

# LOVE MY PLANET

By I Can Save By Grace play Connect

## ECOLOGY

- Draw a picture of the sunset
- Stare at the stars in the nighttime sky
- Sit outside for 10 minutes, close your eyes, feel the breeze and/or sun on your face, do one downward dog yoga pose or as many other yoga poses as you want!
- Explore and count how many living creatures you can find outside in 10 minutes
- Have a picnic outdoors and invite all of your friends
- Go puddle hopping in the rain, and wear your galoshes!

## ENERGY

- Count candelabra bulbs at home
- Count soft light bulbs at home
- Count bright light bulbs at home (75 watts )
- Count medium, recessed can bulbs at home (high hats)
- Count large spot lights inside or outside of your home
- After counting all or some of your current light bulbs, use our LED savings calculator to see how much money you would save if you upgraded to LED technology in your home ([www.graceplayconnect.com](http://www.graceplayconnect.com))
- Unplug appliances while they are not in use
- Turn off the lights every time you leave a room
- Host a blackout party at home Turn off all the lights as if there is no electric, and be creative!

## WASTE

- Start a compost in your backyard
- Pack your lunch in a reusable bag
- Use reusable bags to go grocery shopping
- Pick up garbage and throw it away
- Be a recycling detective, what items get recycled? Plastic? Glass? Paper? Bottles?
- Wear your trash on your back and visit [www.trashonyourback.com](http://www.trashonyourback.com) to learn more
- Spend time with friends cleaning up a public area

- KINDNESS
  - Give something away
  - Share something you love
  - Hug a family member and say thanks!
  - Tell a friend what you like about them
  - Include someone new in your "friendship circle"
- WATER
  - Drink out of a reusable bottle
  - Take a shower instead of a bath and make it short!
  - Turn off the water while you brush your teeth Keep it off for at least 2 minutes.
  - Water a plant
  - Use the water calculator on our website
- FOOD
  - Help with cooking dinner
  - Eat five servings of fruits and vegetables for the day
  - Start your own garden
  - Help setting the table before dinner
  - Have a fruit salad picnic inside or outside