

ENDING GLOBAL WARMING STARTS WITH YOU!

It's easy to make changes in your own life to fight global warming. Grab a friend or sibling (or two!) and try out this game to see who can cut down on his or her carbon footprint the most. Spend the next 10 days doing as many of the items on this checklist as you can, and put a tally under your name as you do them. The person with the most tallies at the end wins! Hint: Items marked with an asterisk (*) can be done more than once during the week, like cooking a vegetarian meal or riding your bike instead of taking the car.

ACTION	NAME	NAME	NAME	NAME
Unplug chargers and video games when not in use every day.				
Talk to your family about switching to renewable energy sources, like solar panels.				
Calculate your carbon footprint on the EPA website.				
Cook a vegan meal with your family.*				
Ride your bike instead of the car.*				
Take the bus instead of the car.*				
Cut 10 minutes off your shower.*				
Check all the faucets and toilets in your home for leaks.				
Recycle all your plastics, glass, and paper.				
Bring reusable shopping bags on your next outing.*				
Give a presentation to your classmates on global warming.				
Buy food from a local farmers' market.*				
Shop at a thrift store if you need new clothes.				
Carpool for any long-distance trips.*				
Turn off the water while brushing your teeth every day.				
Turn off the lights every time you leave a room.				
Replace the light bulbs in your home with fluorescent bulbs.				
Use cold water for your laundry instead of hot.*				