

# How are you helping to change the world?

**Changes you make in your home and community influence the global environment**

Together with your friends and family, decide how planet-friendly you are. On a sticky, tell us which activities you excel at for each category. On a second sticky, write one new activity to try this week.



## You APPRECIATE nature because you:

- ◆ Go outside and enjoy nature, or
- ◆ Take reusable bags to the store, or
- ◆ Recycle

I excel at...

Place your stickies here

I want to try...



I excel at...

Place your stickies here

I want to try...

## You are a MONEY-SAVER because you:

- ◆ Keep your car's tires inflated and engine tuned to save gas, or
- ◆ Carry reusable water bottles, or
- ◆ Use a microwave more often than the oven, or
- ◆ Run the dishwasher only when it's full, or
- ◆ Replace old lightbulbs with LEDs, or
- ◆ Use warm water, not hot, to wash clothes

## You've CHANGED how you live by:

- ◆ Shortening your showers to save water and energy, or
- ◆ Eating seafood or beans instead of meat, or
- ◆ Buying a fuel efficient vehicle, or
- ◆ Wearing a sweater and keeping the thermostat low, or
- ◆ Unplugging computers, TVs, and video game consoles



I excel at...

Place your stickies here

I want to try...

I excel at...

Place your stickies here

I want to try...



## You GIVE back to the community because you:

- ◆ Participated in a conservation project, or
- ◆ Walk, carpool, or take the bus, or
- ◆ Have a family garden and a compost system, or
- ◆ Purchased energy-efficient appliances