

my top 10 things to help the environment

This months True Green tips are based on our exciting new book *True Green Kids* which will be launched this month in Australia.

| true green's top 10 | done | my top 10 | done |
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| 1. <i>True Green</i> your room, add plants! Plants will remove carbon dioxide and harmful chemicals and add oxygen to the air in your room. | | 1. | |
| 2. <i>True Green</i> your home. Tonnes of greenhouse gases can be saved by turning off the lights! Open curtains during the day and let natural light in! | | 2. | |
| 3. Enjoy the outdoors. Get to know local parks and find a nature space that makes you feel good. | | 3. | |
| 4. Find your eco-celebrity! There are lots of celebrities who care about the environment. Go to www.lookatthestars.org/celebrity . | | 4. | |
| 5. Every year the average Australian family makes enough rubbish to fill a three bedroom house. Buy recycled things and pass on things you don't need to friends. | | 5. | |
| 6. You can make a difference at school. Organise with friends an 'air pollution free' day, or a walkathon and have fun! | | 6. | |
| 7. Being <i>True Green</i> is all about teamwork. Work with family and friends to reduce your impact on the environment. Visit www.carbonfootprint.com to learn more. | | 7. | |
| 8. Plan an eco-friendly holiday with family and leave behind only your footprint behind. | | 8. | |
| 9. Be <i>True Green</i> and make your own fun! You can be creative and make your own art, presents, musical instruments by recycling. | | 9. | |
| 10. Climate change affects every living thing on the planet! Scientists say polar bears may be extinct in the next 20 years because of climate change. Visit http://science.nationalgeographic.com/science/environment.html . | | 10. | |

remember, when you've achieved your top 10, revisit **true green** and select another 10