

## Stop Polluting and Save All Species

- 81. Don't leave rubbish on beaches and in the countryside
- 82. Save streams by removing rubbish and branches
- 83. Reduce methane by eating less red meat
- 84. Leave the car at home for short trips
- 85. Organise a carpool for school and work trips
- 86. Wash your car by hand (not at a car wash)
- 87. Reduce all your driving speeds by 8km per hour
- 88. Use public buses and trains instead of cars
- 89. Which flights can you avoid (or use bus/rail)
- 90. Look at carbon offsetting options
- 91. Sponsor a rainforest or ecological site
- 92. Beware of holiday souvenirs involving animals/plants
- 93. Don't pick wildflowers and plants
- 94. Do not buy any fur products
- 95. 'Adopt an animal' (especially endangered ones)
- 96. Remind a fisherman not to drop fishhooks and lines
- 97. Go to the zoo (they help save endangered animals)
- 98. Be aware of the types of fish you eat
- 99. Don't swim with dolphins in water parks
- 100. Save a whale (via donations or whale watching trips)



Bring your Climate Warrior Card back to Woody's and tell us how you are getting on. Tick off 40 and claim your Climate Hero Sticker. Tick off 60 and claim your Climate Superhero Sticker



**Pop your stickers here**



**Thank you for caring about the Planet**

# Kingswood Trust

Discover nature. Learn outdoors.

**Could you and your family become Climate Change Warriors and have a positive impact on Climate Change?**

Climate change describes a change in the typical weather for a region — such as high and low temperatures and amount of rainfall — over a long period of time.

**100  
Ways**

**YOU  
can help to save  
planet Earth!**



Scientists have observed that, overall, Earth is warming. In fact, many of the warmest years on record have happened in the past 20 years. This rise in global temperature is sometimes called global warming.

**See how many of our 100 Ways to Save the Planet you are already doing and tick them off and then work at a few more.**

## The Great Green Outdoors

1. Keep local habitats safe by sticking to footpaths
2. Build a bee nester or insect hotel
3. Plant a tree (at school, in your garden)
4. Create a small pond (help frogs, newts, dragonflies)
5. Build a dead log pile (for insects and small mammals)
6. Use a watering can instead of a hosepipe
7. Leave containers out to catch rainwater
8. Don't use pesticides – try greener ways to deal with pests
9. Grow your own food from seeds
10. Choose plants providing food and shelter for wildlife
11. Compost your veg and fruit peelings
12. Use a mechanical mower (not a petrol one)
13. Remove litter from local hedges and footpaths
14. Set up a bird feeder or feeding table
15. Use an old baking tray or bowl as a bird bath
16. Set up a wormery (or add worms to your compost bin)
17. Put a bell on your cat (to warn birds and wildlife)
18. Build a bird home (using recycled materials)
19. Don't use chemicals on plants and insects
20. Choose container plants that like dry conditions

## Shop for the Planet

21. Become a greener eater (try vegan foods)
22. Ensure fish (like tuna) are sustainably fished
23. Avoid unnecessary plastic packaging
24. Reduce 'food miles' in the products you buy
25. Eat foods that are in season in your country
26. Don't buy food you don't need (reduce waste)
27. Say NO! to bottled water
28. Buy items in recycled paper and packaging
29. Eat more fruit, drink less fruit juices
30. Cut down on fast foods (and their packaging)
31. Just say 'No' to "cool adverts" and "BOGOFs"
32. Avoid the use of dry cleaning
33. Buy furniture made from non-endangered woods
34. Don't be a 'Gadget Geek'
35. Buy loose fruit and veg (to avoid packaging)
36. Buy linen hankies rather than paper tissues
37. Buy essential items in bulk (reduces packaging)
38. Don't buy or use 'wet wipes'
39. Avoid buying foods that contain palm oil
40. Read labels of products with harmful chemicals



## Do You Live in a 'Green House'?

41. Switch off TV's, game consoles from 'standby' mode
42. Choose the correct light bulbs (LED's or CFL's)
43. Switch off extractor fans (just open a window)
44. Only switch on washing machines when full
45. If clothes are not really dirty use a cooler wash
46. For a few mugs and plates, wash by hand
47. Reduce your central heating by a few degrees
48. Dry clothes on the line (not the tumbler dryer)
49. Don't open windows if you have heating on
50. Don't flush the loo if you've just had a pee
51. Put an egg timer in your shower (3 mins is OK)
52. Don't wash hands/clean teeth leaving a tap running
53. Don't put oil or paint down your drain
54. Get dripping taps repaired
55. Take a shower – it's better than a bath
56. Use china crockery rather than plastic
57. Have a reusable straw for cold drinks
58. Set the dishwasher on quick wash where possible
59. Use environmentally friendly wash powders
60. Avoid using fabric softeners

## Reduce/ Reuse/ Repair/ Recycle

61. Make a decay diary and understand biodegrading
62. Recycle glass jars and bottles
63. Recycle cans and tins (from drinks and food)
64. Use a refillable bottle of water not fizzy drinks
65. Find out which materials are recycled in your area
66. Reuse and recycle paper products
67. Always print/write on both sides of sheets of paper
68. Buy books from charity /secondhand shops
69. Return books to a charity shop once read
70. Sign up to mail preference services (reduce waste)
71. Send unwanted DVD's, games, toys to charity shops
72. Take the option of receiving info by email - not post
73. Design birthday/Christmas cards (then email them)
74. For school or work cards sign them as a group
75. Make your own Christmas decorations
76. Recycle old shoes to shoe banks or charity shops
77. Make your own 'bags for life' (use old shirts and fabrics)
78. Look for refillable containers for products
79. Recycle your disused mobile via a charity
80. Recycle your printer ink cartridges