

Worksheet 7

Home	To do	Done
Replace all lights in your bedroom with energy saving bulbs Turn off electricity at the main wall unit Hang your clothes on a line to dry if it is sunny Turn off light in a room when you are not in the room		
Transportation		
Walk, cycle or use public transportation to get to school		
Possessions		
Recycle or buy recycled products Borrow, swap or inherit from other family members/friends: books, tools, clothing Mend something rather than buy a new one Use cloth bags when shopping Shop in charity shops		
Food		
Buy local and organic food to reduce energy of transport and chemical production For non-local items (coffee, chocolate etc) buy organic and fair trade items Grow vegetables in your garden/yard Eat a vegetarian meal several days each week		
Yard		
Have a compost		
Good citizenship		
Learn about climate change and the role of humans from scientific societies Share that knowledge with friends and family Live simply and believe that possessions don't always bring happiness Volunteer with local and/or national groups working on these issues		