

SMALL STEPS CAN MAKE A BIG DIFFERENCE



Here are some changes that you and your family can make to help protect animals and the planet.

1. Pack lunches and snacks in reusable containers.
2. Take reusable grocery bags for shopping.
3. Reuse bathroom towels instead of putting them in the dirty clothes after one use.
4. Shop for healthy snacks with the least amount of packaging.
5. Create art from recyclable materials.
6. Recycle plastic, paper, glass, and metal at home.
7. Think about whether you really need something before you buy it.
8. Eat leftovers and compost food scraps so nothing goes to waste.
9. Safely dispose of things that can't be recycled or reused.
10. Donate clothes and toys you outgrow.

I Can Make a Change!

What small changes will you make to help make a difference? Choose three actions from the list above. Or come up with ideas of your own!

1. _____

2. _____

3. _____

On the back of this sheet, draw yourself practicing these new habits. Hang up your picture at home to remind everyone to join you in taking action!

Here is my favorite quote from Dr. Jane Goodall:
"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of a difference you want to make."