



How to...



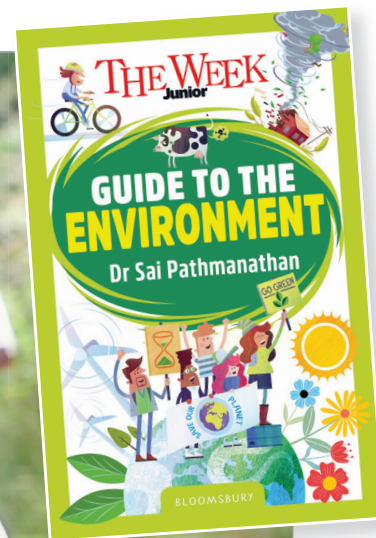
Be more planet friendly

Small changes can have a big, positive impact on the environment.

On 5 June it is World Environment Day, which is designed to raise awareness of the problems facing our planet. The day is run by the United Nations (UN), an organisation made up of most of the world's countries, which works to promote peace and solve global issues. This year, the focus of World Environment Day is climate change, with the aim of creating a "global moment for action and hope".

To help you take part, we've put together some ideas on how to make greener choices. Issues like global warming can feel overwhelming, and one person can feel powerless to make things better. However, even small changes in how you live can make a huge difference – especially if lots of people make changes.

These ideas are taken from *The Week Junior Guide to the Environment*, which is packed with explainers on various environmental issues, and tips for helping to solve them. Written by environmental expert Dr Sai Pathmanathan in association with *The Week Junior*, the book explains issues affecting the Earth, such as plastic and carbon, and offers practical advice.



Save energy

Energy is used to light and heat homes and power appliances. It's often created by burning fossil fuels like coal, oil and gas, which cause climate change. In summer, close curtains to keep rooms cool; in winter, if the heating has to go on, shut the windows to stop hot air escaping. Turn off lights and electrical devices when you're not using them. Avoid wasting hot water too by only taking short showers.

Reduce pollution

There are lots of types of pollution. Artificial lighting can pollute dark skies and affect wildlife behaviour, so turn off outdoor lights overnight. Air pollution is caused by fumes from burning fuel. Try cycling or getting public transport in place of a petrol-run car. Plastic pollutes the land and sea. Reduce your plastic waste. Try buying things that contain less of it – like loose vegetables rather than wrapped ones.



Stick to the "Rs"

Reduce, reuse, repurpose, repair and recycle. Avoid buying single-use or bad-quality items that will break, like plastic cutlery. Save things from the bin. For example, reuse plastic bags or turn a plastic bottle into a bird feeder. Try repairing broken items – toys can be glued together or a hole can be sewed up. Recycle what you can. Shops often recycle things your local council won't take, like blister packs for pills.

Buy responsibly

Don't buy things unless you need them. Can you borrow from a friend instead? Some towns have libraries of toys as well as books. If you do buy, check you're not supporting companies that are bad for the planet. For example, do they use lots of plastic packaging? Avoid fast fashion (when clothes are produced quickly and cheaply), to keep up with trends. Ask your parents or guardian to buy second-hand instead.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

