



FOR KIDS OF ALL AGES

ECO FRIENDLY PRACTICES

✦ *Small but Powerful* ✦



Save Energy



Zero Waste



Plant & Protect

18

Eco Actions



Reduce &
Reuse



Grow Green

1



Car Pooling & Green Transport

1



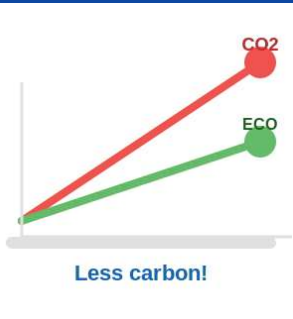
Share a ride!

SHARE RIDES

4 friends in 1 car =
3 fewer cars on road!

✓ You can do
it!

2



Less carbon!

LESS CARBON

Car pooling cuts
CO2 emissions by
75%!

✓ You can do
it!

3



Less traffic!

LESS TRAFFIC

Fewer cars = less
jams & cleaner air!

✓ You can do
it!

4



Cycle to school!

CYCLE TO SCHOOL

Cycling is zero
emission & great fun!

✓ You can do
it!

5



Take the bus!

TAKE THE BUS

Public transport is
the greenest choice!

✓ You can do
it!



If every school family carpooled, we'd remove thousands of cars from roads daily!

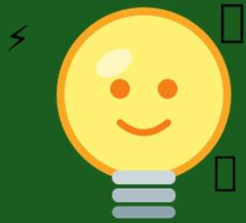
2



SAVE ELECTRICITY — at School & Home



1

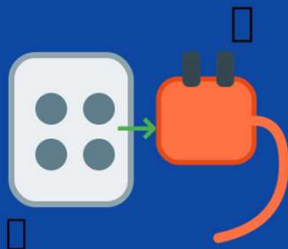


Switch OFF lights

when leaving a room

✓ You can do it!

2



UNPLUG chargers

when not in use

✓ You can do it!

3

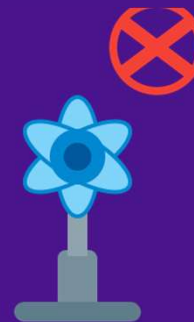


USE natural sunlight

instead of bulbs

✓ You can do it!

4



TURN OFF fans & ACs

when windows are open

✓ You can do it!

5



REPORT broken lights

— tell a Teacher!

✓ You can do it!



Every small action YOU take helps save our planet!



3



Avoid Food Waste

1



Small portion!

TAKE LESS

Serve a small portion first — top up later!

✓ You can do it!

2



Clean plate!

FINISH YOUR PLATE

Every bite counts — eat what you take!

✓ You can do it!

3



Compost it!

COMPOST IT

Leftover scraps feed your garden!

✓ You can do it!

4



Share extras!

SHARE EXTRA

Give surplus food to someone in need

✓ You can do it!

5



Plan meals!

PLAN MEALS

Shop smart — buy only what you need

✓ You can do it!



1/3 of all food produced globally is wasted — let's change that!

4



Pack Waste-Free Lunches

1



No Foil!

NO FOIL

Aluminium foil is not recyclable easily

✓ You can do it!

2



No Plastic Wrap!

NO CLING FILM

Plastic wrap takes 400 years to break down

✓ You can do it!

3



Steel Tiffin!

USE A TIFFIN

Steel tiffin boxes last a lifetime!

✓ You can do it!

4



Your Bottle!

WATER BOTTLE

Carry your own bottle – skip the plastic!

✓ You can do it!

5



Cloth Bag!

CLOTH BAG

Pack lunch in a fabric drawstring bag

✓ You can do it!



A waste-free lunchbox = zero plastic in landfill every single school day!

5



Carry a Zero-Waste Kit

1



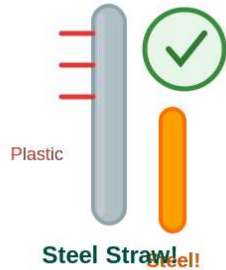
Cloth Napkin!

CLOTH NAPKIN

Replace tissues with a reusable cloth napkin

✓ You can do it!

2



Steel Straw!

STEEL STRAW

500M plastic straws used daily worldwide!

✓ You can do it!

3



Refill Bottle!

YOUR BOTTLE

Refill, don't buy plastic bottles

✓ You can do it!

4



Cloth Bag!

CLOTH BAG

Always have one in your backpack!

✓ You can do it!

5



No Plastic!

SAY NO!

Refuse single-use plastic every time

✓ You can do it!



8 million tonnes of plastic enter our oceans every year — your kit helps stop it!

6



Avoid Wet Wipes

1



Contains plastic!

PLASTIC FIBRES

Most wet wipes contain micro-plastic!

✓ You can do it!

2



Won't biodegrade!

WON'T BIODEGRADE

They last 100+ years in landfill

✓ You can do it!

3



Use a cloth!

DAMP CLOTH

A wet cloth does the same job – better!

✓ You can do it!

4



Handkerchief!

USE A HANKY

Carry a handkerchief – wash & reuse!

✓ You can do it!

5



Safer for skin!

SAFER FOR SKIN

Cloth is gentler and chemical-free

✓ You can do it!



Switching from wipes to cloth saves ~1,000 wipes per child per year!

7



Carry Cloth Bags for Shopping

1



No Plastic Bags!

SAY NO TO PLASTIC

Plastic bags take
1000 years to
decompose

✓ You can do
it!

2



Always carry one!

ALWAYS CARRY ONE

Keep a bag folded
in your school bag!

✓ You can do
it!

3



Cotton Bag!

COTTON OR JUTE

One cotton bag
replaces
700 plastic bags!

✓ You can do
it!

4



Reuse 100 Times!

REUSE 100X

The more you reuse
the greener you are!

✓ You can do
it!

5



Tell your family!

TELL YOUR FAMILY

Spread the habit
at home too!

✓ You can do
it!



5 trillion plastic bags are used worldwide every year – be the change!

8



Use Both Sides of Paper

1



Both sides!

BOTH SIDES

Use front & back before recycling!

✓ You can do it!

2



Reuse scraps!

REUSE SCRAPS

Old papers make great note pads!

✓ You can do it!

3



Think before print!

THINK BEFORE

Do you really need to print this?

✓ You can do it!

4



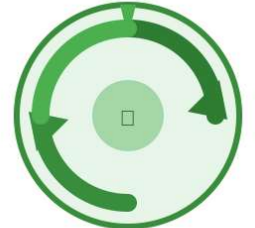
Save a tree!

SAVE A TREE

17 trees saved per ton of recycled paper!

✓ You can do it!

5



Recycle paper!

RECYCLE PAPER

Put paper in the blue bin always!

✓ You can do it!



The average student uses 500 sheets of paper per year – let's cut that in half!

9



Eco Bricks — Plastic into Building Blocks

1



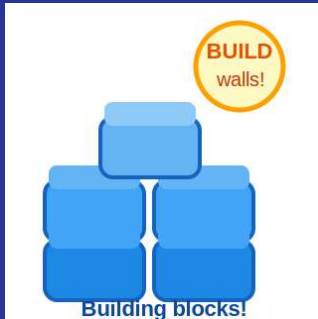
Stuff plastics in!

STUFF PLASTICS

Pack soft plastics tightly inside bottles

✓ You can do it!

2



Building blocks!

BUILD WALLS

Eco bricks form strong, solid walls!

✓ You can do it!

3



Eco benches!

MAKE BENCHES

School gardens get new eco-friendly seats!

✓ You can do it!

4



Out of landfill!

OUT OF LANDFILL

Plastic stays out of soil & oceans!

✓ You can do it!

5



Classroom fun!

CLASS PROJECT

Fun team activity for your whole classroom!

✓ You can do it!



One 1.5L bottle stuffed with plastic = one eco brick that never rots!

10



Recycled Waste Art — Turn Trash into Treasure

1



Newspaper art!

NEWSPAPER ART

Origami, papier-mâché & collage!

✓ You can do it!

2



Bottle planter!

BOTTLE PLANTERS

Old bottles become gorgeous plant pots!

✓ You can do it!

3



Art exhibition!

ART EXHIBITION

Display your work at a school show!

✓ You can do it!

4



Can planter!

CAN PLANTERS

Tin cans make colorful mini-gardens!

✓ You can do it!

5



Trash = Treasure!

TRASH = TREASURE

Every piece of junk can become art!

✓ You can do it!



Upcycling saves energy and keeps waste out of landfill — and it's FUN!

11



Repair Before Replace

1



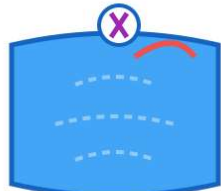
Fix broken toys!

FIX TOYS

Glue, tape & a little love fixes most toys!

✓ You can do it!

2



Sew & fix bags!

SEW & STITCH

A torn bag or shirt can be fixed in minutes!

✓ You can do it!

3



Less manufacture!

LESS WASTE

Every repair means one less item in landfill

✓ You can do it!

4



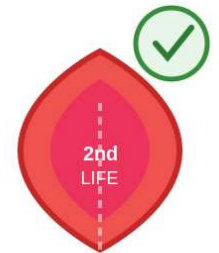
Saves money!

SAVE MONEY

Fixing costs less than buying new!

✓ You can do it!

5



Second life!

SECOND LIFE

Give your things another chance!

✓ You can do it!



Manufacturing new items uses 10x more energy than repairing old ones!

12



3-Bin System in Classrooms

1



Green Bin!

GREEN BIN

Wet & organic waste
food scraps & leaves

✓ You can do
it!

2



Blue Bin!

BLUE BIN

Dry & recyclable
paper, plastic, cans

✓ You can do
it!

3



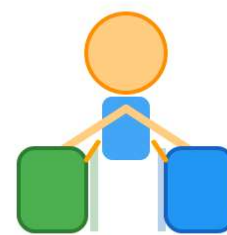
Red Bin!

RED BIN

Hazardous waste
batteries, e-waste

✓ You can do
it!

4



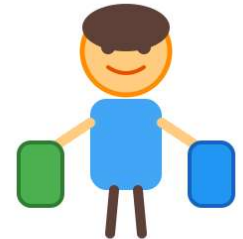
Segregate waste!

SEGREGATE!

Sort at source —
not at the dump!

✓ You can do
it!

5



Your duty!

YOUR DUTY

Every student keeps
classroom bins
sorted!

✓ You can do
it!



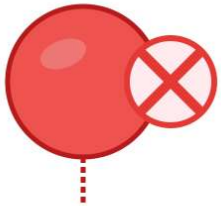
Proper waste segregation can recycle up to 80% of what we throw away!

13



Celebrate Sustainably

1



No balloons!

NO BALLOONS

Balloons harm wildlife & take years to degrade

✓ You can do it!

2



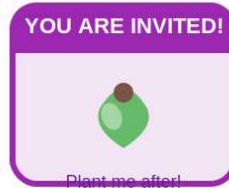
Fabric bunting!

FABRIC BUNTING

Reuse colourful cloth bunting every party!

✓ You can do it!

3



Seed paper invite!

SEED INVITES

Paper that grows into flowers when planted!

✓ You can do it!

4



Reuse tableware!

REUSE CROCKERY

Use real plates & cups – not throwaway!

✓ You can do it!

5



Plant a tree!

PLANT A TREE

Best birthday gift you can give the Earth!

✓ You can do it!



A sustainable party is just as fun – and the planet says THANK YOU!

14



Eco-Friendly Gifts

1



No plastic wrap!

NO PLASTIC WRAP

Plastic wrapping ends up in landfill instantly

✓ You can do it!

2



Newspaper wrap!

NEWSPAPER WRAP

Wrap gifts in old newspaper – creative & eco!

✓ You can do it!

3



Homemade gift!

HOMEMADE GIFTS

Handmade gifts carry extra love & care!

✓ You can do it!

4



Gift a plant!

GIFT A PLANT

A seedling that grows is a gift that lasts!

✓ You can do it!

5



Gift an experience!

EXPERIENCES

A trip, a class, a day out – memories not stuff!

✓ You can do it!



Wrapping paper creates 4 million tonnes of waste every Christmas alone!

15



Organise Swap Days

1



Swap books!

SWAP BOOKS

Trade stories with a friend – read double!

✓ You can do it!

2



Swap toys!

SWAP TOYS

Your old toy could be someone's new treasure!

✓ You can do it!

3



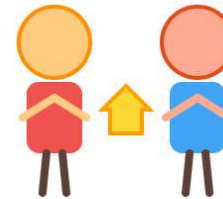
Less buying!

LESS BUYING

Every swap = one less item manufactured!

✓ You can do it!

4



Make friends!

MAKE FRIENDS

Swap days are great for meeting new people!

✓ You can do it!

5



Monthly event!

MONTHLY EVENT

Make it a regular classroom tradition!

✓ You can do it!



One swap = one item saved from being thrown away. Do 10 swaps = save 10 items!

16



Start Bird Feeding Habits

1



Bird feeder!

SET UP A FEEDER

Hang a wooden feeder in your garden or window

✓ You can do it!

2



Fresh water!

FRESH WATER

Birds need water daily – change it every day!

✓ You can do it!

3



Identify birds!

IDENTIFY BIRDS

Keep a field guide & spot local species!

✓ You can do it!

4



Build empathy!

BUILD EMPATHY

Caring for birds teaches kindness to all life!

✓ You can do it!

5



Natural seeds!

NATURAL SEEDS

Use seeds & grains not processed junk food!

✓ You can do it!



1 in 8 bird species is threatened with extinction – your feeder makes a difference!

17



Plant Trees on Special Occasions

1



Plant on b'day!

ON YOUR BIRTHDAY

Plant a tree & watch it grow with you!

✓ You can do it!

2



Adopt a sapling!

ADOPT A SAPLING

Visit your tree, water it & give it a name!

✓ You can do it!

3



One child, one tree!

ONE CHILD = 1 TREE

Make the pledge: one tree per student!

✓ You can do it!

4



Track growth!

TRACK GROWTH

Keep a diary of your tree's growth journey!

✓ You can do it!

5



Trees = oxygen!

TREES = LIFE

One tree gives oxygen for 4 people per year!

✓ You can do it!



A tree planted today will provide shade, oxygen & a home for birds for 100+ years!

18



Bio-Enzyme — Nature's Cleaning Magic

1



Citrus peels!

CITRUS PEELS

Orange & lemon
peels
+ sugar + water =
magic!

✓ You can do
it!

2



Natural cleaner!

NATURAL CLEANER

Cleans floors, sinks
& countertops
perfectly!

✓ You can do
it!

3



No harsh chemicals!

NO HARSH CHEMS

Chemical-free &
safe for the whole
family!

✓ You can do
it!

4



Kids can make it!

KIDS CAN MAKE IT

Easy 3-ingredient
recipe — try it at
home!

✓ You can do
it!

5



Good for plants!

GOOD FOR PLANTS

Diluted bio-enzyme
is a great fertiliser!

✓ You can do
it!



Bio-enzyme takes 3 months to ferment — start yours today!

The background of the image is a photograph of a forest. The left half of the image is darkened with a green tint, serving as a backdrop for the text. The right half shows a clearer view of the forest, with tall, slender trees and sunlight filtering through the green foliage, creating a dappled light effect on the forest floor.

THANK YOU

PSG, PUNJAB