

# BIG GIFT to the EARTH

## 100 Acts of Care for the Earth



Name \_\_\_\_\_

**What are acts of care for the Earth?** They are thoughtful actions that make life better for other living things on our planet. Many acts of care for the Earth are about using less or being smarter about how we use things. The more stuff we use, the more we take from the environment. Also, many of the things we use and do create pollution. Other acts of care involve learning more about the environment and sharing what we know with others.

**Your Challenge:** Complete 100 acts of care for the Earth. Some acts are worth more than others, because they have long-lasting effects. When you complete an “act,” color in the chart (color in 6 boxes for an act with the value of 6). Don’t worry, you don’t have to do every act listed here; it’s ok to give yourself credit for doing the same act several times.

**Color in this chart as you complete each act of care and return it to your teacher when it’s full.**

ACTS OF CARE FOR THE EARTH	VALUE
<b>Shedding Light</b> Turn off the lights when you leave a room Don’t turn on the lights until nighttime – use sunlight Off-The-Grid Night – Spend a night with your family without using any electricity	1 acts 1 acts 6 acts
<b>Water-Wise</b> Turn off the water when you brush your teeth Fix that drip! Find a leaky faucet or toilet in your home & convince your parents to get it fixed Put a plastic pitcher in the shower – fill it up as the water heats up - water a plant with the water you collected	1 acts 10 acts 1 acts
<b>The “Phantom Load”</b> Unplug device chargers (cell phones, etc) that aren’t in use Put your computer to sleep if you won’t be using it for 20 minutes Help parents install a power strip for your home entertainment equipment (TV, DVD player, etc.) that you can turn off every night and when you leave the house	1 acts 1 acts 10 acts
<b>Laundry Loads</b> Make a full load before running the washing machine Run a load using cold water instead of hot or warm Dry a load of laundry on a drying rack or on a line outside Wear an item of clothing for an extra day	1 acts 1 acts 4 acts 1 acts
<b>Getting Around</b> Walk or bike to school Spend a car-free weekend with your family	6 acts 10 acts

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100

# BIG GIFT to the EARTH

## 100 Acts of Care for the Earth



ACTS OF CARE FOR THE EARTH continued	VALUE
<p><b>Recycle</b>            Donate or even sell unused cell phones to greenphone.com            Recycle 20 aluminum cans            Recycle 20 glass bottles            Recycle 1 bag of used paper or 1 old phonebook</p>	<p>6 acts            1 acts            1 acts            1 acts</p>
<p><b>Reduce</b>            If you no longer use it, call to stop phone book delivery            Have your parents help you set up the computer printer to print double-sided            Borrow a book or a movie from the library instead of purchasing one new            Have a vegetarian night that includes no meat whatsoever</p>	<p>6 acts            4 acts            1 acts            2 acts/            person</p>
<p><b>Reuse</b>            Donate an item to a charitable organization instead of throwing it away            Start using a refillable water bottle instead of using disposable bottles            Wrap a present creatively using old newspaper, maps, scrap cloth, etc.            Fill a rag box with cut-up old towels and t-shirts and use instead of paper towels            Clean and re-use a container and lid (like a mayonnaise jar) for bulk-storage</p>	<p>1 acts            6 acts            4 acts            8 acts            1 acts</p>
<p><b>Outdoor Projects</b>            Help your parents set up a rain barrel to collect rainwater shed from your roof            Plant a flowering bush or shrub that will provide nectar for insects or birds            Plant a vegetable seed in a pot indoors and transplant it outside in May            Learn about and then set up a compost system</p>	<p>10 acts            10 acts            6 acts            10 acts</p>
<p><b>Strategic Shopping</b>            Buy one meal's worth of vegetables from your local farmer's market            Bring a re-usable bag with you when you go grocery shopping            Bring your own container and buy an item from the bulk bins (like pinto beans)            Buy an item made from recycled materials</p>	<p>4 acts            1 acts            1 acts            4 acts</p>
<p><b>Self Care</b>            Spend a half hour outdoors, sitting quiet and still in a comfortable place            —observe the things around you using many senses            Exercise vigorously for 20 minutes            Plan and go on a date with an adult who is special to you            —doing something that you both enjoy</p>	<p>2 acts              2 acts            4 acts</p>
<p><b>Sharing with Others</b>            Tell someone outside of your family about your acts of care for the Earth            Take a hike or visit a local nature/wildlife center            Read a book about caring for the Earth – share what you learned</p>	<p>4 acts            6 acts            4 acts</p>