



Grade	Level:	K-5th	Grade	

Length of Activity: 30 minutes

Type of Activity: Investigation and art

Help Needed?: Generally a self-guided activity,

may need some support or questions answered.

What will youth do?

- lnvestigate: Use a checklist to determine how well your family is helping to save water, energy and reduce waste.
- Review Results: Identify one action your family can take to help reduce waste, save energy and water.
- Take Action: Choose one activity to help teach your family about ways you can continue to help save water, energy and reduce waste.

Materials

This worksheet (printed or online)

Pencil

Blank paper

___ Crayons or pens

Additional Resources

Pinterest conservation ideas for kids https://tinyurl.com/w7kvpwb

National Geographic Kids Top 5 Conservation Tips https://tinyurl.com/qmrjn63

Questions or feedback?

Please email Mollie Behn, Education Manager at mbehn@coastal-watershed.org



Learn how your family is helping to save water, energy and reduce waste. You are going to explore your house and talk to people who live in your house. Let's learn how well your family is helping to save water, energy and reduce waste. DO YOU REDUCE, REUSE, RECYCLE, REPURPOSE? Do you recycle? Sometimes No. Yes I recycle items such as glass, cans, newpaper and plastic. Do you reduce food waste? Sometimes No. Yes Instead of throwing away food, I share my food or compost it. When I am done with my old Yes Sometimes No. toys and clothes, I donate them or share them with family. When my family is done with a Sometimes No Yes

box or a plastic bag, I reuse it for a game or for an art project.

2 DO YOU SAVE ENERGY?

9	I turn off lights when I'm not in the room or when I'm not using the lights.	Yes Sometimes No		
	Instead of turning on the heater or increasing the temperature, I wear a sweater and hat.	Yes Sometimes No		
	I walk, bike, carpool whenever it is safe instead of asking my parents for a ride.	Yes Sometimes No		
3 DO YOU SAVE WATER?				
	I keep my showers to five minutes maximum.	Yes Sometimes No		
	I turn the faucet off when I am brushing my teeth or washing my hands.	Yes Sometimes No		
	Instead of waiting for water to get cold under the faucet, I keep water in the fridge.	Yes Sometimes No		

What can you do to reduce waste, save water, and save energy?
Review your notes and look for activities that you answered "sometimes" or "no" to.
Then decide on one activity for each category you and your family may be able to take on to help reduce waste, save water, save energy.

Green Home Activity	Describe how you and your family could do even more to reduce waste, save energy and save water.
Save Water (example)	My family could do a better job of turning off the water when we brush our teeth.
Reduce, Reuse, Recycle, Repurpose	
Save Energy	
Save Water	

3

Take Action!

Choose one of the below activities to help you and your family help reduce waste, save energy and save water.

OPTION 1: CREATE A PLEDGE

(Write your name)

Choose one action that your family can do to reduce waste, save water, or save energy. Complete the pledge below or write out on a separate piece of paper.

As an important member of my community, I pledge to help protect our environment and community I pledge to: (describe the action you will take) I pledge to participate in this activity every (When will you take the action?) Every day? Every week? Month?

(Write today's date)

Tape this pledge somewhere you will look at it every day.

OPTION 2: TURN OFF THE LIGHTS POSTER

Is there one light in your home your family always forgets to turn off?
Remind them by making a sign saying "Turn off the lights!" Post it by the light switch.



OPTION 3: FIND LEAKY FAUCETS

Go on hunt to save water in your home. Do you see water dripping from a faucet or under a sink? If so, tell an adult so they can fix it. Fixing leaks can save lots of water and money.

OPTION 4: RECYCLED ART PROJECT

Do you have extra cans, bottles, paper, or clothes at home? You can recycle and reuse them in an act project. Check out this webpage for ideas:

Pinterest conservation ideas for kids

https://tinyurl.com/w7kvpwb