

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
Shedding Light 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
Water-Wise 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
The “Phantom Load” 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
Laundry Loads 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
Getting Around 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

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ACTS OF CARE FOR THE EARTH continued	VALUE
<p>Recycle 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>Reduce 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>Reuse 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>Outdoor Projects 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>Strategic Shopping 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>Self Care 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>Sharing with Others 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>