

Ideas for your 'Looking After Creation Promise'



Turn off the lights

This one is so simple but just turning off the lights in the hallway or when you leave a room can have a big impact.

Turn off the water

While brushing your teeth or even washing the dishes, make sure to turn off the water in between.

Plant a tree or a bush

This is something you can do seasonally with your kids in the spring and the autumn. Adding trees and bushes to your environment helps to promote air quality.

Plant perennial flowers

Planting flowers is always a fun spring activity, but you can also plant bulbs in the autumn so that they come up year after year too. Continually adding beautiful flowers to your home will be something you can all look forward to year-after-year as they bloom.

Clean up a park or forest

Take your kids on a little field trip to clean up area of the planet that could use a little help. Grab some plastic gloves, a garbage bag and find a park or a forest area that could use a little litter clean-up. If you have older children you can adopt a section of path, which are often the areas that are most in need. Make a bag for plastic, one for paper and one for actual trash so you can make the most out of the clean-up and recycle too.

Feed the animals

Feeding the animals in your garden or at a local pond is a great way to help kids feel like they are taking care of the planet. They always love this one and it makes the animals happy too. Make a bird feeder or leave some fruit out on the branches of trees for rabbits and squirrels. Just keep in mind the proper food for the animals. For instance, bread and ducks shouldn't go together, but you can feed them corn.

Gather and recycle batteries

We have a bunch of batteries in our house thanks to my camera equipment, but you shouldn't just throw them away. If you throw them in the trash the chemicals inside will seep into the ground as they begin to rot in landfills. The chemicals can get into the soil and the water, which becomes dangerous for us. Find local battery recycling points.

Buy items that have been made out of recyclable materials

Most people now buy recycled paper but you can buy a lot of other materials made out of recyclables too. If you buy plastic items, make sure they're items made from recycled plastic.

Remember to recycle at home

Almost all packaging for food can be recycled. Make a bin inside your house for the recycled materials so you can easily put bulky bottles and broken-down boxes in there versus the trash. If you use this system you will be more likely to recycle the goods and products you use.

Take shorter showers

I know the benefits of taking a long, hot shower but there's long-term benefits for the planet when you limit your shower or don't fill the kids' bath tub as high.

Unplug

I don't mean to just disconnect your life from your devices, I mean literally unplug things from the wall. Most appliances and devices are still using energy whether they are flipped on or not. According to the United States Department of Energy, about 75 percent of electricity used to power a home is consumed when appliances are turned off. Unplugging the power strips, the phone cords or even some of your appliances you aren't using will help to conserve energy. That's good for the environment and you.

Use reusable bags at the store

Stock up on reusable bags for shopping trips or ask for paper instead. This keeps plastic bags out of landfills. Paper bags are usually made out of recycled paper so make sure to keep it going and recycle them when you get home too.

Use non-toxic cleaners

Nowadays there are many non-toxic cleaners on the market for you to pick from, or you can also make your own. Non-toxic cleaners are not only better for the environment, but they are better for your family.

Go car-free

This one is challenging for some people. However, you can make the pledge with your family to go without using the car for one day a month or one day a week. Perhaps walk to and from school each day/more often. Every little bit helps.

Recycle old mobile phones

How many old mobile phones do you have sitting around? Recycling them helps to prevent air and water pollution that occurs during manufacturing. The materials, including the plastic components, can also be used to make jewelry, other electronics and in automotive manufacturing.

Replace regular lightbulbs with Energy Efficient Light Bulbs

Eat sustainable food

Eating organic, sustainable food is a choice a lot of people are making now, but it's one small way that you and your family can help the planet every day. Since our resources are not unlimited, making sure your food is sustainable is a wise choice not only for the planet, but for everyone.

Buy clothing made from sustainable, natural materials

Last but not least, there are a lot of manufacturers out there now that are making clothing from sustainable, natural materials. They are a bit more expensive than a traditional, polyester shirt but you'll feel the different in the quality.

Video Links:

<https://www.youtube.com/watch?v=s39DjCdseAA>

https://www.youtube.com/watch?v=X2YqM1Zw4_E

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