

# Respect the Earth

## Guide for Parents



- ❌ **Harmful Action:**  
Throw all trash into the same bin
- ✅ **Eco-Friendly Action:**  
Recycle paper, glass, plastic, and metal

If you sort out your recyclables, they can be made into something new. For example, old cans can be turned into bicycles, and old paper can be used to make puzzles - just like this one!



- ❌ **Harmful Action:**  
Buy plastic water bottles
- ✅ **Eco-Friendly Action:**  
Drink water from the faucet

A lot of plastic bottles end up in the ocean, where marine animals mistake them for food. Yikes! Skip the plastic to keep the oceans clean. (If you are worried about water quality, you can use a filter.)



- ❌ **Harmful Action:**  
Leave your trash on the beach
- ✅ **Eco-Friendly Action:**  
Pick up trash at the beach

Turtles, birds, fish, and other sea creatures can get tangled in the trash, making it hard for them to swim or fly. Clean up the beach to keep them safe!



- ❌ **Harmful Action:**  
Leave the faucet on while brushing your teeth
- ✅ **Eco-Friendly Action:**  
Turn the faucet off while brushing your teeth

Brush, brush, brush your teeth, but don't forget to turn off the water while you're brushing. This can save up to 4 gallons of water each day!



- ❌ **Harmful Action:**  
Drive a gas-powered car
- ✅ **Eco-Friendly Action:**  
Ride a bicycle

A car powered by gas creates pollution (this means it makes the land, water, and air dirty). A bicycle won't pollute - and it's good exercise! So, it's best to use your bike instead of the car whenever you can.



- ❌ **Harmful Action:**  
Hurt plants
- ✅ **Eco-Friendly Action:**  
Care for plants

Flowers and other plants are not only beautiful, but they also clean our air and provide food and homes for butterflies, bees, bats, birds, frogs, rabbits, and other animals. So, it's smart to help them grow!



- ❌ **Harmful Action:**  
Throw away leftover food
- ✅ **Eco-Friendly Action:**  
Save leftover food

If you waste food, you also waste all the land, water, effort and energy that went into making that food. Use your leftovers in tasty meals like soup or put scraps into the compost to make soil for the garden.



- ❌ **Harmful Action:**  
Fall asleep with the TV on
- ✅ **Eco-Friendly Action:**  
Turn the TV off when you are done

A TV needs energy to run. Energy is often made from natural resources such as coal, gas, and oil. There is only a limited amount of these resources, so it is important to save as much energy as possible.



- ❌ **Harmful Action:**  
Read with a lamp on during the day
- ✅ **Eco-Friendly Action:**  
Read in the sunlight

It's easy to flip a switch and turn on the lights, but making electricity is not so easy. It often creates pollution, which makes the planet hotter and dirtier. By letting in sunlight, you'll use less electricity.



- ❌ **Harmful Action:**  
Take a bath
- ✅ **Eco-Friendly Action:**  
Take a short shower

Bath time can be fun, but it wastes a lot of water! A 10-minute shower saves more water than filling up the bathtub.



- ❌ **Harmful Action:**  
Buy fruits and vegetables wrapped in plastic
- ✅ **Eco-Friendly Action:**  
Grow your own fruits and vegetables in a garden or buy them from a farmer.

Food in stores is often packaged in plastic, which causes pollution. If you pick your own fruit and vegetables, you can use baskets, boxes, or cloth bags instead. Fresh produce is also healthier and more delicious!



- ❌ **Harmful Action:**  
Throw away toys
- ✅ **Eco-Friendly Action:**  
Donate unwanted toys

If you never play with a toy, don't throw it out. If it is still in good shape, it makes no sense to waste it! It's smarter to donate your old toy to someone who will enjoy it.

**Spanish:** Para leer esta hoja informativa en español, vaya a:

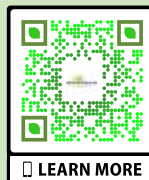
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**For additional info for parents and educators, go to:**

<https://adventerragamesUSA.com/Guides-for-Parents/Respect-the-Earth/>

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