

The 10 Challenges Checklist

Goal • Choose two lifestyle changes and try them for two weeks.

- 1. Turn things off!** TV's, computers, stereos, and video game units all draw power, even when turned off. By attaching your electronic devices to power bars and turning them off when not in use, you'll help reduce your impact on the environment.
- 2. Play outside!** By exploring the great outdoors you'll learn about nature and save electricity at the same time.
- 3. Be an energy detective!** Is valuable heat escaping from your home? Find ways to stop wasting energy and tell your family what you've discovered. Saving energy saves money!
- 4. Choose at least one day a week to eat meat-free meals.** Raising animals such as cows, pigs, and chickens, uses a lot more water and energy than growing grains and vegetables.
- 5. Where did your lunch come from?** Your lunch probably travelled a long way! The next time you go grocery shopping with your family, choose foods grown on local farms. You'll help reduce pollution from food transportation. Make it a litter-free lunch too!
- 6. Is bigger really better?** Generally, larger cars use more gas and create more pollution than smaller ones. Learn which types of cars and trucks use less gas and share what you've learned with your family before they buy a vehicle.
- 7. How do you get around?** Use kid power! Walk, bike, skateboard, scooter, carpool or take the bus to get around. You'll have fun and get some exercise too!
- 8. Explore your neighbourhood!** Make a map showing all of your regular stops such as schools, grocery stores, libraries and community centres. Find ways to avoid having someone drive you to these places.
- 9. Express yourself!** Write, paint, draw, or make a video—use your imagination to express how you feel about nature.
- 10. Share info!** Write a letter to a newspaper or make a poster for your school about what you've learned. Encourage your friends and family to take the Nature Challenge too!

