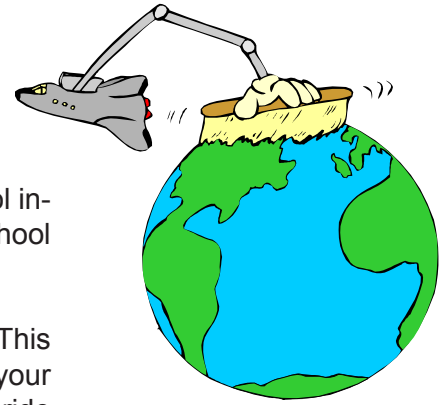


# Activities

## 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!



## Lesson 2:



## 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.





# 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 fresh water 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 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. 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 percent 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 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!





# Science Project



## How Much Space Does Trash Occupy?

### Lesson 2:

#### Materials:

- Large cardboard box
- Clean plastic jugs or cartons
- Dozens of aluminum cans
- Paper and pencils
- Calculator

#### Procedure:

1. Fill a large box with plastic jugs, aluminum cans, etc.
2. Calculate the total amount of trash in the container. (Use the equation of height x width x depth for the amount of trash in the box.)
3. If everyone in your house contributed the same amount of trash each week, how much space would be required each year?
4. Compact the trash (crush, chop-up, etc.) then calculate how much space would be required.
5. If everyone in your neighborhood contributed the same amount of trash each week, how much space would be required each year? If compacted, how much space would be needed?

#### Ask Yourself...

1. Trash placed in landfills and sanitary dumps may last far longer than desired. Research and determine the life of a product package in a landfill (e.g. plastic milk jug, aluminum can, plastic candy bar wrapper, etc.). Based on that research, what packaging materials seem to be the easiest/hardest to recycle; easiest/hardest to compact; easiest/hardest to decompose?
2. Look at the products around you. How would you change the products you use everyday to make them more environmentally friendly?





# Scavenger Hunt



You can create a scavenger hunt either inside your school or outdoors. Here are some tips on how to create a fun and successful hunt:

## Lesson 2:

1. Have each student bring in different recyclable materials (cans, plastic bottles, paper etc.).
2. Split the class up into the “hidiers,” those that hide all the recyclable material and the “seekers,” those that search for the materials. After a few rounds switch roles.
3. Create clues for the team searching. These clues can be hints to what the material is (example: this is something we write on). Then the kids will know they are searching for a piece of paper.
4. Create some sort of prize for the winning team, something that relates to recycling. You want to make sure this is fun but at the same time a learning experience.
5. After the hunt is over, discuss with the class what students observed and how recycling can help change our environment.

## Doing Scavenger Hunts online:

If you have access to computers for your students, there are dozens of ways you can use their computer skills to have an online scavenger hunts.

Have them search for specific recycling statistics, create lists of items that can be recycled, find out about your local recycling program, list places specific items can be recycled, etc.





# Word Match



## Lesson 2:

1. Recyclable, ground-up glass
2. Changes organic materials into a soil-like mixture
3. Half of all landfilled waste
4. A use for shredded newspapers
5. Resources saves 95% of energy to process
6. Made from petroleum and natural gas; recycling is still in infancy
7. Some states recycle 90-95% of these
8. If we use less and make less waste we are doing this
9. Our largest portion of household waste
10. If materials aren't recycled, they
11. If materials aren't recycled, they use up
12. Some communities require gas stations to collect this for recycling
13. This means to take something old and turn it into something new
14. This is what smog in the area is -- litter is also a form of this
15. You can earn this when you collect cans and bottles and take them to a recycling center.

### Word Bank:

- a. paper
- b. aluminum
- c. composting
- d. plastics
3. natural resources
- f. cullet
- g. animal bedding
- h. newspapers
- i. landfills
- j. beverage containers
- k. motor oil
- l. recycle
- m. reduce
- n. pollution
- o. money





# Art Contest

## Lesson 2:

There is no better way for students to express themselves than artistically. Have an art contest where each student must create a piece of artwork that represents recycling. You can even have them use recycled products in their artwork.

You can hang the different pieces of work in your classroom and around the school. You can even compete in your school district and have prizes for the winning artwork.

### Here are some basic topics:

1. Reduce, reuse, recycle
2. Things that can be recycled
3. How do you contribute to recycling?
4. How are products recycled?
5. Earth Day
6. What does our planet look like with/without recycling?
7. Recycling in your house
8. Recycling at school
9. What would your neighborhood look like without recycling?
10. Create your own recycling symbol

