

# MY 7-DAY



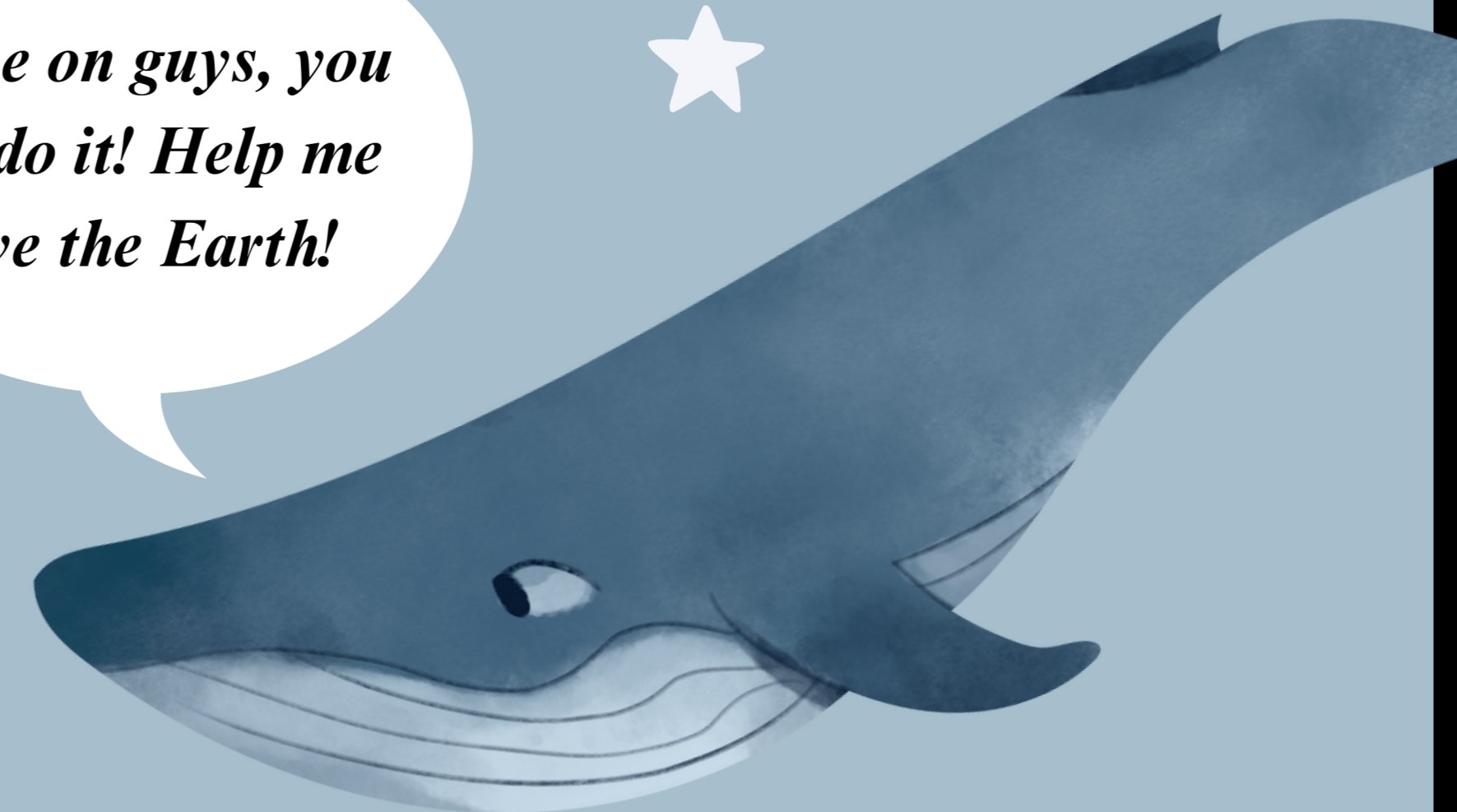
## Climate Change



## CHALLENGE

Just like the Humpback whale, we can also take on the challenge of climate change by changing simple things in our lives. Let's see how many you can achieve.

*Come on guys, you can do it! Help me save the Earth!*



Turn off all lights if you are not in the room and inform others to do the same.

Plant a seed or a tree everyday for 7 days. Each plant that grows absorbs CO2 and cools the Earth.

★ Rummage through your wardrobe and recycle any clothes that you have not worn for a while.

Try to walk or take a bike to school everyday this week. Or at least share a ride with a friend

Tell people about the humpback whale and how it absorbs CO2 as it lives.

Try to eat 20 different vegetables or fruits this week and have no meat at least 1 day.

Recycle all of the waste paper in your house or school garbage bin. Paper is trees and trees keep us cool.

Each night this week, make sure that no technology is left on in your school or house overnight.

Have a conversation with your family about where your energy comes from.