Expanded List of Ways to Think Earth

Reduce the amount of trash produced.
Possible behaviors:
  • Write, draw, or print on both sides of paper.
  • Use only one paper towel to dry your hands.
  • Use only as much plastic wrap or foil as you really need to wrap sandwiches for lunch.
  • Store leftovers in reusable containers instead of wrapping in plastic or foil.
  • Use both sides of a piece of paper.
  • Use refillable pens.
  • Use sponges or rags instead of paper towels.
  • Use washable plates and silverware instead of paper or plastic ones.
  • Make a compost container.
  • Buy products with the least amount of packaging.

Reuse things or give them away when possible rather than throw them away.
Possible behaviors:
  • Use old t-shirts and towels as dust cloths.
  • Reuse gift boxes and wrapping.
  • Repair toys and appliances.
  • Use cleaned plastic food packaging containers for leftovers.
  • Give outgrown clothes to charity or to smaller friends.

Recycle paper, metal, glass, and plastic.
Possible behaviors:
  • Save and recycle newspapers, school papers, metal cans, glass bottles, and plastic bottles and other containers.
  • Put out separate bins for recycling if you have curb-side recycling.
  • Collect recyclables from neighbors.
  • Help schools or businesses recycle products.

Use non-hazardous products when possible.
Possible behaviors:
  • Use cleaners and polishes without hazardous chemicals.
  • Use natural pesticides.
  • Use non-toxic pet shampoo and flea spray.
Dispose of waste properly.
Possible behaviors:
- Never throw trash on the ground or in the water.
- When you see litter, pick it up and put it in a trashcan.
- Never put hazardous waste in the trash or down household drains or storm drains.
- Keep your hazardous waste products until your community has a special collection.
- Give old paint to someone who can use it.

Conserve energy.
Possible behaviors:
- Turn off unused televisions, radios, computers, stereos, and other electrical appliances when not using them.
- Set air conditioner thermostat no lower than 78 degrees and heater thermostat no higher than 68 degrees.
- Fix drafty windows and doors.
- Buy and use lower-wattage, higher-efficiency light bulbs.
- Keep refrigerator door closed.
- Walk or skateboard or ride a bike.
- Carpool.
- Take the train or bus.
- Do several errands on one trip.

Conserve water.
Possible behaviors:
- Turn off the water while brushing teeth.
- Wash only full loads in washing machines and dishwashers.
- Water lawns in the cool part of the day.
- Don’t fill the bathtub all the way up.
- Take short showers.
- Wash vegetables in a sink of water instead of under running water.
- Fix leaky faucets.
- Don’t flush trash down the toilet.

Plant trees and take care of all things in the environment.
Possible behaviors:
- Leave nature as you find it.
- Build birdhouses and feeders.
- Adopt a wild area and keep it clean.
- Put trash in a trashcan.
- When you see litter pick it up.
- Join nature clubs and other groups who want to help the environment.