



You can help

# Nurse the Earth

Why not start a **Nurse the Earth** Committee and learn about changes to the planet. You can talk about them in class and how you can nurse the earth back to good health! You can promote energy conservation and efficiency.

For example:

- turn off classroom lights when not in use
- don't waste paper!
- Recycle packaging. Avoid unnecessary land fill.
- Don't change your mobile phone as soon as a new model comes out – dumped mobiles release toxic gases which affect climate change.
- Volunteer to help local environmental groups.
- Don't waste water – turn off taps tightly.
- Plant trees, expand open spaces, and protect wildlife.
- Write an essay on countryside planning or suggest a Nurse the Earth poster competition.
- List 'supporting the Nurse the Earth campaign' as one of your hobbies.

And remember—the sun is getting stronger. Wear a hat outdoors to take care of yourself. The planet needs you fit and well to take care of her!