

Being Green



GEORGIAN BAY
BIOSPHERE
MNIDOO GAMII

As Kids in the Biosphere, we know that you have a keen interest in learning about, exploring, and protecting the environment! When we make more environmentally friendly choices, sometimes called 'green' choices, we help the planet and ourselves. Some of the most helpful things we can do for our planet start at home!

English: *Green*
French: *Vert*
Ojibwe: *Ozhaawashko*

Activity 1. Natural Recipes

What comes to mind when you think of pollution? Probably not your shampoo, soap, or toothpaste. But some of the chemicals found in personal care products are not pretty. Read the ingredients list on several of your personal care products. How many words are difficult to pronounce?



When we use products made with harmful ingredients, they are washed down the drain into our wastewater. Water treatment plants cannot remove many chemicals, so they end up in lakes, streams, and Georgian Bay. Chemicals build up in the water because they don't decompose quickly and become dangerous for wildlife.

Check out other great recipes at www.organic-beauty-recipes.com!

Allergy Alert! Check with a parent or guardian before using any ingredient listed below.

Homemade Shampoo

Use once a week or as often as you like.

3/4 cup distilled water
2 bags black tea

Boil water and make tea.
Set aside to cool. In another bowl, add:

1/4 cup liquid castile soap (*any type: lavender, orange, unscented*)
1/2 tsp. salt
1 tbsp. aloe gel (*optional*)

Add tea to soap and salt. Stir. Store in pump or squeeze bottle. The mixture will separate, so mix again before each use.

Lip Balm

Ask an adult for help with the double boiler.

1/2 cup olive oil
2 tbsp. grated beeswax
1/2 tsp. local liquid honey
5 drops essential oil such as mint, grapefruit, lemon, or lime (*optional*)

Add first 3 ingredients to the top bowl of the double boiler. Bring water to a boil. Once the beeswax is melted, remove bowl from heat. Add any essential oils now. Let mixture cool then store in a covered container. Depending on your desired consistency, you may need to adjust the amount of beeswax.

Homemade Toothpaste

This all natural toothpaste is easy to make!

3 tbsp. baking soda
1/2 tsp. table salt
1 tbsp. vegetable glycerin (*found at health food and organic grocery stores*)
3 drops peppermint or spearmint essential oil (*optional*)

Mix all ingredients together in a small bowl until it makes a paste. Store it in a covered container.

Activity 2. Spread the Word about Plastics

Plastic pollution is harming our health and the environment. Plastics take 1,000 or more years to decompose. It is so important to reduce plastic pollution by choosing reusable items!

Come up with a catchy slogan or image and use it to decorate a reusable shopping bag! Take it one step further and record how many times you use this bag. How many times did you avoid using a plastic bag?



Activity 3. Measure Our Ecological Footprint

An Ecological Footprint is a way to measure the amount of resources we use and the impact on the planet. By calculating the amount of water, food, and energy we use as well as our transportation and garbage production, we can figure out how many planet Earths it would take to provide for us if everyone in the world lived the same way.

Complete this easy and interactive Footprint Calculator: www.footprintcalculator.org

How many planet Earths does it take to support your lifestyle? Which activities in your life use the most resources? Which activities would be the hardest and the easiest to change?

Choose one action you can take today to reduce your Footprint. Choose something that will be easy to turn into a regular habit. **Bonus!** Complete the Biosphere's own Carbon Calculator. With the help of an adult, complete the www.gbbr.ca/carbon-calculator.

Activity 4. Lights Out for Electricity

We consume a lot of electricity every day! It is a natural part of our lives today and we likely don't realize how often or how much we use. Challenge yourself and your family to see how long you can go without using electricity - no lights, computers, phones, and more. Track how long you went without electricity and then try and beat your record! Challenge friends and family to beat your time too.

Here are some electricity free activity ideas to get you started. Add your ideas to the list!

- Go outside to explore or hike, or play frisbee, tag, hide and go seek, soccer, catch.
- Card and board games, if it's dark use candles to see.
- At night, look at the stars. With your lights turned off the stars will be brighter than ever!
- Look in your Activity Kit for more activities and crafts.

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NAME	DATE	ELECTRICITY FREE TIME