

# Things I can make...

A bug hotel for the wildlife in my garden.
A vegetable patch.
Toys! Ditch the plastic and get creative with homemade toys
My own clothes with a sewing machine.
My own cleaning products with baking soda and vinegar.
My own beauty products and cosmetics,
More homemade meals and meal-plans to help reduce waste.
A compost heap.
A bird feeder for my garden.

## Making a Bug Hotel



Bug hotels are great little hiding spots for bees and bugs to avoid predators and seek shelter. You can make them out of anything you've got lying around - old mugs, lolly sticks, wood chips, bricks, straw, plant pots, soil and more. Why not spend a day making a bug hotel, then visit it every day to see which little visitors are staying safe inside?

## Multi-Purpose Cleaner Recipe

- cup of white vinegar
- 1 tbsp baking soda
- 1 litre of hot water
- 1 lemon



In a large bowl, combine vinegar, water, and baking soda. Squeeze in the juice from half the lemon, then add the rind. Stir to dissolve the baking soda. Leave to cool, then remove rind. Transfer to a spray bottle, then use to naturally disinfect surfaces!

## Recycled Puppet Theatre

**What you need:**  
A shoebox with a lid. Colouring pens or crayons. Scissors. Paper or card. Glue. Wooden skewers or ice lolly sticks. Colouring pens.

Cut out a large rectangle on the lid to make the hole for the stage. Pop the lid back on the box. On the long side of the main box, cut two long slots; one for your puppets and one for your backdrops. Colour in and cut out animals and glue them to your skewers or sticks and let your puppets dry. Colour in different backdrops and slide them into the back slot. Your puppets go in the front slot. Add string lights to make spotlights and have fun!

Thank you for your commitment to making our planet a better place for future generations.

If you'd like to learn more, here are some of our very favourite resources and charities about this topic:

CLIMATE KIDS - [www.climatekids.nasa.gov/](http://www.climatekids.nasa.gov/)

WWF - [www.wwf.org.uk/](http://www.wwf.org.uk/)

GREEN TOURISM - [www.green-tourism.com](http://www.green-tourism.com)

RAINFOREST ACTION NETWORK - [www.ran.org/](http://www.ran.org/)

GREENPEACE - [www.greenpeace.org.uk/](http://www.greenpeace.org.uk/)

How to help our planet.



# We are worried.

Our planet is not very healthy at the moment. Planet Earth is getting too hot to be comfortable. This is called **Global Warming** and it is happening because of us humans.

Big companies and industries are burning large amounts of **fossil fuels**. Fossil fuels are millions of years old and made from dead plants and animals found deep inside the Earth. We use fossil fuels for coal, gas, and oil to make things like plastic and petrol for our cars. The problem is, burning fossil fuels releases a poisonous gas into the air called **carbon dioxide**. We can't see carbon dioxide but we know it stays in our atmosphere and traps the heat from the sun like a big, invisible blanket that we can't take off. This makes the whole planet warmer. The more carbon dioxide in the air, the hotter the planet gets.



The good news is that we know what would help our poor little planet, and the answer is more plants! Trees and plants are very good at absorbing carbon dioxide and producing **oxygen**, which is the gas that humans and animals need to breathe. This is why **rainforests** are so important. Rainforests are huge, tropical forests that cover hundreds of miles of land. There are so many plants and trees in the Amazon rainforest alone, that it produces over 20% of the Earth's oxygen alone and is home to so many species of animals too.



Unfortunately, humans are cutting down the rainforests to make things like wood and palm oil. They are also being cut down to create massive farms, oil mines, and dams. This is called **deforestation**. So even though we know that we need as many trees and plants as we can get, humans are still chopping them all down, which also means that innocent animals are losing their homes.

# What's going to happen?

If the Earth continues to get warmer, then it will be very bad news for our planet and everyone who lives on it.

Hot temperatures will lead to lots more rainfall which means flooding. In warm countries, the extreme heat will lead to droughts, which means there will be no rain for crops to grow. All the ice in the North and South poles will melt, which means sea levels will rise. Small islands could even disappear under the ocean!



Thousands of different species of wildlife are at risk. Polar bears wouldn't be able to survive if the ice melted as they would have nowhere to live or find food. Monkeys and lemurs are losing their homes to deforestation. Giraffes are struggling to find acacia trees in the wild, and the leaves from these trees are their favourite food. Bees are declining in population because changing weathers and seasons mean they have less time to pollinate plants. Sadly, the list of animals who would become extinct is massive.

# How can I help?

We are so glad you want to make positive changes to help our planet! Here are some lists of things you and your family can do, make, and buy to help the Earth get better. Even the littlest changes go a long way!



## Things I can do...

Turn the lights off when I leave a room to reduce energy.
Choose to have showers instead of baths to reduce water.
Recycle my rubbish into papers, plastics, metals, and glass.
Research more about Global Warming and conservation.
Tell all my family and friends to spread awareness.
Eat less meat or dairy products in my diet.
Write letters to politicians and tell them my concerns.
Grow my own fruit and vegetables.
Choose to walk and ride my bike, and take the car less.
Unplug devices when they're not in use.
Use the library for new books instead of buying.
Never throw my litter on the ground.
Get outdoors and learn about nature.



## Things I can buy...

Reusable bags instead of single-use plastic bags.
Reusable cups for my juice, water, or coffee.
Beeswax wraps instead of clingfilm.
Energy-saving lightbulbs.
Second-hand clothes and furniture.
Reusable nappies and sanitary pads instead of disposables.
Reusable microfibre cloths instead of cleaning wipes.
Face cloths and muslin clothes instead of baby wipes.
Paper straws instead of plastic.
Buy products with less packaging.
Reusable produce bags for my shopping.
A bus pass to decrease the number of cars on the road.

