

“Conserve Your Resources”

EARTH DAY CHALLENGE - CHOICE CHART DURATION: A WEEK OR A DAY – YOU DECIDE!

<p>Lights Out</p> <p>Turn the lights out whenever you leave the room to save energy.</p> 	<p>Trash Audit</p> <p>Sort your trash. What can be recycled and what goes into a landfill - how can it be reduced.</p> 	<p>No Paper</p> <p>Save trees by using no paper for a day – no paper towels, napkins, no school paper (digital only).</p> 
<p>Screen-Free Evening</p> <p>Try a puzzle or board game. Save electricity by turning off all electronics.</p> 	<p>Be a Veggie-Eater</p> <p>Skip eating meat for one meal and conserve energy and water.</p> 	<p>Shorten Your Shower</p> <p>Time your regular shower and shorten your next shower by one minute.</p> 
<p>Meal Audit</p> <p>Choose a meal to audit by tallying how much goes into the landfill, recycling, and compost.</p> 	<p>Get Creative</p> <p>Create your own environmental superhero and write a story and draw a picture about it.</p> 	<p>Use Your Hands</p> <p>Hand wash your dishes instead of using your dishwasher to conserve water.</p> 

FAMILY CHALLENGES FOR A DAY

- Use reusable water bottles instead of disposable cups
- Line-dry your clothes instead of using a dryer
- Use reusable bags at the grocery store instead of plastic or paper
- Reduce your paper towel use by using a kitchen towel or cotton towel
- Use reusable straws instead of plastic