

# EARTH DAY



REDUCE



REUSE



RECYCLE



RENEW



Earth day is a day to  
celebrate our planet.



It is also a good day to reflect on our  
planet's problems and how we can  
make a difference to make our Earth  
a better place to live.

# THE FOUR R'S



**REDUCE-** to lessen



**REUSE-** to use again



**RECYCLE-** to change waste into a usable material again



**RENEW-** to make something new, fresh, or strong again



There are many different ways we can help our Earth. Some of the best ways are using the 4 R's of sustainability

# Reduce

One easy way to lessen the amount of waste we make is to use products that have less packaging or can be used more than once.

Lets compare a disposable lunch and a lunch made at home and see which one produced less waste.

AMOUNT OF FOOD IN DISPOSABLE LUNCH:

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AMOUNT OF WASTE IN DISPOSABLE LUNCH:

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AMOUNT OF FOOD IN HOMEMADE LUNCH:

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AMOUNT OF WASTE IN HOMEMADE LUNCH:

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WHICH LUNCH HAD MORE FOOD?

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WHICH LUNCH CREATED MORE WASTE?

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# Reuse

As we reuse items not only do they become useful to us but it also keeps us from sending more trash to the landfills. Some products are better for reusing than others. Lets look at some products and circle which would be the easiest to reuse.

PLASTIC WATER BOTTLE

OR

ALUMINUM WATER BOTTLE

BROWN PAPER LUNCH BAG

OR

LUNCH BOX

PLASTIC GROCERY BAG

OR

FABRIC GROCERY BAG

CLOTH DIAPER

OR

DISPOSABLE DIAPER



Can you think of a way to reuse these items?


TIN CAN:

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CARDBOARD BOX:

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# RECYCLE

Many items are capable of being recycled. That means that they can be broken down and the materials can be used to make new product. One way to know if a product is recyclable is to check the bottom of the item. If you see this  symbol that means it can be recycled.

Here are some of the items that can be recycled.



ALUMINUM FOIL



BOOKS



PAPER BAGS



CORRUGATED CARDBOARD



PLASTIC TUBS/BOTTLES



NEWSPAPERS



CEREAL/ CRACKER BOXES



PLASTIC BAGS



MAGAZINES



TIN CANS



Activity: See if you can sort the items into recyclable and non-recyclable piles

# Renew

We can't just take and use the Earth's resources. We must also give back to the earth. One way we can do this is to plant a tree. When we plant a tree it is a small step to help replace the millions of trees chopped down each year.



Activity: Plant a tree or make seed balls

# EARTH DAY PLEDGES

I WILL REDUCE BY...



I WILL REUSE...



I WILL RECYCLE...



I WILL RENEW BY...

