



Little People Can Make a Big Difference!



The earth gives us many gifts: fresh air, spectacular colors, yummy tastes and natural wonders. It's important that we appreciate these gifts by growing up green. There are lots of ways to grow up green. Simply understanding where things come from makes us a little bit greener. Did you know the water that comes out of your kitchen sink probably comes from a river or lake? Did you know that electricity comes from the coal found in mountains, from the strong sun above and even from the wind that blows through the trees? Even the iPods we listen to are made from metals found deep in the earth. It's up to each one of us to take care of the earth so that we can keep enjoying her gifts!

1. **Big kids save little animals.** If you save the little animals, even the littlest ants, bees and caterpillars, you can save an entire eco-system.
2. **Start a collection of colors, sounds, smells and textures.** You'll find them in the sky, in the park, on the beach, in photographs of butterflies, volcanoes, stars and in your backyard.
3. **Plant an edible garden.** You can plant a vegetable garden inside or outside; eating the vegetables is good for you and the garden is good for the air and the dirt.
4. **Invent a magical machine to clean the air.** (Thank you!)
5. **Meet your neighbors.** Your neighbors are not only down the street but all over the world! Together, we can play an important part taking care of our planet.
6. **Smile at flowers and say Hi!** "Hi Rose, Hi Lilly, Hi Violet, Hydrangea!" They love to be noticed.

7. **Say thank you.** We receive nature's gifts from every corner of the earth. What's the best way to say thank you?
8. **Decorate your recycling bins.** Make pictures and lists that explain exactly what can be recycled so that everyone knows where to put things.
9. **Share.** When you get new toys, books and clothes, where do the old ones go? Hopefully not into the ground with the rest of our trash, you can share these things with other kids!
10. **Love your nature because nature loves you.**

Big People Can Make a Big Difference Too!



1. **Unplug.** Did you know that nearly 75% of all electricity used to power electronic devices is consumed by products that are switched off?! Don't just turn off, unplug, save money and save hundreds of pounds of CO2.
2. **Cook with a pressure cooker.** You can put together a full meal of grains, veggies, beans, whatever you like at super high speeds without turning the heat up on your stove for more than a minute.
3. **Open the curtains and shades.** Let natural sunlight do its thing to warm up and light up your home.
4. **Pay attention to packaging.** Choose products in recyclable containers. Reuse your own packaging materials for everything from shipping to bringing your lunch to work.
5. **Save the trees!** From shade and fruit to medicine, filtration and oxygen, trees are our best friends. So. Re-use the backside of printer paper. Use cloth towels instead of paper. Skip the paper bag at the store by bringing your own. We can save billions of trees a year by just reducing the simplest things.
6. **Buy your favorite things in bulk.** Less packaging, less transportation, and it costs less too.
7. **Offset your plane flights.** With just a couple of clicks you can reduce your carbon footprint by working with a company like Carbonfund.org. They take your small donation and support renewable energy and reforestation projects that reduce carbon dioxide emissions.
8. **Buy your groceries at the Farmers Market or a Food Coop.** Not only is it a great way to support a community with similar values to yours, but the quality of local and organic foods and products will up your quality of life immeasurably.
9. **Share!** Instead of throwing out the old stuff, donate it or give it away. Check out Freecycle.org, my personal favorite, where people will vie for the opportunity to pick up your old stuff right from your door.
10. **Keep up your Green IQ.** Increasing your environmental expertise is an investment in yourself, your family, your friends and your home.

Everyone is asking what can we do to help the environment? What are the best alternatives to use? The truth is, for the amount of energy we're using these days, there is no alternative. So for now, Reduce Reduce Reduce. We can start by becoming more aware of our resource consumption. All of our stuff from computers to cell phones to solar panels come originally from natural resources, people included. There is of course a limit to the natural resources we have and we are using them up!

