



OUR ECO-FRIENDLY HABIT CHECKLIST

Check off what you try each day, no need to complete everything!

AT MEALTIME

- I took only what I could finish eating
- I saved extra food instead of throwing it away
- I helped turn leftovers into something new
- I helped pack a snack or lunch with less waste

AT HOME

- I turned something "old" into something useful or fun
- I helped fix or take care of something instead of replacing it
- I chose a toy, book, or item to donate or share
- I used something we already had instead of asking for something new
- I helped organize items so they can be used again

DURING DAILY ROUTINES

- I remembered to bring something back home to reuse (lunchbox, container, etc.)
- I helped clean up after myself and others
- I took responsibility for something I used today
- I paid attention to how much I was using (food, paper, materials)

AT SCHOOL OR ON THE GO

- I kept my space clean (desk, classroom, or bag)
- I picked up something that didn't belong on the ground
- I helped keep shared spaces clean (park, playground, classroom)
- I noticed how others were taking care of the environment

IN NATURE

- I spent time outside and noticed something new
- I helped take care of plants, animals, or outdoor spaces
- I respected nature by not damaging or wasting anything

THINKING & CHOOSING

- I thought before throwing something away
- I asked, "Can this be used again?"
- I made a choice that helped reduce waste
- I reminded someone (kindly!) about caring for the environment
- I thought of one new way to help the planet today

Reflection: What is one thing I can do better tomorrow?