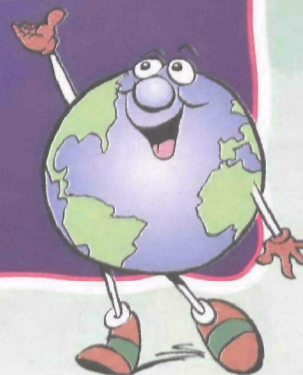


# 101 WAYS

TO CARE FOR THE EARTH

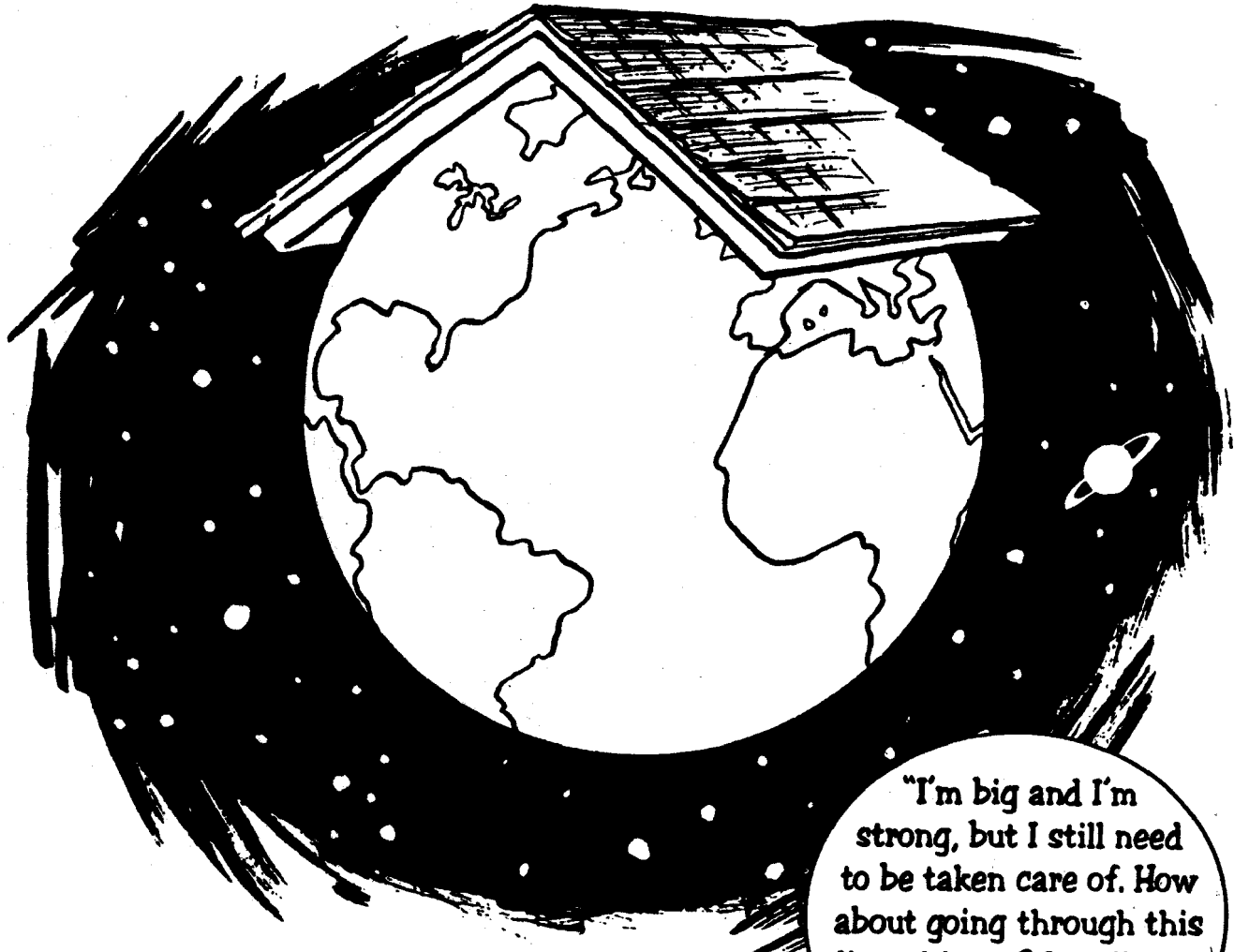
An Educational Activities Book



U.S. Environmental  
Protection Agency  
Region 10

[www.epa.gov/r10earth](http://www.epa.gov/r10earth)  
(800) 424-4EPA or (206) 553-1200

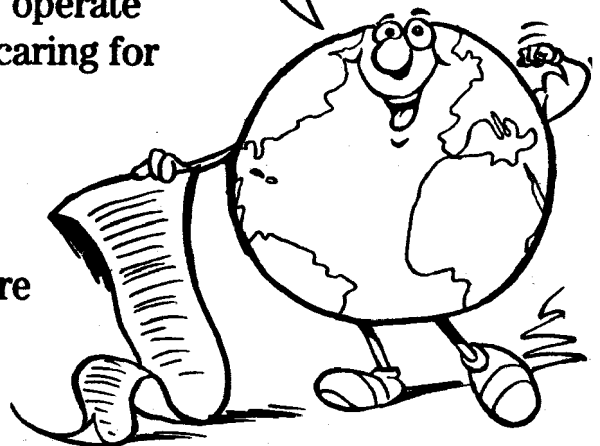
# The Earth Is Everyone's Home



"I'm big and I'm strong, but I still need to be taken care of. How about going through this list with me? It will give you **101** WAYS to help!"

We depend on the Earth for the air we breathe, the food we eat, and the water we drink. The Earth supplies energy to heat and cool our homes, operate factories, and run automobiles. This is why caring for the Earth is so important.

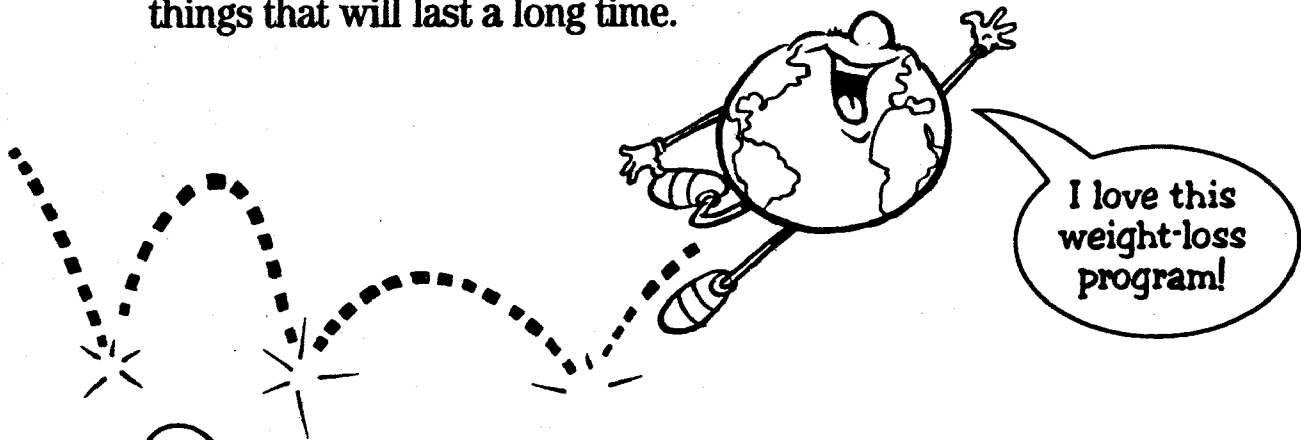
A healthy Earth allows us to live longer and healthier lives. It provides us with beautiful things to see and fun things to do. Taking care of the Earth is everybody's responsibility.



# Reduce Your Garbage

We can care for the Earth by reducing the amount of garbage we make. That way, less goes into the landfills where garbage is taken to be buried in the dirt. Here are nine things *you* can do:

1. Carry your lunch in a reusable bag or lunchbox instead of a paper bag.
2. Use a glass instead of a paper cup.
3. Mend and repair clothes and toys rather than buy new ones.
4. Pick products that have little or no wrapping or packaging.
5. Use tote bags to carry things you buy, not paper or plastic bags.
6. Buy food and other products in the largest size possible.
7. Buy products in bottles you can refill.
8. Store leftover food in reusable containers, not in plastic wrap or foil.
9. Avoid buying "disposable" products—buy things that will last a long time.



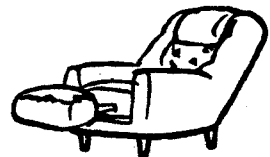
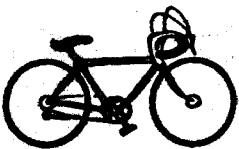
## DO YOU KNOW?

Circle the answer that you think is correct:  
**The garbage each person in the United States makes in a year weighs about as much as a...**

A. bicycle.

B. soccer team.

C. chair.





# Go Shopping

You can show your care for the Earth when your family goes to the grocery store. Buy things that create the least garbage.

Write in the name of the family with the grocery list that is most friendly to the Earth: \_\_\_\_\_.

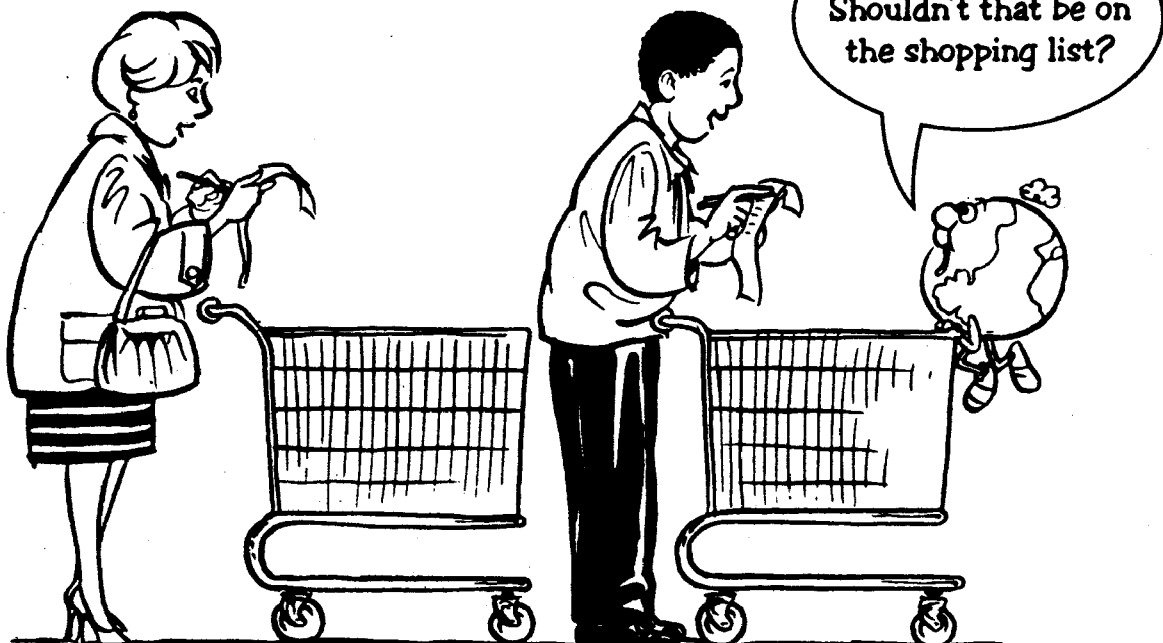
## ALLWOOD FAMILY LIST

- ☐ Cloth towels
- ☐ Cereal in large boxes
- ☐ Fresh vegetables
- ☐ Large bottles of soda
- ☐ Fresh fruit
- ☐ Bars of soap
- ☐ Rechargeable batteries
- ☐ Reusable plastic cups, plates, and bowls



## BARBER FAMILY LIST

- ☐ Paper towels
- ☐ Single-serving boxes of cereal
- ☐ Canned vegetables
- ☐ A six-pack of soda
- ☐ Fruit in cans
- ☐ Soap in plastic dispensers
- ☐ Regular batteries
- ☐ Paper cups, plates, and bowls

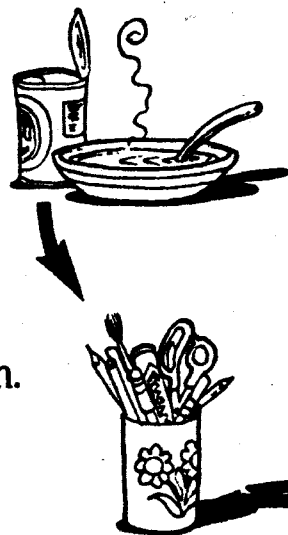


# Learn to Reuse

By using things more than once, you can cut down on how much goes into the garbage. Reusing also helps save resources that come out of the Earth to make new products.

Here are six ways to reuse:

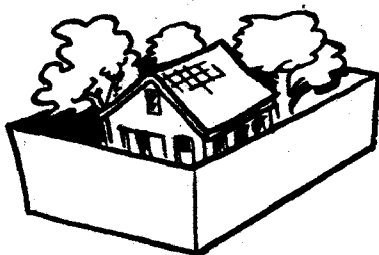
1. Wash plastic utensils, plates, and cups, and use them again.
2. Wash and reuse plastic sandwich bags.
3. Trade, sell, or give away old clothes, toys, and books.
4. Turn old cans into pencil-holders or planters.
5. Rinse and reuse glass jars.
6. Make your Halloween costume out of things at home.



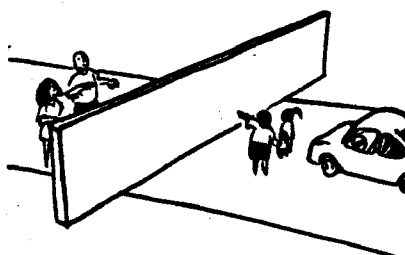
**DO YOU KNOW?**

Circle the answer that you think is correct:  
**Americans throw away enough paper every year to build a wall 12 feet high...**

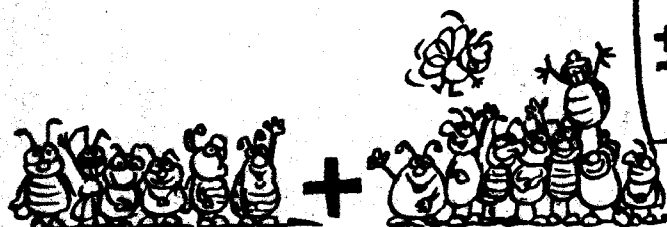
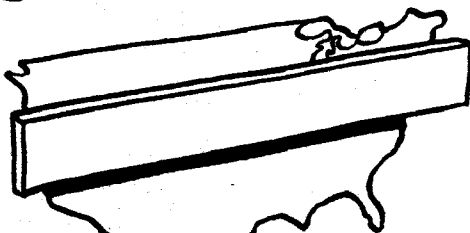
A. around a house.



B. across a city street.



C. all the way across the United States.



$$\begin{array}{r} 9 \\ +6 \\ \hline 15 \end{array}$$



9 + 6 = 15  
fabulous ways  
to show you  
care!



# Unscramble It

More paper is thrown away than anything else. There are many ways you can reuse paper so that less goes into landfills.

Unscramble the words in these sentences to find out how.

1. Write or draw on \_\_\_\_\_ sides of a piece of paper. **b h t o**



2. Cut up used sheets of paper to make \_\_\_\_\_. **n o t e d a s p**

3. Use the Sunday \_\_\_\_\_ as gift-wrapping paper. **i s c m c o**

4. Save paper \_\_\_\_\_ and use them again. **g s a b**

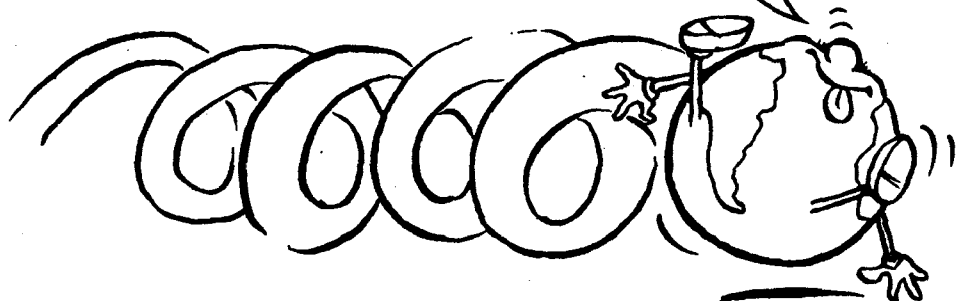
5. Cut paper grocery bags apart. Turn them inside out and draw or paint a design on them. Then use them to wrap

\_\_\_\_\_. **t f g i s**




6. Carefully \_\_\_\_\_ gifts you receive, and reuse the paper to wrap gifts you give. **w u r n p a**

That's 21 down. We're on a roll, which is pretty easy for me, being round and all!





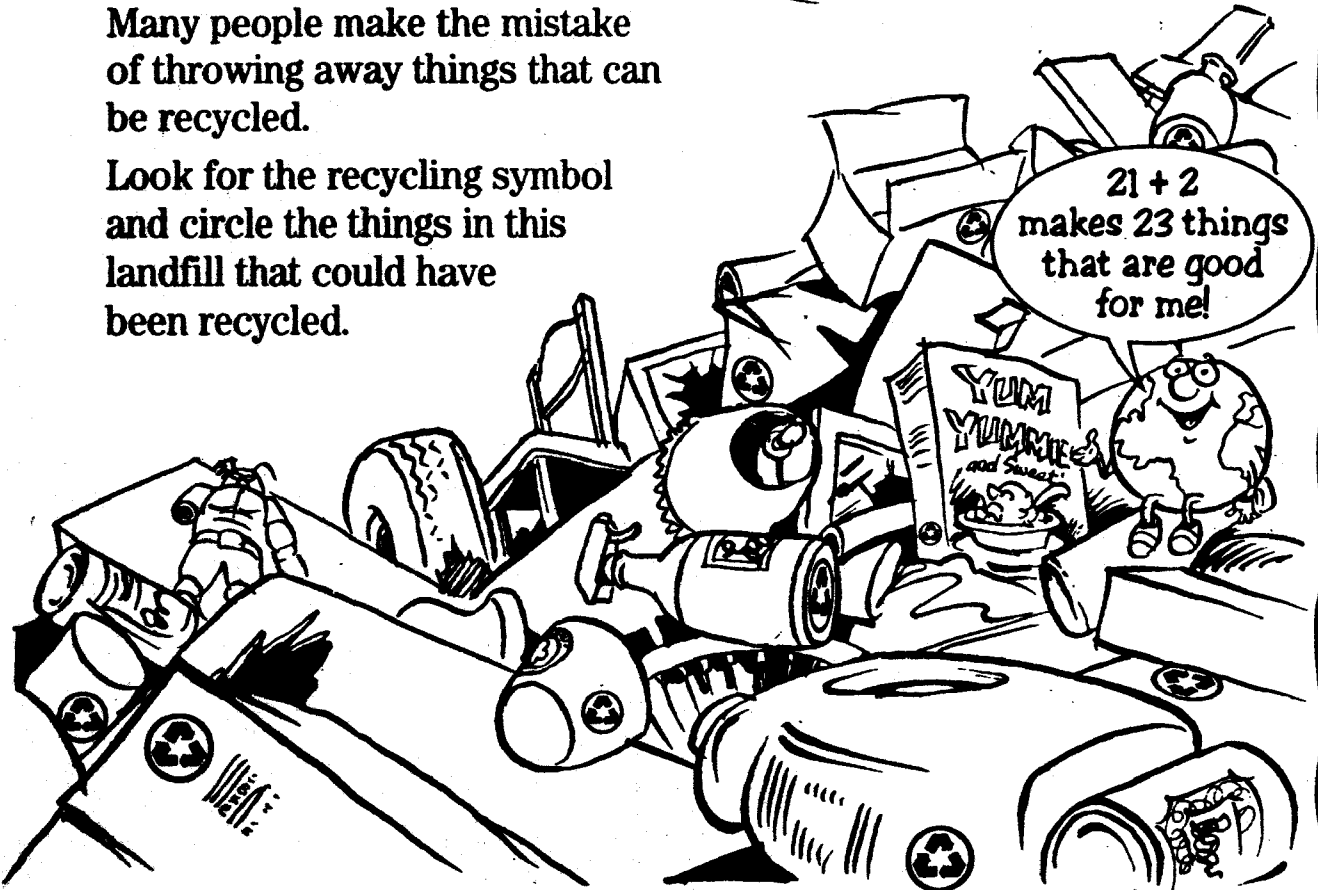
A cartoon character shaped like a recycling symbol, smiling and holding a recycling symbol.

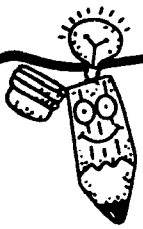
- 1. Buy products that have been made from recycled materials.**
- 2. Buy products in packaging that can be recycled—look for this recycling symbol on them:** 



**Look for the recycling symbol and circle the things in this landfill that could have been recycled.**

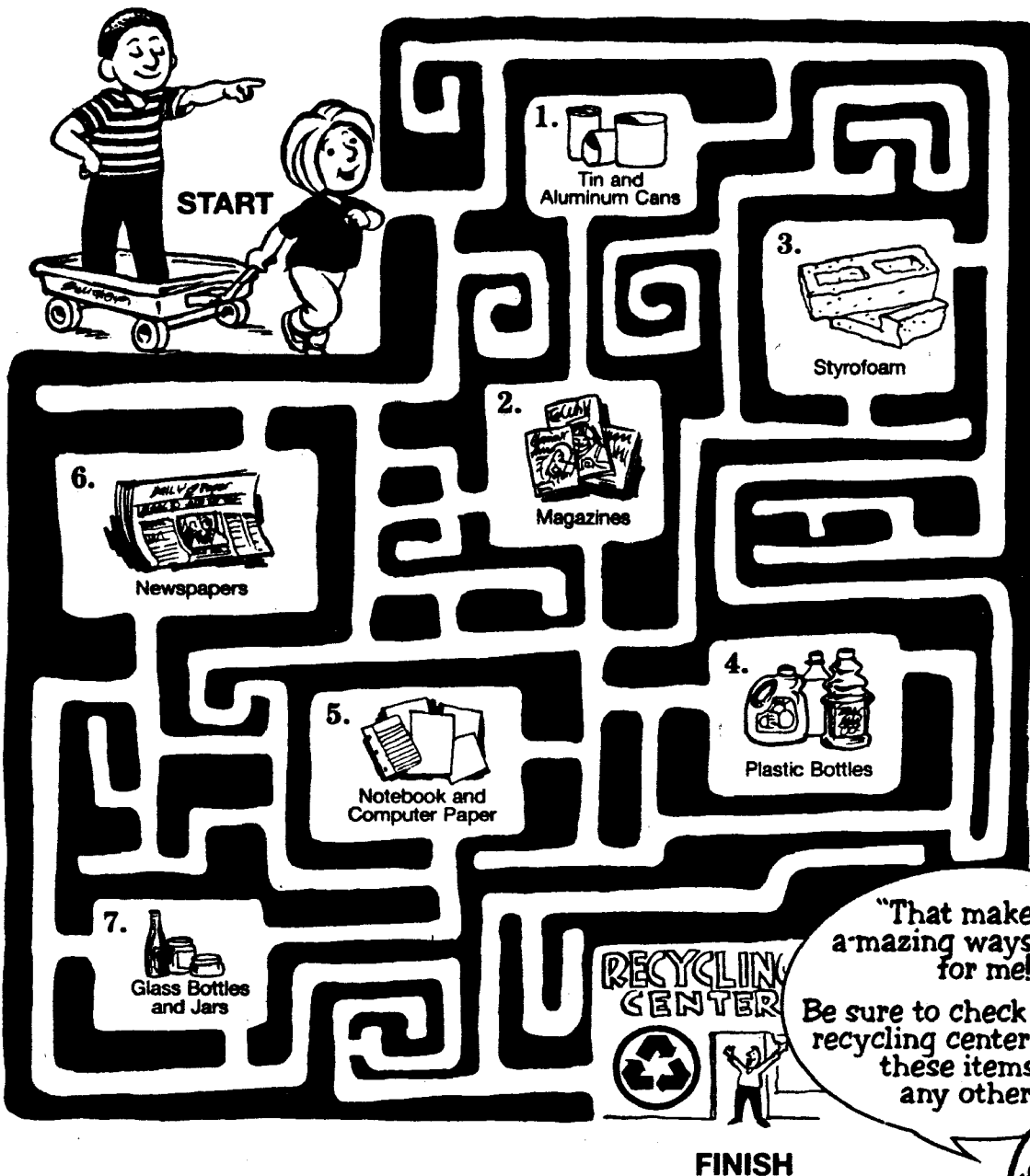
21 + 2  
makes 23 things  
that are good  
for me!





# Collect Them All

Your family can care for the Earth by recycling seven common products that many people just throw out. Help these kids collect the things that can be recycled and take them to the recycling center. Find your way through them in order, starting with Tin and Aluminum Cans (1).

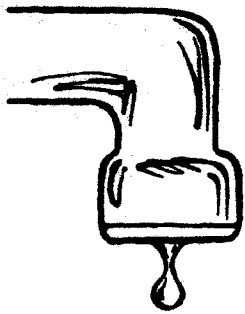


"That makes 30 a-mazing ways to care for me!"

Be sure to check that your recycling center can take these items—or any others!"





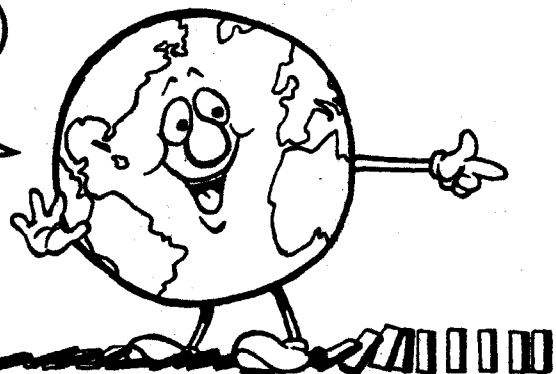


# **Conserve Water**

The water we use in our homes must be pumped from the ground or taken out of lakes or rivers. Then it is treated with chemicals to make it safe. This makes water a precious and costly resource. Here's how you can save water at your house:

1. Turn off the water while brushing your teeth.
2. Take short showers instead of baths.
3. Make sure faucets are turned off all the way.
4. Ask your parents to fix leaky faucets.
5. Instead of running the tap to get cold water, keep a pitcher of water in the refrigerator.
6. Ask your parents to install low-flow shower heads, faucets, and toilets.
7. Use a nozzle on the hose when washing the car.
8. Sweep the sidewalk instead of hosing it off.
9. Water outside plants in the early morning.
10. Take care to water only your lawn and plants—not the sidewalk or street.
11. Catch rainwater in buckets to use on gardens and indoor plants.
12. Run the dishwasher only when it is full.

No sweat!  
12 more ideas down,  
and just 59 to go!

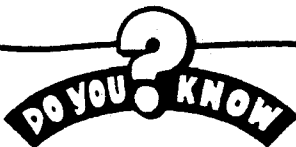


# Care for the Air

Polluted air looks and smells lousy. It's bad for the health of people, animals, and plants. Here are ways you can care for the air:



1. Ride your bike or walk to places whenever you can, instead of taking the car.
2. Urge your parents to ride to work in a car pool with other people.
3. Have your parents check to see that the tires on their cars are properly inflated.
4. If the car you are in is going to be stopped for more than a minute, ask the driver to turn it off.
5. Plant trees in your yard. They help clean up air pollution.
6. Grow houseplants. They clean up the air inside your house.
7. Use a push mower instead of a gasoline mower.
8. Call stores to see if they have what you want before driving there.
9. Save electricity whenever you can. Most electricity comes from burning coal or oil, which creates air pollution.



Circle the answer that you think is correct:  
**The biggest polluter of our air is...**

**A. motor vehicles.**

**B. factories.**

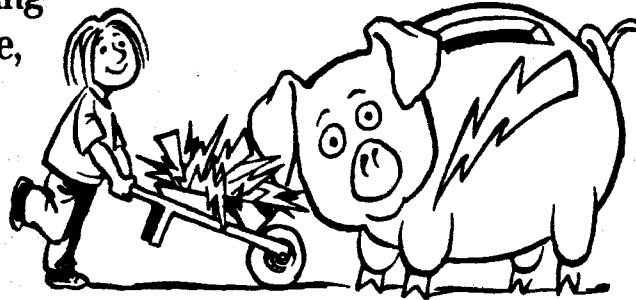
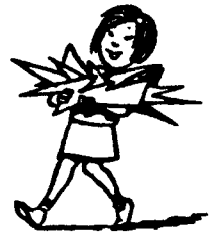
**C. forest fires.**

# Save Energy

It takes energy to operate our cars, homes, schools, and workplaces. Most of it comes out of the ground as coal, oil, or gas, which must be burned to create energy. By being careful about the energy we use, we can save both the air and what's in the Earth.

Here's how you can cut down on your energy use:

1. Turn off the television if you're not watching it.
2. Shut down computers when not in use.
3. Close curtains to keep the hot summer sun out.
4. Close curtains to keep heat in during winter.
5. Turn out the lights when you leave a room.
6. Decide what you want before opening the refrigerator door.
7. Close the refrigerator door as soon as you take out what you want.



## Line Them Up

Draw lines to match the first part of these ways to save energy with the correct endings.

- |                                   |  |
|-----------------------------------|--|
| 1. Use your own energy instead of | A. turning up the heat.  |
| 2. Put on a sweater instead of    | B. the elevator.   |
| 3. Open windows instead of        | C. hot or warm water whenever possible.                        |
| 4. Take the stairs instead of     | D. turning on the air conditioner.                             |
| 5. Use cool water instead of      | E. electric appliances like pencil sharpeners and can openers. |

That's a swell  
12. Do you have the  
energy to read the  
last 38 ways  
to care?



Here are **12 ways** you can help your parents save energy in your home. Check off the ones that your family does:

1. ☐ Close heating and cooling vents in unused rooms.
2. ☐ Seal up leaky windows and doors.
3. ☐ Install energy-saving light bulbs.
4. ☐ Hang clothes out to dry instead of using the dryer.
5. ☐ Put lids on pots to help food heat more quickly.
6. ☐ Keep heaters and coolers at low settings.
7. ☐ Set the water heater at 120 degrees.
8. ☐ Use a fan instead of the air conditioner.
9. ☐ Set the refrigerator at 40 degrees.
10. ☐ Keep the freezer at 0 to 5 degrees.
11. ☐ Clean or change air conditioner filters and furnace filters often.
12. ☐ Set the washing machine for cold water unless hot water is required.



Circle the answer that you think is correct: **Most of the energy used in our homes is for...**

**A.** the hot-water heater. **B.** air conditioning. **C.** heating.

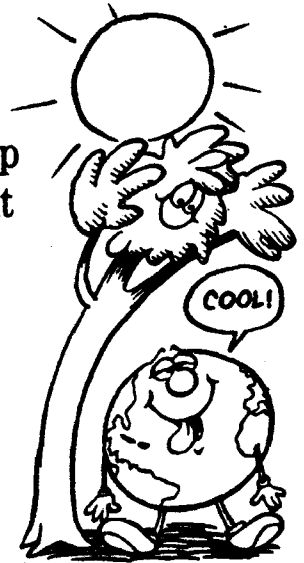


My favorite source of energy is the sun!

# Give Trees A Chance

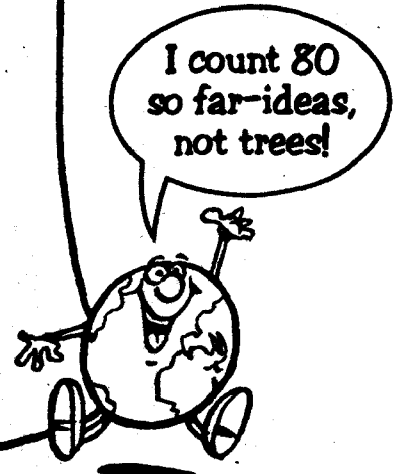
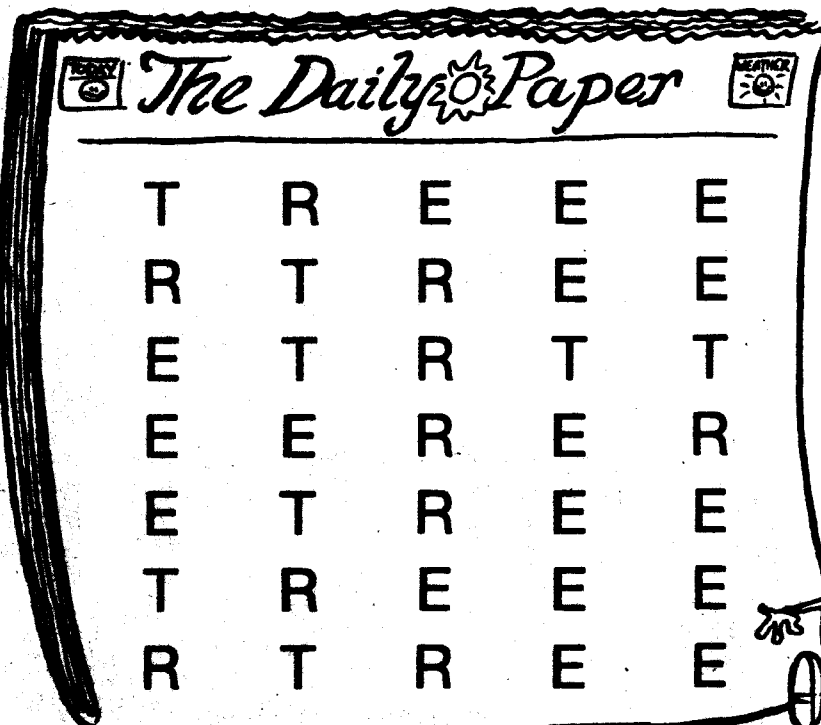
Trees help to clean up the air. They also provide shade and help cool the Earth. Also, by taking action to save trees, you will cut down on the amount of paper that is thrown away. Recycling and reusing saves lots of trees and paper. Here are other ways:

1. Use cloth napkins instead of paper ones.
2. Buy a Christmas tree that can be planted.
3. Use rags and sponges instead of paper towels.
4. Ask your parents to stop newspaper delivery during vacations.
5. Make a printout from your computer only if you really need it.



## Tree Time

How many times can you find the word "TREE" hidden in this newspaper page? Look for it straight up, down, or across, and diagonally.



# Help Animals

Caring for the Earth means caring for animals, too. They are an important part of our system of life on Earth.

I'm wild  
about animals!  
How about you?

1. Save wild animals—don't buy anything made out of them.
2. Keep wild birds healthy by helping your parents put up bird feeders.
3. When you're at the beach, pick up plastic and other litter so birds won't choke on it.
4. Gather your family or a group of friends together to pick up trash along streambeds, lakes, and ponds. Fishing line and other litter is dangerous to wild animals.
5. Reduce the number of unwanted pets. Ask your parents to get your cat or dog spayed or neutered.
6. Animals can be harmed when they are used to test new products for safety. Buy products from companies that do not use animals for tests.
7. Do not disturb wild plants or animals. Leave them in their natural homes.
8. Cut the rings in plastic six-pack holders so animals cannot get caught in them.
9. Build a birdhouse to attract bug-eating birds to your yard.

## DO YOU KNOW?

Circle the answer that you think is correct: **An ecosystem is a...**

**A.** way that frogs and insects make the same sound over and over.

**B.** community of animals and plants interacting in the place they live.

**C.** machine that can make the sounds of many different kinds of animals.



# Take Care of the Soil

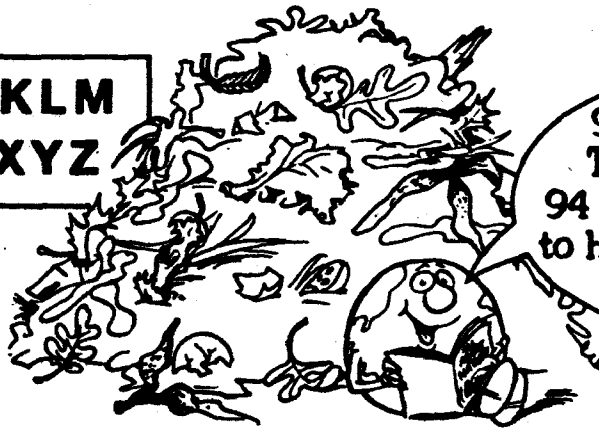
Everything we put onto the ground or into the drain affects the health of the Earth. Take care not to poison the soil!

1. Put litter in its proper place—garbage cans or your recycling bin.
2. Pull weeds instead of using a chemical plant killer.
3. Ask your family to buy nontoxic household cleaners.
4. Take old bug spray and paint cans to your town's hazardous waste center.
5. Use compost instead of chemicals to feed the plants in your garden and around your house.



**What's In It?** Compost is made out of old food and plant cuttings. Mixed together with dirt, they decay into a rich food for plants. Find out some of the things you can use to make compost. In the words below, substitute each letter for the letter that comes after it in the alphabet ("A" comes after "Z"). The first one has been done for you.

ABCDEFGHIJKLM  
NOPQRSTUVWXYZ



- 1) ZOOKDR = A P P L E S
- 2) DFFRGDKKR = \_\_\_\_\_
- 3) KDZUDR = \_\_\_\_\_
- 4) KDSSTBD = \_\_\_\_\_
- 5) ONSZSN RJHMR = \_\_\_\_\_

# Be an Earth-Care Activist

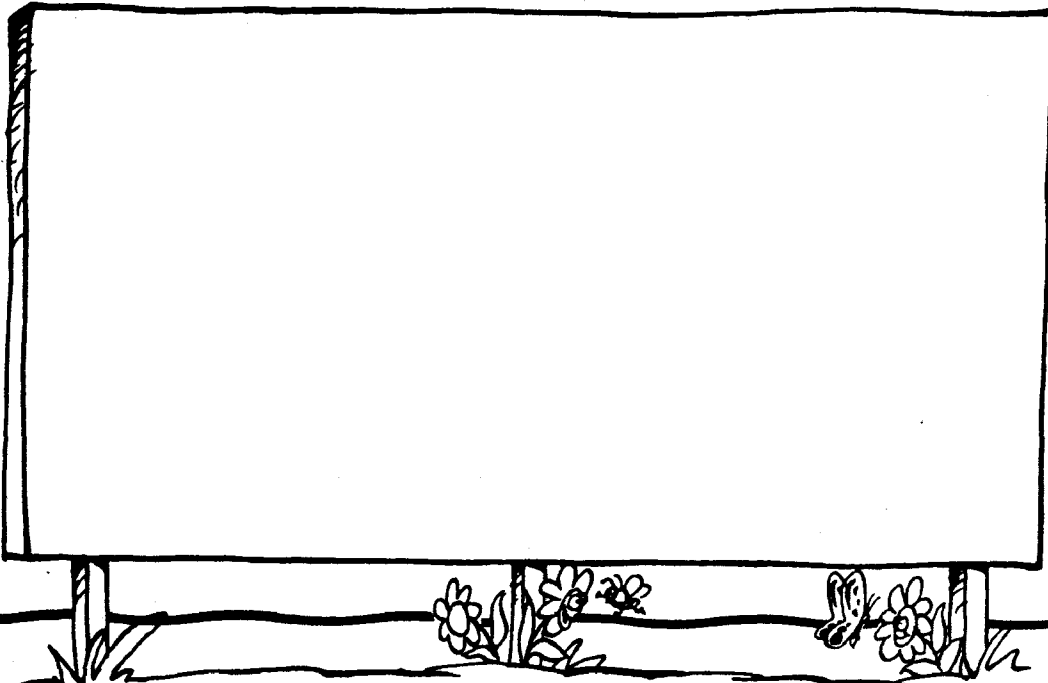
The Earth is a big place, and it takes a lot to care for it. Do your part—and encourage others to do theirs, too.

1. Read books and magazines about nature.
2. Watch nature programs on T.V.
3. Set a good example at home and away.
4. Write letters to your governor, senator, and the president, asking them to care for the Earth.
5. Start a recycling program in your neighborhood.
6. Share the ideas in this book with your family and friends.
7. Praise others when they help care for the Earth.



## Draw It

Design a billboard that will encourage others to care for the Earth.



**E**very action you take to care for the Earth makes a difference. Look through this book and pick out four things you are willing to do. Talk to your parents about them. Then fill in this *Earth Care Pledge* and sign it.

# EARTH CARE PLEDGE

I, \_\_\_\_\_,

(your name here)

promise to help care for the Earth by

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

## ANSWERS

**Page 2:**

B

**Page 3:**

Allwood Family

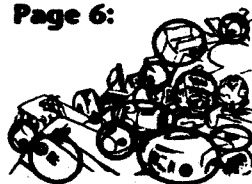
**Page 4:**

C

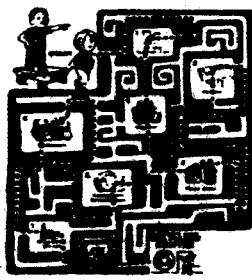
**Page 5:**

- 1-both
- 2-notepads
- 3-comics
- 4-bags
- 5-gifts
- 6-unwrap

**Page 6:**



**Page 7:**



**Page 9:**

A

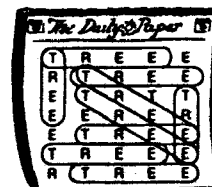
**Page 10:**

- 1-E
- 2-A
- 3-D
- 4-B
- 5-C

**Page 11:**

C

**Page 12:**



**Page 13:**

B

**Page 14:**

- 2) EGGSHells
- 3) LEAVES
- 4) LETTUCE
- 5) POTATO SKINS

# NOTE TO PARENTS AND GUARDIANS

**101 Ways to Care for the Earth** is designed to help young people gain an appreciation for the value of the Earth's resources, and to encourage them to take action. It offers clear and simple suggestions for how both children and adults can "pitch in" to help make the Earth a healthier place for us all.

## You Can Help

- Review this book with your child and explain any suggested actions that your child is not clear about.
- Support your child's efforts to put some of the suggestions in the book into action—especially those your child has promised to do on page 16. Make caring for the Earth a family activity.
- Empower your child by assigning specific Earth-friendly tasks. For example, put your child in charge of sorting recyclables.
- Subscribe to magazines about nature and encourage your child to tune in to television shows about the environment.
- Go shopping together and have your youngster pick out products that have minimal packaging or are recyclable. This will start your child on a lifelong habit of Earth-friendly shopping.
- Set a good example for your child by doing your part to care for the Earth.

