

10 WAYS TO be Environmentally Friendly

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POCKET READERS

10 WAYS TO - Series Overview

The 10 WAYS TO series provides advice, skills, and strategies to the readers for successfully negotiating different aspects of life. Each book suggests 10 clear, useful ways to the reader. The reader is encouraged to critically reflect on the reading material and their own lives in order to make any changes that would benefit them. The series includes the following.

- 10 ways to achieve work-life balance
- 10 ways to be more productive
- 10 ways to manage money
- 10 ways to be successful in love
- 10 ways to be assertive
- 10 ways to be smart online
- 10 ways to be environmentally friendly
- 10 ways to be healthy
- 10 ways to work in a team
- 10 ways to organize a trip

More titles will appear in the series at a later date.

10 WAYS TO be Environmentally Friendly

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Introduction

What does ‘*environmentally* friendly’ mean? Why is this something we should try to be? Being environmentally friendly means living in a way that does not hurt our *planet*. It means being friendly to the *Earth*. Environmentally friendly people make choices about what they do. They do things that keep the air and water clean. They think about how their choices *impact* other people.

Look around our planet. We can see that there is lots of *trash*. We can see that the roads are full of cars and trucks. We know our water may not be clean for drinking. We know that *pollution* and trash are changing the weather. We buy things every day.

We often buy more things than we need. This means we throw away many things. Making the things we buy causes air and water pollution. And, we create more trash. Also, people in other countries may only get a small amount of money to make the things we want.

Being environmentally friendly means making better choices. These choices make life better for everyone. Now, stop and think for a moment about your life? Do you think about the choices you make every day? Are the choices you make friendly to the environment? Do you want to be more environmentally friendly? Let's look at 10 ways you can do this:

1. Use your car less

Most of us have cars these days. We like to drive them a lot. We can go where we want to. And, we can go when we want to. But, cars cause a lot of air pollution. When you are in your car, look around. How many cars do you see with only one person in them? In some countries, people **carpool**. This means people go to the same place together in one car. For example, workers may go to work in the same car. If four people share one car, that is three cars that are not being used. This helps to **reduce** air pollution. It also reduces the number of cars on the road. This makes travel by road faster and safer.

For short trips, we should think about walking. Walking is good for the environment. And, it is good for our health. Everyone should walk 10,000 steps every day. You can use a special machine to count your steps. Can you walk to school or work? If it is a little far to walk, how about cycling? Bicycles are also good for the environment. They do not cause air pollution.

2. Save water

People need water. Plants, birds, and animals need water, too. We can live for many days without food. We can only live a few days without water. So, water is a very important **resource**. Too many people use too much water. And, we need **energy** to make water clean. It takes energy to get water into our homes. So, we should try to save water. Or, in the future, we might not have enough! What will happen in the future if we do not have water?

In fact, many people in the world do not have enough water now. They think very carefully about how they use water every day. And, we should, too. Think about the many ways you

use water every day. You drink it. You wash your clothes and your dishes with it. You use it when you *flush* the toilet. You use it when you take a bath or a shower. Do you know we use about 40 liters of water for a ten-minute shower? So, how can you save water? Try taking a shower for a shorter time. Put the bath water you use into your washing machine. Use the short flush on your toilet. Don't leave water running. Wash your dishes in a bowl of water. Saving water is very important for all lives. It can also save you money!

Reflection Questions

1. Can you remember the 10 ways to be more environmentally friendly? Test yourself. If you forget any, go back, and read them again.
2. Do you do any of the 10 ways to be more environmentally friendly in your life? If so, which ones do you do?
3. How could you use any of the 10 ways to be more environmentally friendly in your life?
4. What do you think you will do differently in your life after reading this book?
5. Can you think of other ways to be more environmentally friendly?

Vocabulary in Context

1. Environmentally

- Being **environmentally** friendly means living in a way that does not hurt the planet.
- We need clean water and air to live. We must take care of the **environment**.
- Hospitals have a lot of dangerous trash. They must throw it away in an **environmentally** safe way.

2. Planet

- Being environmentally friendly means living in a way that does not hurt our **planet**.
- Do you think there is alien life on other **planets**?
- The **planet** we live on is called Earth.

3. Earth

- It means being friendly to the **Earth**.
- Where we put trash on **Earth** is a problem.
- The **Earth** goes around the sun. It takes one year.

Vocabulary List

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| Environmentally: | (Adverb) about the natural world, the air, the sea and the land. Relating to the things around us. Environment (Noun) is the natural world, the air, the sea, and the land. |
| Planet: | (Noun) A large, round , object in space. Mercury, Mars and Venus are all planets. |
| Earth: | (Noun) The planet we live on. |
| Impact: | (Noun) the influence or affect someone or something can have. The force or power of two things hitting each other. |
| Trash: | (Noun) things that have been thrown away. Things that we do not want or that are not useful anymore. |
| Pollution: | (Noun) something that makes the air or water dirty. Pollute (Verb) is the action of making the air or water dirty. |
| Carpool: | (Verb) when a group of people going to the same place, go together in one person's car. Every day they use a different person's car. |
| Reduce: | (Verb) to make something smaller, or to make something less. |
| Resource/s: | (Noun) something that can be used when it is needed. Resources are useful things we can use. |
| Energy: | (Noun) the power or strength we need to do something. There is the kind of energy that powers our cars and our machines. There is also the energy a person has in their body, to do the things they need to do. |