

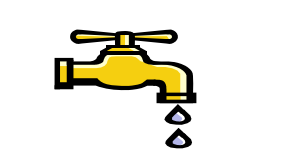









ENVIRONMENT - TOP TIPS FOR CHILDREN: 10 easy ways to start making a difference

	<p>1. Think about how you travel around - walk or ride your bike to school if you live close-by. If not, take the bus or train instead of a car - get your parents to change their driving habits. Does your school have a travel plan? If not you can find out about them from the Travel Plan Adviser. Also, if possible don't fly when you go on holiday!</p>
	<p>2. Turn it off / shut it... save energy by switching off lights, computers, TVs and other electrical equipment when not in use (Don't leave them on standby!). Shut windows and doors when you leave the room - keep the heat in! If you're cold, put on a jumper don't ask for the heating to be turned up</p>
	<p>3. Be WATER WISE - turn off the tap when you brush your teeth, and take shorter showers (not baths). Think before you flush - you can also save water by getting your parents to put a brick in the toilet sistern.</p>
	<p>4. CUT DOWN THE WASTE - only take what you need, and recycle paper, metal cans and glass (think before you bin it). Reuse plastic bottles and bags - don't get a new bag every time you go to the shop!</p>
	<p>5. Don't drop litter - put it in the bin or, if you can, recycle it 😊</p>
	<p>6. Use both sides of the paper, and use recycled paper if possible... <i>'Think before you print!'</i></p>
	<p>7. FOOD - learn to cook! Cut out fast food and limit the amount of meat you eat: A plant-based diet generally requires less land, energy, and other resources. Try growing your own vegetables and fruit...</p>
	<p>8. HELP your local WILDLIFE- plant trees and plants in your school garden + feed the birds in winter</p>
	<p>9. Become an expert... know what you are talking about by finding out more... - http://tiki.oneworld.net/global_warming/climate9.html - http://www.ecokids.ca/pub/eco_info/browse_topics/environmental_issues.cfm - http://www.clean-air-kids.org.uk/doingyourbit.html</p>
	<p>10. Spread the news... Tell your friends and family how they can help too! Talk to your teachers and parents... Write to your local MP (your teacher will help you), encourage your school to sign up to the Eco-Schools programme. Inspire your friends - Triple the positive impact you are making by convincing two friends to join you in your effort! Encourage them to visit www.myfootprint.org and make their own lifestyle changes... You could also sign up to a campaign that's important to you, e.g. with 'friends of the earth'</p>