

THE WEEK
Junior

Science+Nature
MAKING SENSE OF THE UNIVERSE

**Join our
challenge**

- Choose one action
- Do it with your family
- Show us what you did

100

**ways to save
the world**



Start protecting the Earth today,
one small change at a time

**Your
planet needs
YOU!**

To celebrate *The Week Junior Science+Nature's* 100th issue we have created **100 Ways to Save the World** – a list of small but mighty activities designed to tackle the planets' biggest problems. We are inviting you and your family to choose one action, and give it a go. The heart of this challenge is a simple but very powerful idea – that everyone can manage one single, small action. And when these are all added together, they will have a big effect.

100
ways to save
the world

If you want to join in, all you need to do is:

- Read the magazine and choose one action from the list (there are 100 to choose from)
- Do the action – on your own or with your family
- Tell us what you did. Ask an adult to post a short description and/or photo to the form at tinyurl.com/SN-100Ways

Everyone who completes an action will receive a special certificate, and we will print a round-up of everyone's actions in a future issue of *Science+Nature*.

1

Ban baths. Take a shower instead – they use much less water

2

Make parties planet-friendly by giving out plastic-free goodie bags.

3

Don't leave the fridge door open – it wastes energy.

4

Ask your parents to take a train holiday this year instead of flying. Flying typically produces up to 10 times more carbon emissions per passenger than taking the train.

5

Ask grown-ups to wash clothes at a lower temperature.

6

Ask your grown-ups to buy rechargeable batteries for toys so fewer chemicals end up in the bin.

7

Open the curtains in the daytime instead of switching on lights.



8

If feeling cold, put on a jumper instead of turning up the heating.



9

Plan family meals and buy only what's needed to reduce waste.

10

Follow the 3P flushing rule!
Only pee, poo and (toilet) paper should be flushed down the toilet.

11

Before buying a new toy, ask yourself if you really need it.

12

Turn the brightness down on screens to save battery life. This will help save energy.

13

Save paper by turning old scribbles into new art instead of using a blank sheet each time.

14

Become a draftbuster by hunting down cold drafts in your house and close doors to keep heat in.

15

Eat seasonal fruit and vegetables to reduce the "food miles" it takes to fly food across the world.

16

Make your own cards instead of buying them.

17

Don't leave taps running when brushing your teeth, and remember to turn them off fully when you're done.

18

Write a letter to your local MP asking for more wild spaces where you live.

19

Draw and write on both sides of the paper.



20

Have one meat-free meal a week, or a meat-free day.

21

Repair your clothes by stitching patches of different fabric.



22

Help scientists monitor plants and animals. Find out how at: tinyurl.com/SN-monitorwildlife

23

Hang laundry outside in dry weather, instead of using a tumble dryer. It saves energy and makes your clothes smell nice.

24

Care for creatures by building a cosy shelter.
Activity here: tinyurl.com/SN-shelter

25

Look for the green frog sticker on food packets – it means the product is made in a rainforest-friendly way.

26

Draw and display a poster to raise awareness of endangered wildlife.

27

Protect your local amphibians.
Activity here: tinyurl.com/SN-froghome

28

Stop destruction of rainforest habitats by avoiding products containing non-sustainable palm oil.

29

Don't bin "wonky" fruit – the ugly apple tastes just as good.

30

Watch a nature documentary, such as Sir David Attenborough's *Secret Garden* to learn more about UK wildlife and how to protect it.

31

Grow a plant from seed.



**Become an
eco-champ!**

32 Buy clothes at charity or second-hand shops.

33 Make sure you take a bag with you when you head out to the shops.

34 Get some indoor plants for your room – they can improve air quality and make you happy.

35 Support charities that help animals and the environment.

36 Discover why Earth is so special. Use your local library to discover one new fact about the planet and share it.

37 Find out what can be recycled in your area and make sure you do it at home.

38 Celebrate Bike Week in June by cycling with your family.

39 Cut down on cling film – wrap food in greaseproof paper or waxed cloth.

40 Ask your parents to switch from wet wipes to reusable cloth wipes or small towels that can be thrown in the wash.

41 Use public transport whenever possible.

42 If you are traveling longer distances, see if a lift share is possible to help reduce emissions.

43 Collect rainwater to water your plants instead of using it from the tap.

44 When out in nature, leave it exactly as you found it – don't pick the flowers and don't leave any rubbish behind.

45 Stop and look outside – you might spot something beautiful. Admiring the natural world will inspire you to protect it.





46

Turn food scraps into compost to feed your garden.

47

Become a tree champion by contributing to Treezilla citizen science project: tinyurl.com/SN-helptrees

48

Look after local birds by making them a tasty snack: tinyurl.com/SN-fatballs



49

Enter a nature photography competition – your picture could help to raise awareness about local wildlife.

50

Leave piles of leaves and wood in your garden. They make brilliant homes for garden-dwelling critters.



51

Don't remove rocks from ponds or rivers – it could be part of a creature's home.

52

Help scientists track the effects of weather on local wildlife: tinyurl.com/SN-naturescalendar

53

Ask what your school is doing to cut plastic waste and see if they can do more.



54

Start a school eco-club: find other pupils who are passionate about helping the environment and a supportive teacher. Plan a regular meeting to discuss what you can do.

55

Give a speech to your class to raise awareness about your favourite endangered animal.



56

Create a poster encouraging people to recycle and display it next to bins around your school.

57

Print on both sides of a piece of paper.



58

Join in Walk to School Week from 18 May.

59

Pick up three pieces of litter every time you go for a walk. Make sure you wear gloves and carry a bag to put it in.





60

Learn about clean energy at tinyurl.com/SN-cleanenergy

61

Keep showers short to save water. Try singing your favourite song as you wash and aim to finish your shower by the end of the song.

62

Grow new vegetables from old ones by putting celery and carrot tops into water and then soil.



63

Save energy by having a "turn-off devices day" each week. It could make you feel better, too, by reducing screen time.

64

Reuse wrapping paper or make your own by using water-based paints to print on brown paper.

65

Ask your adults to use natural cleaning products, like lemon juice, vinegar and water.



66

Eat sustainable fish. Look out for the MSC logo.

67

Use a hand-held fan instead of air conditioning in the summer. Air conditioners use a lot of electricity.



68

Volunteer for local environmental projects with a grown-up (check age limits first).

69

Join in the Great British Beach Clean or Million Mile Clean.



70

Ask an adult to always buy a sunscreen that doesn't harm sealife. This means avoiding chemicals like octinoxate and oxybenzone.

71

Make sure lights are turned off in empty rooms at night.

72

Save power by using a broom and dustpan and brush to sweep hard floors instead of a vacuum cleaner.



73

Turn off devices, don't just put them on standby. Switch off tablets and game consoles when you're finished.



74

Ask your parents to buy LED lights – they use 80% less energy than old bulbs.

75

Encourage your adults to run the dishwasher at night and only with a full load, which saves energy and water.

76

Unplug chargers when they're not in use.

77

Use bars of soap rather than shower gel or liquid soap, as these often come in plastic containers.

78

Reduce waste by turning plastic rubbish into a work of art.

79

Take the plastic challenge. tinyurl.com/SN-ditchplastic

80

Swap single-use plastic bottles for a water bottle that can be reused.

81

Share toys instead of always buying new ones, or buy second-hand sometimes.

82

Stop using glitter. It might look sparkly and spangly, but ends up in the ocean being swallowed by sea creatures.

83

Ask your parents to save money in a green bank. This means a bank that is environmentally-friendly, for example by funding things like renewable energy rather than fossil fuels.

84

Instead of blowdrying your hair after washing, dry it with a towel – or air-dry it – to save energy.

85

Plant a tree – and if you can't do that, adopt one. Find out how at: tinyurl.com/SNadopttree

86

Read a nature book to learn more about the natural world and share what you learn with others.

87

On a woodland walk, stay on the marked trails to avoid stepping on tiny plants and animal homes.



88

Look after pollinators by making wildflower seed bombs. Activity here: tinyclips.com/SN-seedbombs

89

Make a butterfly feeder. Activity here: tinyclips.com/SN-butterflyfeeder

90

Join the The Big Butterfly Count to help save UK butterflies.

91

Suggest cutting little holes in the bottom of your fence to make hedgehog highways through your garden.

92

Leave tap water out for wildlife in hot weather. Change it daily.

93

Persuade adults to avoid using pesticides in the garden.

94

Use a reusable lunch box, and ask your parents not to put your sandwiches in plastic bags.

95

Find out how to turn leftover food into something new. For example, you could turn leftover bolognese into chilli con carne just by adding some spices.

96

Use natural sponges for washing up. Synthetic (made by humans) sponges shed microplastics into waterways.

97

Donate your old *Science+Nature* magazines to your school library so other students can read them and be inspired to save the planet too.

98

Challenge your school class to join the Big Schools' Birdwatch every January to help monitor UK bird species.

99

Never release balloons – when they pop, they can fall into the ocean where animals eat them.

100

You can be the difference, so lead by example. When others see you caring, they will want to care too.



Every day you live, you make some impact on the planet. It is up to EVERYONE to choose wisely to ensure their impact is positive, not negative, for the environment and other species.

- Jane Goodall, chimp champion and conservation hero -