









EARTH HERO CHECKLIST

How many of these can you check off?

 <p>Grow Veggies From Food Scraps</p> <p>Try searching “23 genius ideas for your garden” by 5-Minute Crafts on YouTube.</p>	 <p>Try Meditation</p> <p>Science shows mediation can reduce anxiety. Have a look at apps such as Smiling Mind or Calm.</p>	 <p>Plant a Tree</p> <p>To find plants local to your area, search “Apace WA suburb selector.” Check if your City does a native plant giveaway.</p>	 <p>Visit a Farmer’s Market</p> <p>Buy local produce and support local people.</p>
 <p>Choose Second-hand</p> <p>Get something you need second-hand, or by asking on your FB Buy Nothing page (https://buynothingproject.org/find-a-group/)</p>	 <p>Try a Vegetarian Meal</p> <p>Cows and other livestock cause damage to our ecosystems and are one of the greatest sources of greenhouse gases. Try to reduce how much meat you eat</p>	 <p>Write a Letter</p> <p>Ideas: to a local café asking them not to give out straws, or to your local member of parliament explaining your concerns.</p>	 <p>Volunteer</p> <p>Find a community event – tree planting days, rubbish pick up, weeding, or join an Environmental Friends Group (City of Melville has several).</p>
 <p>Say No Thanks</p> <p>Say no to single use plastics such as straws, water bottles, balloons, cling wrap etc.</p>	 <p>Choose Reusable</p> <p>Use a reusable drink bottle and pack your lunch in reusable containers.</p>	 <p>Switch Off Lights</p> <p>Switch off lights when you leave a room. During the day open blinds and curtains for light instead.</p>	 <p>Involve Your Friends</p> <p>This could be anything from starting your own conservation club, to sharing this list.</p>
 <p>Dress for the Weather</p> <p>Heating and cooling are the biggest energy users in the home. Wear warm layers in winter, and cool breathable fabrics in summer.</p>	 <p>Short Showers</p> <p>Try to have a shower that is shorter than your favourite song (3mins).</p>	 <p>Create a Fire Action Plan</p> <p>*With your parents* Check documents by DFES WA – “Making a Bushfire Survival Plan? Involve your Kids!” and “How to be safe if there is a fire”.</p>	 <p>Less Screen Time</p> <p>When you are bored try something that doesn’t use power. Find our 50 Boredom Busters list for ideas!</p>
 <p>Earth Hour</p> <p>Turn off all of the lights in your house for an hour in the evening before you go to bed.</p>	 <p>Time Outside</p> <p>Increase the hours you spend outside each day.</p>	 <p>Reduce Car Use</p> <p>Walk or cycle somewhere instead of going in the car. Cars release a lot of greenhouse gases.</p>	 <p>Find a Recycling Station</p> <p>Find your local recycling station at Blue Gum and Willagee Community Centres or A.H.Bracks Library.</p>