



For one week, your class will pay attention to their “TREErific” habits. If they adopt the habit at least once per day, they can put a check mark next to the habit on their handout. They can only put one check per habit per day.

Below is further information about each habit.

1. USE BOTH SIDES: *Fill up both sides of your paper*

We often use more paper than we need to. Using both sides of the paper reduces the amount of paper that is made. This contributes to less trees being cut down, less in greenhouse gas emissions, and less chemicals entering our ecosystem that can affect our drinking water. By being aware of the quantity of paper we use, we can do our part in keeping the environment healthy.

2. GO RECYCLED: *Use recycled paper*

Making recycled paper uses less energy and water to make, and releases fewer greenhouse gases in the process. It also means we are using less trees.

3. HUG A TREE: *Give a big hug to say thank you*

How can we thank a tree for helping fight climate change? We can hug it, of course! More seriously, it is important to spend time in nature. It is good for our health – physically and for our mood. It gives us the chance to see all the things that are going on outside.

4. TALK ABOUT TREES: *Tell someone why trees are important*

Not everyone knows everything that trees do for us and for the environment. By spreading the word about how important trees are, we can inspire people to take action and help take care of trees.

5. RECYCLE: *Give your paper products a second life*

Recycle your paper products instead of throwing them out so they can be turned into new things! Almost all paper products can be recycled, including newspapers, paper towel rolls, cereal boxes, and of course, paper. When they are recycled instead of being thrown away, they can become new things instead of taking up space in a landfill.

6. GET READING: *Borrow a book*

By borrowing a book from the library or from a friend, it cuts back on the amount of books that need to be made. That means less paper needs to be produced, fewer trees need to be cut down and so, less emissions are released.