

Make an Action Hero Journal this year by saving each month's Earth Tips page!



Cut out each month's Earth Tips activity page and paste in on a sheet of binder paper. On the back, keep a journal of action steps you have taken to take good care of our planet. You'll be a real Action Hero!



I'm **Super Reducer!** I show people how to use less stuff!

I'm **Rot Girl!** I show you how to compost food scraps, yard waste and food-soiled paper!



I remind you to recycle stuff you no longer need, instead of trashing it. I'm **The Recycler!**

I'm **Professor Reuse!** I show people how to reuse things rather than getting new stuff!!



STOP WASTE  
at home • at work • at school

# (Re)Generation

You can be part of the (Re)Generation!

**Regenerate** (re-jen-er-āt) means to regrow or to replace what is lost.

## A New Start

Learning and hearing about the big problems facing our planet such as climate change and COVID-19, can make people feel sad, frustrated and hopeless.

The good news is that our planet has faced and recovered from problems many times over the centuries.

**The prefix re means again.** Write what each word means:

**Recycle:**  
cycle through again

**Renew:**  
\_\_\_\_\_

**Reuse:**  
\_\_\_\_\_

**React:**  
\_\_\_\_\_

It can **regenerate** once again. **And you can be part of the regeneration!**

This year on Earth Tips, we will be looking at all of the actions that we all can take to be part of the amazing (Re)Generation!

**This month's action word:**

# REDUCE

One way to reduce waste is to STOP using things that are only used once and then thrown away. Single-use products

are typically things used once and then thrown away.

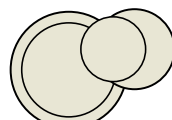
### SINGLE-USE PRODUCTS TO AVOID:



plastic cups



plastic utensils



paper plates



plastic water bottles

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The planet needs our help. The GOOD NEWS is that everyone can help the planet right now! Even kids!



Hi! I'm **Professor Reuse** and I am a *Garbologist*. That means I study garbage!

I am an Action Hero! I take action to help our planet. I teach children like you how to stop using single-use items and find ways to re-use products to reduce trash!

## Be an Action Hero at Home

Here is an action YOU can take. It makes a difference. It makes you a superhero!

1. Scan your trash at home and count how many single-use containers you can find.
2. Make a written list of the single-use containers you found.
3. Is there anything in the trash you really didn't need to purchase?
4. Next to each one, write down a way you could have kept that single-use item out of the trash.

SINGLE USE	INSTEAD DO THIS:
Plastic water bottle	Drink tap water from a glass or a reusable water bottle