

ENVIRONMENTAL HANDPRINT

1. Look at the outline of your hand. You will design a graphic presentation of your ecological handprint. For each action you are already doing or have done so far, colour in the numbered circle.

2. For each action you would like to do, or plan to do, in the future, shade it with a different colour.

Home

- 20. I turn off the lights.
- 21. I have a programmable thermostat.
- 22. I unplug my electronics if I'm not using them.
- 23. I have planted a tree.

Consumption

- 9. Before I buy something new I consider - Do I need it? Can I borrow it? Can I buy it second hand?
- 10. I repair things rather than throw them out.
- 11. I bring my own bag when shopping.

Community

- 5. I have learned about sustainability in my school.
- 6. I talk to my parents about protecting the environment.
- 7. I stand up for important issues.
- 8. I volunteer.

Transportation

- 1. I walk.
- 2. I cycle.
- 3. I take a bus.
- 4. I carpool.

Food

- 16. I eat vegetarian meals.
- 17. I garden.
- 18. I eat mostly home cooked meals.
- 19. I compost.

Waste

- 24. I recycle.
- 25. I choose a litter-free lunch.
- 26. I safely throw out hazardous waste (paint,

Water

- 12. I save water.
- 13. I drink tap water.
- 14. I have a rain barrel.
- 15. I know where my water comes from.

27. I like being outside and protecting nature.

(Colour all white spaces between the circles)