



CHANGE THE WORLD

LUCY BELL

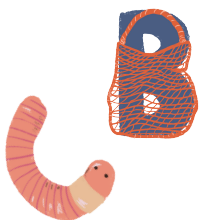
THE
KIDS'
GUIDE TO
A
BETTER
PLANET

ACTIVITY BOOK

THIS
BOOK
BELONGS
TO

ACTIVITY 1: Wordsearch

R	E	U	S	A	B	L	E	M	E	N	K	A	N	B
S	A	V	O	T	O	A	N	I	M	A	L	S	U	E
O	D	L	R	O	W	K	V	S	A	T	R	R	R	A
L	R	E	L	Y	E	H	I	V	H	U	H	E	I	C
A	E	L	C	Y	C	E	R	C	I	R	T	P	V	E
R	U	B	O	X	H	T	O	A	R	E	G	U	N	L
P	T	H	M	D	A	J	N	T	U	W	O	R	E	B
O	S	K	P	S	N	O	M	G	R	O	W	P	P	A
W	L	P	O	H	G	B	E	A	C	H	K	O	L	N
E	N	U	S	I	E	F	N	G	L	S	Y	S	A	I
R	E	S	T	P	N	D	T	U	R	T	L	E	S	A
P	D	R	Z	A	C	T	I	V	I	S	M	A	T	T
F	R	I	E	N	D	L	Y	R	C	F	L	O	I	S
O	A	E	M	K	S	S	E	N	D	N	I	K	C	U
I	G	N	R	L	R	E	H	T	E	G	O	T	U	S



1. REUSABLE
2. ENVIRONMENT
3. TURTLES
4. PLASTIC
5. FRIENDLY
6. RECYCLE
7. ANIMALS
8. KINDNESS
9. GARDEN
10. COMPOST

11. REPURPOSE
12. BEACH
13. SUSTAINABLE
14. SOLAR POWER
15. ACTIVISM
16. NATURE
17. CHANGE
18. WORLD
19. GROW
20. TOGETHER



ACTIVITY 2: For one week, write down everything you use that is made of plastic.



MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

At the end of the week, next to each item write down what you could have done to avoid using it.



ACTIVITY 3: Make your own reusable bag

What you'll need:

- An old T-shirt
- A frying pan or something circular like a bowl
- Scissors
- Needle and thread

What do to:

1. Take an old T-shirt and lay it out flat. Using the base of a frying pan as a guide, measure a large semi-circle at the neck of your shirt. Cut along the line you've measured; this will be the opening for your bag.
2. Next, cut the sleeves off your T-shirt, making sure to leave thick shoulder straps - these will be your handles!
3. Sew along the bottom hem to close your T-shirt.
4. Voila! You now have your own recycled and reusable bag!



ACTIVITY 4: Make a difference

Research an issue that matters to you - this might be climate change, pollution, food waste, renewable energy, water conservation, animal welfare, or a social issue like homelessness or poverty.

List some people or organisations that are fighting for change in this area.

List some of the biggest problems this issue presents.

List some ways that you can help make a difference.

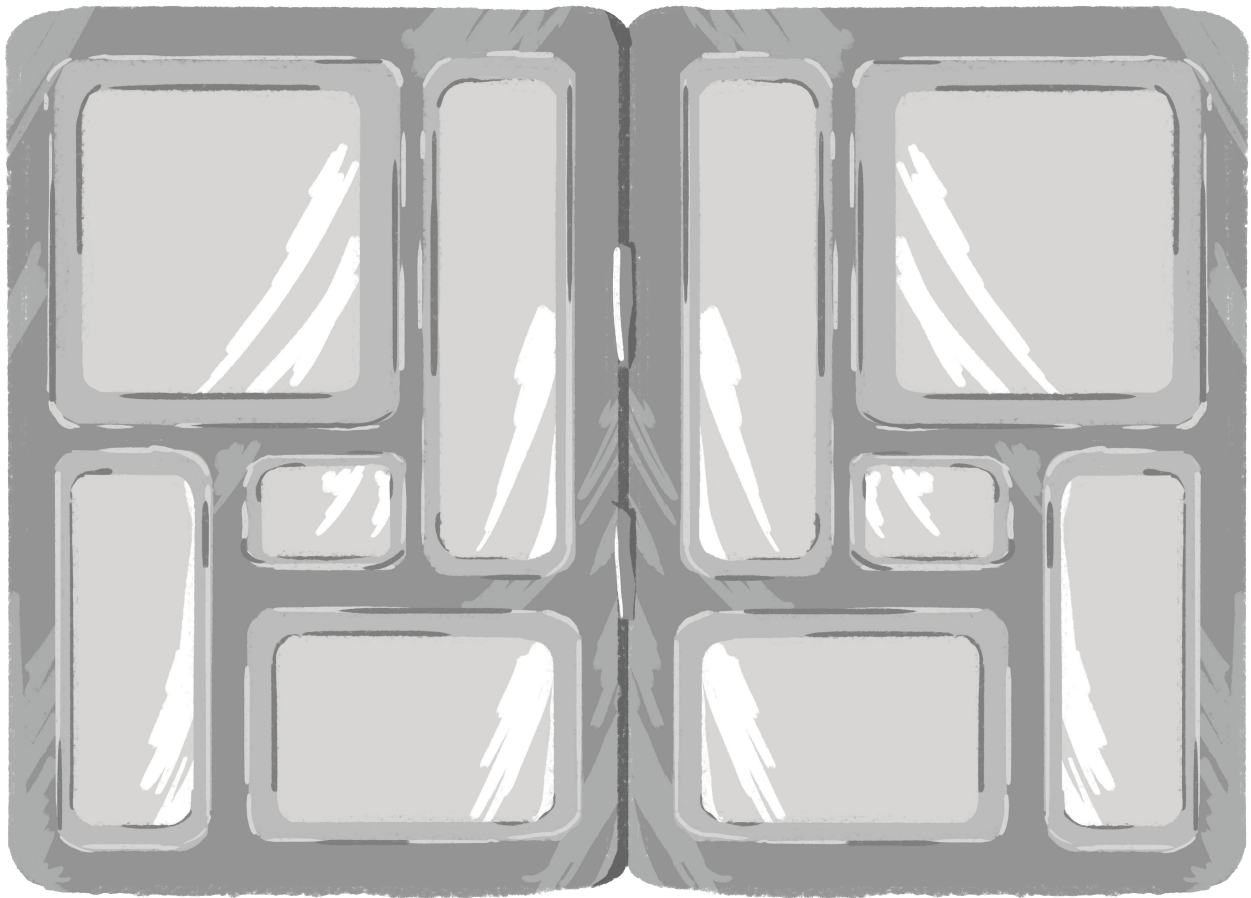


ACTIVITY 5: Colour in a plastic-free lunch

Fill your lunch box with colourful and yummy plastic-free snacks.

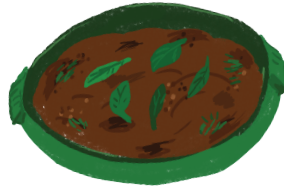
Here are some ideas to get you started:

- Fruit that comes in its own natural packaging, like bananas and apples.
- Homemade muesli bars, biscuits or savoury muffins that haven't come in plastic packaging.
- Nuts that have been bought from a bulk-food store.
- A sandwich made with bread bought from a bakery using your own bag. You could even have a go at making your own bread!



ACTIVITY 6: Compost word scrabble

Unscramble the words below. Hint: they're all things that you can compost!



RUFIT

VETGTEALBES

GGESLLEHS

SHDDREDE APPER

AMBB00 THBRSHUOOT

DOWO & ABMOOB

IRAH

CTTOON

LOOW

SELEAV

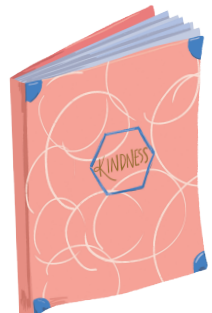
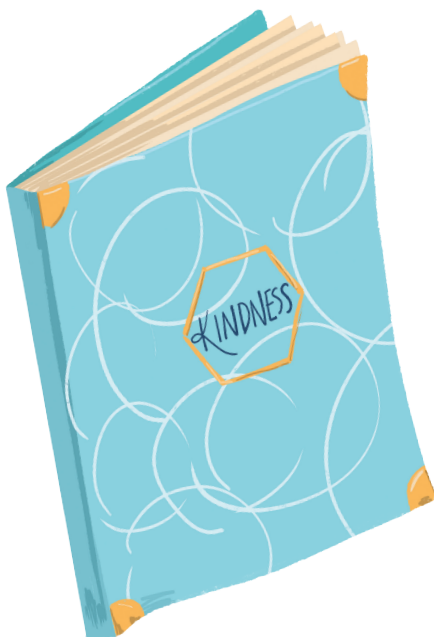
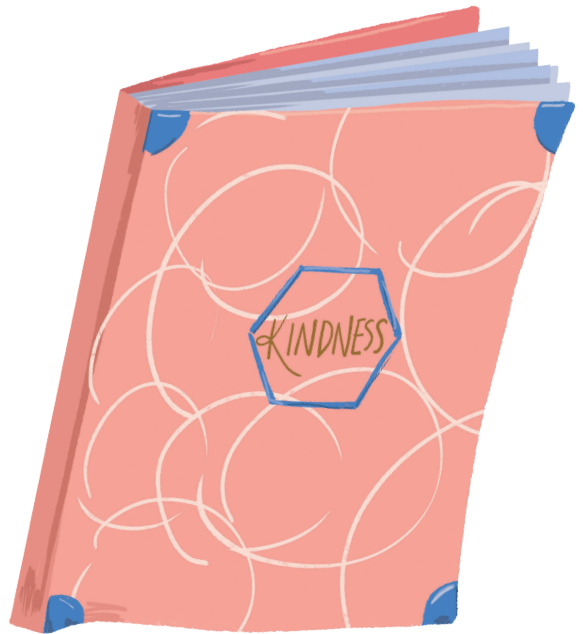
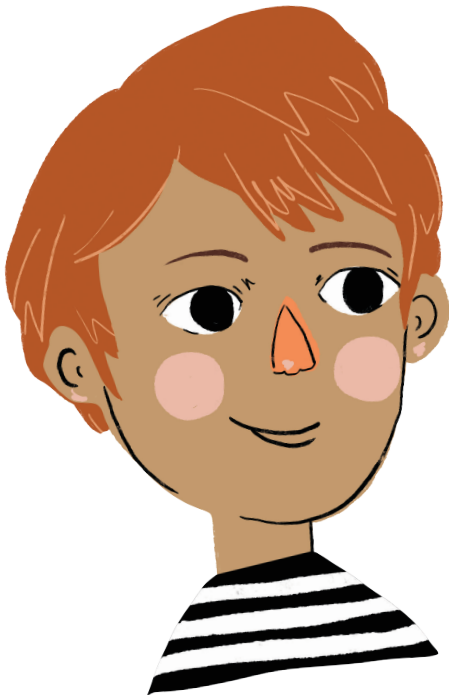
EEOFFC RDOUGNS

EAT GABS



ACTIVITY 7: Kindness journal

Using a spare notebook, your computer, or anything that works for you, start your own kindness journal. At the end of each day, write down one nice thing you did.



ACTIVITY 8: Create your own portrait

Draw a portrait of yourself!



Write a few sentences about yourself and all the ways that you are changing the world.

AVAILABLE NOW

