

Name: _____

Environmental Action Plan

What? *Let's Explore!*

5 things you see



4 things you can touch



3 things you can hear



2 things you can smell

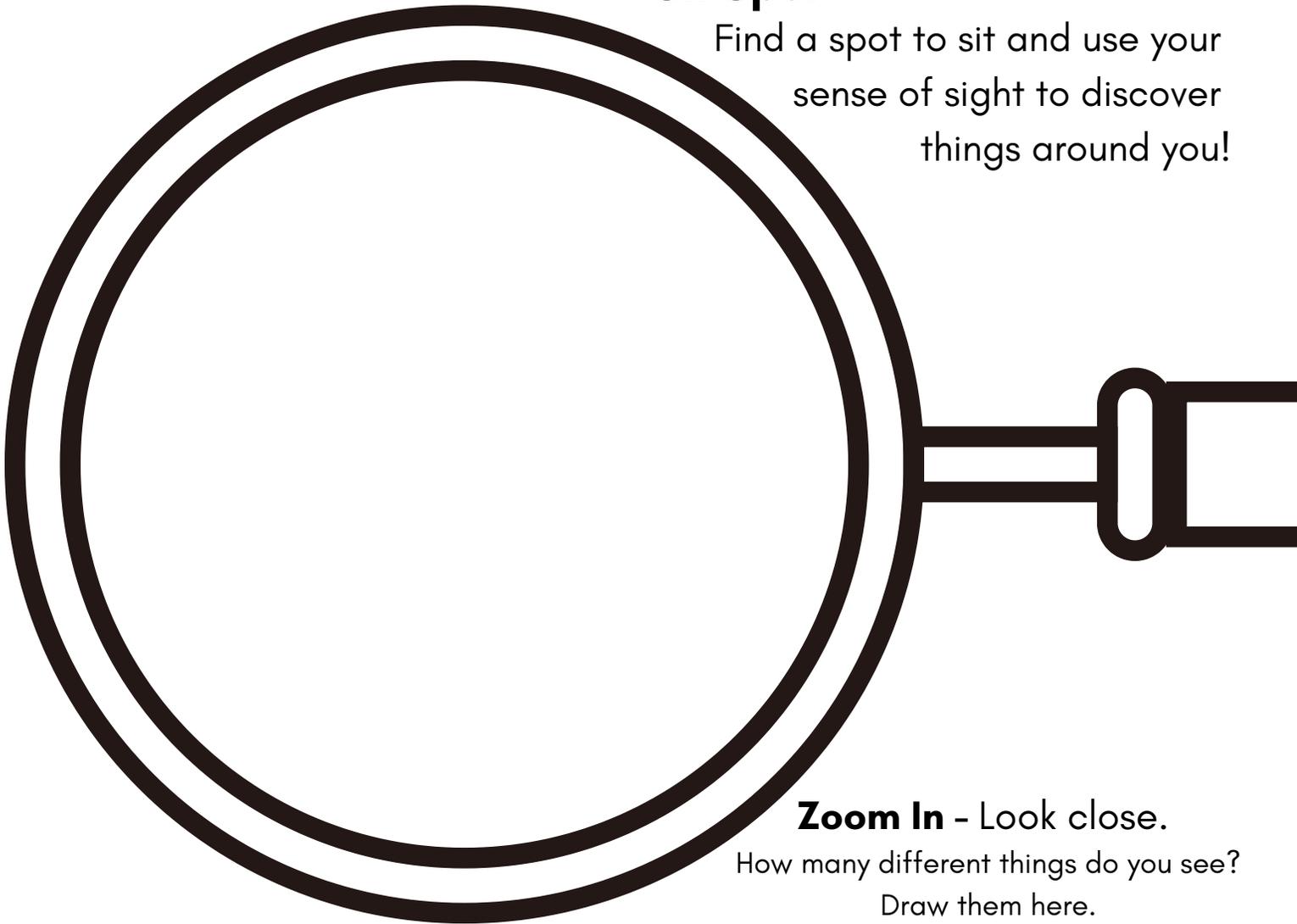


What does the air taste like?



Sit Spot

Find a spot to sit and use your sense of sight to discover things around you!



Zoom In - Look close.

How many different things do you see?
Draw them here.

Zoom Out - Look around you.

Play I Spy with a partner.

So what? *Make connections!*

Name: _____

Nature Journaling Prompts

I notice...

I wonder...

This reminds me of....

Name: _____

Now what? *Take action!*

Select an action from the list below or come up with your own ideas. Work together as a class to promote the environmentally responsible behaviour or make an individual action plan!

Step 1: Choose An Action



Reduce, Reuse, Recycle

Try to use things that can be used more than once, like containers instead of plastic bags in your lunch. Take time to recycle your paper and plastic.



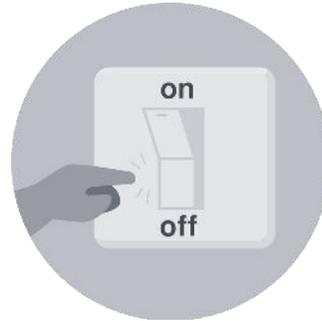
Litter Cleanup

Walk around your neighbourhood or school and pick up garbage. Join the CPAWS Litter Challenge!



Environmental Education

Share what you've learned with others. Teach them about the importance of protecting nature. Visit the CPAWS MB website to learn about our work!



Save Energy

Turn off lights when you leave the room. Open windows and use light from the sun.



Plant a Tree/Native Plants

Plant a tree or some flowers that grow in Manitoba!



Conserve Water

Use less water. Turn off the water when you brush your teeth, and take shorter showers.

Step 2: Track Progress

Use a simple chart or checklist to see how many times you completed the action. Stick a sticker or colour the square each time you do it!

1	2	3	4	5	6
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7	8	9	10	11	12
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Step 3: Reflect

Draw or write about your relationship with nature. Use the following questions to help you!

What do you love about nature? Why is it important to protect the environment?

How does it feel to help nature?

Now what? *Take action!*

Name: _____

Step 1: Choose an Action

Select an action from the list below or come up with your own ideas!

- Reduce, Reuse, Recycle: Reducing waste by using fewer disposable items, reusing what you can, and recycling properly. Say no to single-use plastics like straws and plastic utensils and use reusable bags, bottles, and containers.
- Save Energy: Turn off lights and electronics when not in use, and unplug chargers. Use natural light whenever possible.
- Conserve Water: Be mindful of water use. Tell someone about leaking faucets to get them fixed and limit the time you spend running water.
- Plant a Tree/Native Plants: Participate in, or plan, tree-planting events in your community or plant a tree or native plant species in your yard.
- Wildlife Protection: Learn about local wildlife and how to protect their habitats. Create a bird feeder or insect-friendly garden for local species. Visit the CPAWS MB website to learn about our campaigns!
- Clean-Up Campaign: Organize or participate in a clean-up at a local park, river, beach, or in your schoolyard. Join the CPAWS Litter Challenge!
- Environmental Education: Take on the role of a CPAWS environmental educator and share what you've learned with others. Teach them about the importance of environmental action.
- Reduce Carbon Footprint: Walk, bike, carpool, or use public transport. Encourage adults in your life to do the same!
- Keep Learning: The world always needs new environmental innovations. You could come up with the next scientific, technological, economic, or political solution! Be engaged in your education, learn what you are passionate about, and be a responsible citizen.
- _____

Step 2: Action Details

How does this action help the environment?

Step 3: Track Your Progress

Colour in a square every time you take action or make a step in the right direction!

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You are on your way in turning this environmentally responsible behaviour into a habit!

Step 4: Reflect

What did you achieve with your action?

How did it feel to help nature?

How will you continue to help nature?

Share Your Success!

Share what you learned about the environment with classmates, family, and friends. Encourage them to join you in making a positive impact on the environment!

Submit pictures of the process to CPAWS Manitoba for your chance to win 1 of 3 classroom doughnut parties from Oh Doughnuts! Contest closes May 31, 2024.

To be entered in the EARLY BIRD DRAW enter pictures of Phase 1 of your classroom's outdoor adventure by March 29, 2024!

Remember, even small actions can make a big difference! By following your action plan and making good choices you are helping to create a healthier planet!

