



# My nature connection

## SUSTAINABILITY

GRADES: K-5  
TIME: 30 min

### WHAT IS SUSTAINABILITY?

Sustainability may seem like a complicated word, but taking steps to practice it can be quite simple! Sustainability is all about understanding the ways that your individual choices impact the environment around you and making small changes to help your community be healthier for all.

### HOW IT WORKS...

Almost everything that we do takes energy and resources. Often times, when walking into a room, you turn on a light that is powered by electricity. When driving to the store, the vehicle you ride in may be powered by gasoline. When you buy something, it is often wrapped in a resource, whether it's plastic, paper, aluminum, etc.

All of these things produce waste, and too much waste can be harmful to our environments. As individuals, we can take action steps every day to practice sustainability and reduce the waste we create. The pictures on the right show some of the ways we practice sustainability at Camp Fire! Growing our own food in the garden has helped reduce waste that comes with food bought in a grocery store, and recycling helps reduce the amount of materials that often times end up in landfills.

Start by becoming mindful of the materials that you use.

### WHAT YOU'LL NEED

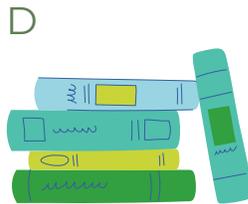
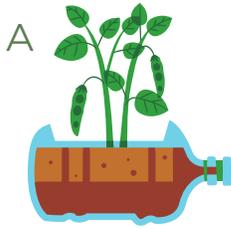
- Printout of this lesson
- Pen or pencil

### SUSTAINABILITY AT CAMP FIRE



## ACTIVITY

Can you match the pictures below with different ways to be a more sustainable individual?



1. \_\_\_ Pick up litter when you find it on the ground. This helps keep the earth a cleaner and safer home for all living things!
2. \_\_\_ Play with family and friends outside! Discovering a love for the outdoors helps us be better caretakers and is really good for your body.
3. \_\_\_ Read books from the public library or a "Little Free Library" rather than buying a new book.
4. \_\_\_ Human powered transportation! Walking or riding a bike, skateboard, scooter, etc. rather than driving a car is a great way to cut back on air pollution and get exercise.
5. \_\_\_ Use a reusable water bottle rather than buying plastic bottles.
6. \_\_\_ Turn the lights off when you leave a room. This helps to minimize the resources needed to power electricity.
7. \_\_\_ Plant something with a family member or friend and take care of it. Plants provide the earth with clean oxygen and can also be edible depending on what you plant.
8. \_\_\_ Reuse plastic bottles for a craft and as another household item like a planting pot. Finding creative ways to recycle things in your life can be fun!

Now that you've seen some of the ways to be a sustainable person, commit to practicing a couple of these, or come up with your own.



# SUSTAINABILITY CHAMPION PLEDGE



My pledge to practice sustainability!

I, \_\_\_\_\_, pledge to be a sustainability champion for the environment by practicing sustainability every day. I plan to take the following action steps:

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Practicing these daily changes will help me to be mindful of the resources I use and take care of the earth!

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Keep this somewhere that will help remind you of your daily pledge.

## ADDITIONAL RESOURCES

Crafting with plastic bottles:  
<https://www.creativechild.com/articles/view/23-water-bottle-crafts>



Activity Answers: (1)C (2)F (3)D (4)H (5)G (6)E (7)B (8)A