

## 10 ACTIONS TO GREEN YOUR HOME

During National Climate Week, how many of these small actions can you take to protect the planet? Tick as many actions as you can throughout the week and see how big a total you can achieve by Friday!

You might want to put the list up on your fridge for easy reference, both this week and hopefully beyond.

Action	Monday	Tuesday	Wednesday	Thursday	Friday
1. Don't run the tap when you're brushing your teeth					
2. Take a shower instead of a bath					
3. Don't waste food; make less to start with or use leftovers creatively for another meal					
4. Do full loads in your washing machine and run it on 40 degrees or less					
5. Use a drying rack or line instead of a tumble dryer					
6. Turn lights off in the rooms you're not using					
7. Switch off your family's TVs, computers, Ipads and mobile phones overnight instead of leaving them on standby					
8. Keep your heating as low as possible and wear extra clothes to keep warm instead					
9. Cover your pans with lids when boiling water					
10. Try to avoid eating red meat (cows are responsible for 13% of annual pollution!)					
<b>Total Actions</b>					

**My total score for helping the planet:    / 50**