

Kids' Sustainability Checklist and Certificate



	Done
<p>Kill the vampires!</p> <p>Energy vampires suck your electricity when you're not watching! Lots of things use a lot of electricity even when they're switched 'off'. The very worst are PS3s, Xboxes, Wiis, or your TV. Their sharp teeth are still in your electricity supply after you press the button to power off. So unplug them at the wall when you're not using them and then they can't feed.</p> <p>Check the box when you disconnect your worst home energy "vampires."</p>	
<p>Remember the reusable bags</p> <p>Most grownups have reusable bags that they can do the shopping with. But how many times have you seen your mom, dad or guardian leave the reusable bags at home or in the car when they go to the store? Then they use bags from the store and throw them in the trash afterwards. What a waste!</p> <p>Check the box when you remind your parents to use reusable bags at the store.</p>	
<p>Turn off lights you're not using</p> <p>Those poor electrons! They travel hundreds of miles through wires to your house, and when they make the light in your room glow you're not even there! Give them a break, and let them do something useful, like light a room you're actually in.</p> <p>Check the box when you switch off lights as you're leaving a room.</p>	
<p>Recycle</p> <p>Did you ever throw something 'away'? There isn't a place called 'away'. Everything we throw in the trash has to go somewhere, and in most cases it is just dumped on the ground where it makes a real mess and a stink. The more things we can use again the less trash there is and the cheaper things get.</p> <p>Check the box when you help recycle at home or at school.</p>	
<p>Eat healthy</p> <p>It doesn't have to be all mushrooms and lettuce! But eating a healthy diet is good for you and actually good for the planet too. If half of your plate is fruits and vegetables then you're doing yourself good, and eating food that used less energy to farm. Fast food like drive-through burgers can be fun occasionally but try to eat a well-rounded diet the rest of the time.</p> <p>Check the box when you start eating a more healthy diet..</p>	

Name _____

Date _____

Parent/guardian _____

Date _____

Certified by _____

Date _____

Sustainability Checklists and Certificates

GETTING STARTED FOR KIDS

If your parents ever asked you to turn off a light or a TV you weren't using - you saved money and electricity as soon as you hit that switch. Everything we use to make our life run – electricity, natural gas, gasoline, and heating oil - all cost money. So wasting energy is wasting money – and it really adds up.

It goes further than that though - using energy and throwing things 'away' creates pollution that messes up our Town and the planet. So when we waste things pollution gets created for no reason.

The good news is that we can save money *and* reduce pollution by being a bit more careful with how we use things in our daily life. And it's easy to get started. If you haven't begun already then the ideas on this checklist will get you going in the right direction.

For help and advice on completing this checklist and getting your certificate ask your parent or guardian. They can send an email to help@SustainableWellesley.org and we will help out.

We also want to hear your ideas – what things should have been on this list that we missed out? We really do look forward to hearing from you so do let us know. And good luck with your sustainability actions!

THE SUSTAINABLE WELLESLEY LEADERSHIP TEAM