



10 ways to Look after our Planet

Holy Family School Ambassadors

October 2024



1. **Turn off the lights.** Remind your family to turn lights off when they leave a room, as well as the TV or radio when they're finished watching or listening.
2. **Don't waste water.** Place a measuring cup in the sink while you are brushing your teeth, to see how much water you used. Next time, turn off the water while you brush so that you can compare water usage. That will give you a visual idea of how much water you waste when you leave the tap running unnecessarily.
3. **Reuse.** Pack sandwiches and other lunch items in reusable plastic containers instead of bags. Carry them in a fun lunch box or bag instead of a paper or plastic bag. Set a good example by bringing reusable bags to the shops. You can also buy a reusable water bottle instead of using plastic bottles.
4. **Recycle.** At the end of each meal or activity, discuss with your family which waste items—bottles, cans, magazines, newspapers, pizza boxes, etc—can be recycled. Then place them in the appropriate recycling bin.
5. **Borrow.** Use your library card! Instead of buying loads of books you'll only read a few times, borrow them. Then buy copies of only your favourites. It'll save money—and trees!
6. **Refuse.** Say "No, thank you" to plastic straws at restaurants, extra napkins, plastic bags at shops, etc.
7. **Get creative.** Are you a little artist? Use toilet paper tubes, egg cartons, and other waste items for fun art projects! Cut pictures and words out of old magazines to make collages, build houses out of lolly sticks, and more. The possibilities are endless!
8. **Have a green thumb.** Plant and grow fruits, vegetables, and herbs in your back garden. Look for fun recipes to make with them.
9. **Don't be a litterbug.** Never throw rubbish on the floor. Instead, should hold onto it until you find the nearest rubbish or recycle bin.
10. **Get out in nature!** Go to the park and look for various birds and animals. Go on a bike ride and look at plants and trees on the way. The more you child learn about nature, the more you'll grow to appreciate all living things—and the more you'll want to help protect them.

