Your actions are more powerful than you realize. Make some of the choices outlined here and YOU can make a difference in the world's future. You will feel good about yourself and others when "green" choices are made. And then, there's that added benefit of saving the world!

I · Us · All

We are each like a drop of water splashing into a pond. Our actions cause concentric ripples of actions. A helping hand or a smile from one person can ripple through their **relationships** to their relationships of others, and so on; until the **world** has changed. The actions of the individual may seem insignificant, but can alter the **world**.

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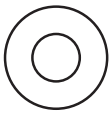

I: Every positive action begins with **Self (I)**, when we discover our ability to effect change and take the initiative to act.

Us: Our impact grows through our **Relationships (Us)**, where we find encouragement as well as challenges.

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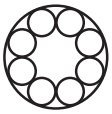

All: The actions we take ultimately affect the **World (All)** around us, where we realize our greatest power and make a lasting difference.

Look for the **I, Us, and All** symbols in your planner and supplements. They mark sections and ideas to help make positive ripples in your **self, relationships, and world.**

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Borrow Instead of Buying

- Borrow books, music, and movies from libraries instead of buying. This saves money, as well as materials like ink and paper that go into making new books.

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Keep Electronics Out of the Trash

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- Keep cell phones, computers, and other electronics as long as possible.
- Donate or recycle them responsibly. E-waste contains mercury and other toxins which are a growing environmental problem
- Check to see if your local government has set up an electronics recycling and hazardous waste collection event. If not, ask them to set one up.

Green is Good!

Walk, carpool, or take the bus to school. The less fuel burned, the less carbon emissions and smog. When you share a ride, fewer people use gas. When you walk or bike no fuel is burned at all.

Even though cleaner energy is becoming more common, energy should be wasted. Turn off electronics, lights, and appliances when you are not using them. If every house in the United States changed all of the light bulbs in their house to compact fluorescent bulbs, that would be equivalent to taking one million cars off the streets permanently.

Playing video games on a computer or a gaming system uses a lot of energy. That's why they feels hot after a while. You can save on energy by going outside to play instead!

What Actions Do We Take?

Action Publishing, Inc. recycles many of its materials in traditional recycling methods as well as donations of scrap material to local arts programs. There are recycling bins for paper, cardboard, aluminum, tin, plastic, and glass around the Action Campus.

The materials used in our agendas come from vendors in the United States. This produces lower carbon emissions and lower fuel consumption than using materials from overseas.

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Eat Smart

- Meat is expensive, especially when you consider the related environmental and health costs. Plan a couple of meatless meals per week.

- Buy locally raised, humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers keeps money in the local economy.

- Consider how much energy it takes for produce from any other country to come here.

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Skip Bottled Water

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- Use a water filter to purify tap water instead of buying bottled water. Bottled water is expensive and generates large amounts of container waste.

- Use reusable water bottles, preferably aluminum rather than plastic, when traveling or at work.

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Make Your Own Cleaning Supplies

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- You can make very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap.

- Making your own cleaning products saves money, time, and packaging-not to mention your indoor air quality.

Turn the water off while showering and brushing teeth. Letting the water run while soaping up or brushing is a waste. Run the water to get your toothbrush or body wet, then brush or wash with the water off. Save water and time by focusing on getting clean and getting out. Every minute you cut from your shower is roughly 5 gallons of water. The less time your shower takes, the lower your impact on the environment.

Skip rinsing your plates before putting them into the dishwasher. On average you will save 15 gallons of water per load. Plus, you will save time. Dishwashers use less water to wash a load of dishes than the traditional sink method. Use eco-friendly dish-washing detergent and only run the washer when full. Otherwise, hand-wash dishes.

Use warm or cold setting on your washer instead of the hot cycle. Get a cloths line or rack to dry your cloths. Your cloths will last longer and you will save money and a lot of energy per year.

It's easy to use throwaway cups, plates, wrappers, utensils, and disposable paper products like facial tissue, paper towels and napkins but it only creates more waste for landfills. We can save more trees by using less of these products.

The Little Things Count

Recycle Glass - If not recycled, glass takes a million years to decompose.

Don't Pre-Heat the Oven - Unless needed, just turn the oven on after you put the dish in it. Look through the glass to see if it is done. Opening the oven door releases heat which makes your oven use extra energy to regain that heat.

Turn Down your Thermostat - Every degree lower in the winter or higher in the summer you set your thermostat is a decrease on your energy bill.

Give things away - Take things that you are not going to wear or use and give them to a charity or someone who will use them.

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Buy Rechargeable Batteries - A bit of an investment but you will gain it back quickly and you will save a lot of waste.

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Get a Reusable Bag - Plastic bags are not recyclable. Get a reusable bag to carry your necessities.

Do Errands in Bulk - Make a list of the things you have to do, and see if you can fit a couple of those things together in one ride.

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Inflate Your Tires - If your tires are inflated correctly your car will run farther on less gas.

Wrap Presents Creatively - Use newspaper, an old map, or anything else. It will look much more creative.

Plant a Tree or Two or Three! - It's good for the air, can keep you cool, and can increase your property value.

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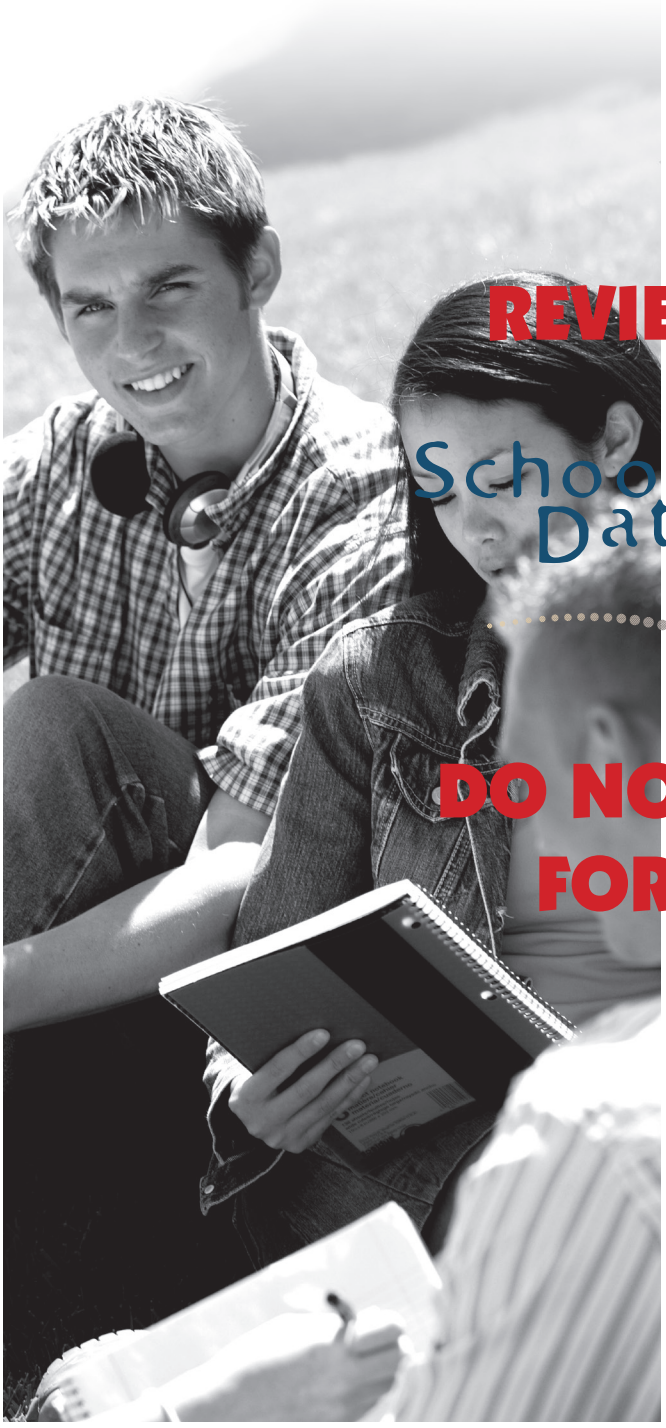
Actions to Take as a Student, Teacher, Class, and School



Recycle Competition: Start a competition to see which class can save the most newspapers, soda cans, water bottles or any other recyclable item.

Compost heap: Create a mini compost pile to get rid of some of your garbage. Make sure it's cleared with the administration and fire codes.

How to Make a Compost Pile
www.[illegible]/How_3541_begin-compost-pile.html

How to Make a Compost Storage Container
www.organicgardening.about.com/od/compost/ht/storagecompost.htm

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Adopt a rainforest: Adopt the rainforest, whales, a block on your street, a section of highway, or any other place you want to make a difference.

Adopt a Rainforest
www.[illegible].org/aar.cfm?id=main

Adopt a Whale
www.[illegible]whales.org/adopt.html

Calculate your carbon footprint: Calculate your classroom's carbon footprint, or the combined effect all of your students have on the environment. Then, discuss ways to minimize your effect on the environment.

Carbon Footprint Calculator
www.carbonfootprint.com/calculator.aspx

Start a class website: Create an online place to get homework help, submit discussion questions, and play with interactive study guides, all of which save paper.

Use green tissues: Tissues are available that are chlorine-free, so they aren't a threat to the ozone layer and have no dyes or artificial fragrances.

Make your own cleaning kit: Stop breathing in harmful chemicals and help the environment by whipping up your own batch of non-toxic, environmentally friendly cleaning supplies.

Cleaning Kit Instructions
www.planetgreen.discovery.com/home-garden/assemble-a-green-cleaning-kit.h[illegible]

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Plan an end-of-the-day room check: Help your teacher make sure all the water faucets are completely turned off, blinds are closed, lights are off and windows are closed at the end of the day. You can give groups checklists for each part of the room.

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Open windows: Regulate your inside temperature by opening up the windows. [illegible] will also rejuvenate everyone in the classroom.

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Open the blinds: Let in natural light and turn on a desk lamp when you're packing up for the day or in your room by yourself during lunchtime.

Water your garden with your leftovers: If you have leftover water from a cooking or science assignment, use it to water your plants outside instead of throwing it down the drain.

Offer organic and locally grown snacks: Besides going green, having a party with these snacks is better for students' health and focus.

Take an eco-friendly field trip: Walk to a nearby park to examine the local ecosystems without using extra gas.

Field Trip Ideas
www.treehuggingfamily.com/school-homeschool-eco-slanted-field-trip-ideas

Reusable napkins: You may consider making your own cloth napkins from scraps and gently used clothing. If washed only when needed, cotton or linen napkins are going to be much better for the environment.

How to Make Napkins
www.skiptomylou.org/2009/04/20/make-your-own-cloth-napkins/

Encourage students to use both sides of the paper: Teachers have been battling this problem for a while. Ask your students to use both sides of the paper for homework assignments.

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Informational Sites and Sources

www.greenlivingideas.com

www.earth911.com

www.thegreenguide.com

www.squidoo.com

www.worldwatch.org

www.teachingtips.com

www.idle-free.info

www.ecowise.com

www.schoolgardenwizard.org

www.skiptomylou.org

www.treehuggingfamily.com

www.planetgreen.discovery.com

www.carbonfootprint.com

www.rainforest-alliance.org

www.organicgardening.about.com

www.ehow.com

Put on a show: Educate the rest of your school by putting on a play or presentation that goes over an environmental topics like global warming, preserving ecosystems or recycling.

Start a garden: Use the compost to fertilize a class garden. You can grow vegetables or flowers, and let the students sample what you grow.

Ideas and Gardening Directions
www.schoolgardenwizard.org

Use reusable or biodegradable cups and utensils: For parties and snack time, keep biodegradable plates and utensils. Remember, even biocompostables may take a long time to [illegible] landfills.

Information and Biodegradable Products Vendor
www.ecowise.com/information.php?info_id=22

Campaign for an Idle-Free School Zone: These Idle-Free School Zones are catching on and encourage parents who arrive at school to pick up their kids to turn off their engines and reduce pollution.

Idle-Free Informational Site
www.idle-free.info

Apply for a grant: The Live Green Teacher Grants award teachers $1,000 to put their original green ideas and campaigns to work in the classroom.

Live Green Teacher Grant Site
www.livegreen.discoveryeducation.com

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