SMALL THINGS YOU CAN DO TO GET BIG THINGS DONE!

CHECK OFF THE LIST

- [ ] **Turn off lights** when you leave the room.
- [ ] **Close doors** to the outside quickly so your heat or AC doesn't escape!
- [ ] **Avoid single-use plastics.** These are things like water bottles, plastic bags and straws that you throw away after only using them once.
- [ ] **Recycle**, yes, but first **reduce** (buy less stuff, only what you need or really want!) and **reuse** (is there a way to use something again before you toss it?)
- [ ] **Use what you have first**. Go shopping in your own house for clothes, food, toys before you buy anything new. You might be surprised by the great stuff you've already got!
- [ ] **Take short showers** to save water, and turn off water while you're brushing your teeth or washing your hands until it's time to rinse.
- [ ] **Walk or ride a bike** when you can instead of having your grownups drive you.
- [ ] **Eat less meat**. It takes way less water and energy to grow fruits and vegetables, and they're so good for you!
- [ ] **Don't waste food**. Take on your plate or order at a restaurant what you know you can eat. You can get seconds if you're still hungry later.
- [ ] **Be a mindful shopper.** When you and your family are shopping for anything, try to buy from companies that take care of the world and the people in it.
- [ ] **Say "Hi!" to nature.** Check out the living things that are outside your home and how they change over the year. Maybe even plant something yourself!
- [ ] **Volunteer**. Find organizations helping in ways that matter to you and your family and join in the helping!
- [ ] **Talk about it**! Tell your friends, family and teachers (in a fun, kind way) what you're doing to help save the planet now that you're a Pocket Park Kid!

NEW YORK CITY Children's Theater

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