



Language Arts, Science & Social Studies curriculum  
– can be used with any grade.

# GREEN Schools™

Environment • Energy • Education

# Idea Book



**Over 200 Environmental Action ideas**  
to get your class and your school started!

*Updated Information!*

Provided through the generous support of  
TD Friends of the Environment Foundation

## A Special Thank You!

Since it began in 1990, the TD Friends of the Environment Foundation has proudly supported the efforts of Canadians who are dedicated to the well-being of the environment. Their policy is to support local, community-based environmental activities.

We would like to especially thank TD Friends of the Environment Foundation who, through their many regional chapters across Canada, have generously sponsored all schools in their area.

SEEDS GREEN Schools Program continues to be available to all schools across Canada, largely because of our partnership with TD Friends of the Environment, which we hope will continue for many years to come.





# How to use the Idea Book:

This publication was prepared to provide the reader with a large variety of ideas to help involve students in environmental stewardship in the school, whether it is within the GREEN Schools Program, or for individual classroom use, a leadership class project, students' council theme, environment club, a unit of study on waste, energy, etc. or to celebrate special environmental dates such as Earth Day (April 22nd every year) or Environment Week.





# Contents:

<b>Getting Started and Collecting Rewards .....</b>	<b>1</b>
<b>Hot 100 Eco Challenge Activities .....</b>	<b>3</b>
<b>Focused Environmental Action Ideas .....</b>	<b>7</b>
<b>Grade Specific Action Suggestions .....</b>	<b>21</b>
<b>Middle/Junior High/High School Programs .....</b>	<b>27</b>
<b>Enviro Resources .....</b>	<b>32</b>
<b>Enviro Webography .....</b>	<b>33</b>
<b>SEEDS Program Summary .....</b>	<b>34</b>

# GREEN Schools Program

- ✓ Receive **free rewards** for your school's environmental actions
- ✓ In over **6,000** schools across **Canada**
- ✓ Over **1,000,000** environmental projects completed
- ✓ **Easy to implement**

This program is easy and exciting! Your school is probably already very active in taking environmental action. The GREEN Schools Program provides recognition and focus for that effort.

Any actions generated by a school's participation in the environmental initiatives of other environmental organizations can be counted towards the GREEN Schools program status goals.

This program encourages students to be environmentally responsible and to take personal action at school and with their families. Classes undertake projects to communicate about or enhance the environment. Classes then log project results and report them to SEEDS.

**It is not necessary to send in your project log, but when you notify SEEDS of your action totals we send you:**

<b>100 actions</b>	<b>GREEN Status</b>	<b>Receive GREEN Schools Banner</b>
<b>250 actions</b>	<b>Jade Status</b>	<b>Receive Jade Badge</b>
<b>500 actions</b>	<b>Emerald Status</b>	<b>Receive Emerald Badge</b>
<b>1000 actions</b>	<b>Earth Status</b>	<b>Receive Earth School Banner</b>
<b>2000 actions</b>	<b>Earth II Status</b>	<b>Receive Earth II Badge</b>
<b>3000 actions</b>	<b>Earth III Status</b>	<b>Receive Earth III Badge</b>
<b>...Unlimited actions</b>		

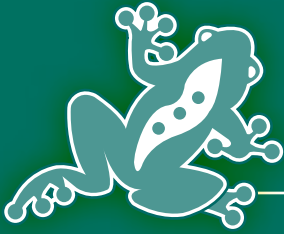
## **Free Celebration CDs**

Available to schools to help them plan celebrations around their environmental action milestones when they reach a particular level such as when celebrating Earth Status.

**To update your GREEN Schools Level and start collecting rewards contact SEEDS at:**

Email: [seeds@telusplanet.net](mailto:seeds@telusplanet.net)

Toll free: 800-661-8751 Fax: 403-221-0876



# It's easy to be green...

The objective in the GREEN Schools program is to complete 100 and more environmental projects. Most projects recorded are actually very simple!

The following is a list of ideas for 100 environmental projects. This list is not necessarily representative nor is it prescriptive. Every school is encouraged to approach environmental stewardship in their own unique ways, so the variety in projects seems endless. You'll note that some projects are counted 2 or 3 times; this is because the project is done by different classrooms so it counts for each class.

We consider a project to be an environmental initiative conducted by a "group" of students. Accordingly, a "classroom" project would constitute one project. However, if the entire school consisting of five classrooms completed the same project, it would count as five projects.

Consider a mix of projects:

- "enhancement" of existing environment projects,
- "wise use" of the resources projects, and
- "communication" about the environment projects.

# 100 Eco-Challenge Activities

1. Reusable bottles for drinks
2. Composting
3. Garden clean-up
4. Parks clean-up
5. Garbage clean-up of neighbourhood
6. Recycle milk containers and juice containers
7. Teaching parents about the Yellow Fish Road project
8. Teaching little buddies about the drains
9. Vermi-composter
10. Garbage audit
11. Reusable bottles at paint centre
12. Study of nature reports displayed in hallway (butterflies and wasp nest)
13. Leaves clean-up for composting
14. Reusable party glasses
15. Environmental raps at assembly
16. Plant trees from seedlings
17. Sale of litterless lunch bags
18. Energy saver signs
19. Awards/recognition for environment club
20. Recycling newspapers
21. Collect coats for the homeless
22. Animal sculptures from boxes
23. Milk carton robots
24. Transplanting tree seedlings from yogurt containers
25. Participate in the SEEDS Bird Challenge
26. Pamphlets to advertise garbageless lunch day
27. Letter to company regarding recycling
28. Recycle large furniture box for display
29. Saving plants from gardens/patios to enhance classroom
30. Environment banners displayed
31. Writing/publishing poems about helping our environment - Living Lightly
32. Enviro Wheel game construction
33. Recycle coat hangers at a local dry-cleaner
34. Envelope reused each week for home communication

# 100 Eco-Challenge

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35. Reuse plastic containers for other tasks
36. Recycle bread tags for counters
37. Reusing bottles, buttons, keys, lids, caps for manipulatives
38. Sponsor litterless lunch days
39. Reuse cardboard boxes with lids for storing units of study
40. Use soup cans for pencil holders
41. Reuse margarine containers for organizing materials
42. Kindergarten have total participation in garbageless snacks
43. Kindergarten learned 3 Earth songs and a choral speech for Assembly
44. Write REUSE on things so people get the idea
45. Reuse old bottle caps for sorting and counting activities
46. Conserve energy signs on equipment so we remember to turn them off
47. Newsletter about Idle-Free campaign (to encourage cars to turn off engines when waiting to pick up students in front of the school)
48. Using both sides of the paper
49. Milk cartons reused in Art class
50. Recycle large juice cans as activity holders
51. Quilted pin cushion made from scrap materials
52. Reuse old detergent boxes for theme holders
53. Letter writing to company about packaging
54. Operate only full loads of dishes or clothes to save water
55. Letter to the Mayor about park clean-up
56. Reusing plastic and cardboard food labels for Money Math
57. Letter to the Public Works Department suggesting how to keep our parks
58. Letter to Vice Principal with a plan to have our yard tidied
59. Wallpaper booklets from old wallpaper sample books
60. Recycled math games
61. Recycling cardboard boxes for picture frames
62. Using an assortment of disposable material for art
63. A recycled town made from math geometric shapes
64. Reuse aluminum dishes to catch water from plants
65. Plant seeds to grow new plants for our gardens
66. A worm study
67. Planning for a wildlife habitat



# Activities Continued...

68. Cans reused for Mother's Day project
69. Calling stores for financial assistance for the habitat
70. Sharing the habitat plans with other classes
71. Feeding the winter birds at bird feeders
72. Cleaning up local waterways
73. Fabric scraps reused for class quilt
74. Class picnic ended by collecting popcans and tabs at the park
75. Painting without brushes by using materials from the environment
76. Planting indoor flowers in our outdoor gardens
77. Reusing old books from home for literature programs
78. Reusing bread bags to pick up after your dog
79. Recycling plastic pill containers for crafts, manipulatives, etc.
80. Made simple bookbags from fabric scraps
81. Recycle old shirts for paint cover-ups
82. Using plastic bottles as cold compresses for injuries
83. Enviro-song written and shared with the school
84. Using old newspapers to make masks
85. Recycling juice tabs to use when making crafts
86. Stuff decorations with newspaper and leaves
87. Convert to rechargeable non-mercury batteries
88. Book exchange
89. Research, planning, making and caring for a terrarium
90. Obtaining new soil and spreading it for the habitat
91. Making papier-mâché hand puppets from old newspapers
92. Blue box set up in lunch room to recycle cans
93. Environmental poster contest
94. Raise and release butterflies
95. Blue box monitors for rooms
96. Caring for classroom plants
97. Adopting an endangered species
98. Collect rainwater for indoor plants
99. Garbage pick-up on playground glued onto large sheet with the word 'Why?' at the top
100. Participate in Earth Day activities

# Keep in touch with us...

Do you have any questions about the GREEN Schools program or the SEEDS Foundation?

Please visit our website for more information at:  
[www.seedsfoundation.ca](http://www.seedsfoundation.ca)

You can also email us with your questions at:  
[seeds@telusplanet.net](mailto:seeds@telusplanet.net)

Phone toll free: (800) 661-8751

Phone local: (403) 221-0884

Fax us your ideas at: (403) 221-0876

# Enviro – Fair

## ENVIRONMENTAL ACTION IDEAS

In an attempt to extend the usefulness of various items, in line with a more sustainable approach to the use of resources, students offer opportunities to exchange toys, games, books, or ideas.



- An **enviro-fair** could be held in the gymnasium or some other large area of the school with the main purpose to provide students a chance to extend the useful life of things that they may own but no longer use.
- Students could organize a **green classroom garage sale event**. Other classes are invited to attend to look over materials. It could be a fund-raiser.
- Students could bring in books for a **book exchange** or **book sale**.
- Students could bring in toys or games to sell, barter or donate to an **enviro-fundraising project** undertaken by the school, the class or the environmental club.
- Create a **musical performance** using only natural materials.
- Host an **Earth Fair** that displays all the environmental projects carried out by students throughout the year.

# Hallway Actions

## ENVIRONMENTAL ACTION IDEAS

The hallways in a school provide opportunities for students to exchange information with other students using bulletin boards, table displays, and special showcases.



- **Bulletin boards** can hold all sorts of displays to give focus to a huge array of classroom environmental projects.

Examples include:

- **Artwork** about fall colours, birds, wildlife or any number of other environmental topics.
- **Writing or Poetry** about living things, earth systems or the natural environment.
- **Graphs, charts or other information** on science inquiries or data collected on environmental topics (eg. Amount of electricity used/saved each month, weight of waste generated each lunch hour, etc.)
- **Hallway teaching centres** could be created. After studying a topic thoroughly, students prepare a display on a hallway table or bulletin board (topics like wolves, birds, energy etc.), the objective being to invite small groups of students from lower grades to hear oral presentations conducted by the older students. Reference would be made to the display pictures or table artifacts.
- Organize and host a school **Environmental Art contest**. Display all entries.
- Have students create and display an **Ecological Footprint poster** showing how they are reducing their ecological footprint.

# Enviro – Heros

## ENVIRONMENTAL ACTION IDEAS

**As an environmental communications project, students commend the actions done by others to help motivate further environmental action.**

- **A trophy** (or a number of trophies) could be manufactured out of recyclable materials to reflect the nature of the particular award. For instance, a block of wood with a light bulb mounted on it could be given to a classroom that consistently remembers to shut off lights. A gold-painted broom could be given to a class that carries out a litter clean-up.
- Students in a class prepare a special **school environmental certificate** and seek nominations from the student body for the names of students, community agencies or companies.
- Explore the **work of nature artists/photographers**. (see the Enviro-Webography on page 33)
- Study an environmental hero/heroine. Prepare a short **PowerPoint presentation**.

# Nature Study

## ENVIRONMENTAL ACTION IDEAS

### As an environmental communications project, older students prepare opportunities and materials to work with younger students.



- A class of student ‘naturalists’ prepares a ‘**nature trail**’ involving 10 – 20 stations, each of which is to be attended to by one of them. Younger students are given directions (perhaps a map) showing how they are to move from station to station. They move in groups of two or three at the sound of a whistle (every five minutes). At each station they carry out activities with something found there.
- Students in upper grades put together a hockey bag or some boxes as a **field studies kit** that contains material useful for carrying out nature studies (magnifiers, nets, collection boxes, etc.). They instruct younger students in the use of the various items.
- Have students take a walk in the outdoors in silence focusing on experiences that give them pleasure through each of the five senses.
- Adopt a threatened animal, raise funds to heighten awareness (e.g. Polar Bears, Falcons, Wolves, etc.).
- Have students participate in a trash scavenger hunt or nature scavenger hunt. Give groups or individual students a list and a bag to collect the desired objects. Give a time limit, meeting spot and boundaries.
- Explore your neighbourhood! Have students make a map of their families’ regular stops such as schools, grocery stores, libraries and community centers and find the shortest route between these locations. Have students determine which locations they can walk or ride their bike to.
- Research a watershed near you! Students can build a model of the watershed starting at the headwaters/source.
- Have students use Google Earth to follow the rivers in their watershed.

# Schoolyard Plants

## ENVIRONMENTAL ACTION IDEAS

### Students undertake actions giving focus to school yards and naturalization projects.

- Students **prepare a map** of the school yard and identify the location and names of plants they are able to identify. The map is reproduced and distributed to the other classes in the school.
- Students **prepare areas for planting** shrubs or flowers around the front of the school to attract insect life (butterfly garden, for example) or simply to beautify the school.
- Students **plant trees** in the school yard to attract bird life.
- Students learn to **identify “alien plant species”**.
- Students **water and weed areas** of the school where flowers or shrubs have been planted.
- Students **prepare a pressed leaf collection** of plants found in the schoolyard and then attempt to teach students at lower grade levels how to identify some of the most common plants.

# The Print Media

## ENVIRONMENTAL ACTION IDEAS

**As an environmental communications project, students target the local or community newspaper as a way to communicate with the entire community.**



- A newspaper **reporter is invited** by students to a class to learn about a specific project or action taken by the class that is either well researched or is worthy of a write-up in the newspaper.
- Students draft a **letter to the editor** on an environmental topic.
- Students **visit a local newspaper** to suggest ways to minimize waste or ways that they could make use of some of the reusable paper waste.
- Invite a **reporter to attend a major event** such as an assembly at which the school becomes Green, Jade, Emerald, Earth.
- An **Environmental Newsboard** is created in one of the hallways to receive articles that are found pertaining to the environment. School news items could be written to make up half of the information displayed.



## Projects to get students thinking about the reuse of resources and designing games from reusable materials.

- As a school event, the gymnasium is set up for a **penny-carnival** involving games that involve the reuse of materials. This could be a fund-raising event. Some of the events could include:
  - **Bowling:** pins made from milk cartons taped end to end to give added height – balls made from papier-mâché.
  - **Paper airplane competition:** waste paper provided for students to fold and go for distance or accuracy.
  - **Toss games:** aiming a cardboard box with round holes in the side – scores varying for each hole.
  - **Indoor golf:** three hole course designed using a variety of obstacles made from waste items such as milk cartons, boxes, etc.
- Students are involved in a **design-a-game competition** in which they must use certain waste items such as cereal boxes or milk cartons to come up with a game/task that they have other students try and evaluate.

# Enviro – Video

## ENVIRONMENTAL ACTION IDEAS

### As an environmental communications project, students prepare an environmental video, iMovie or PowerPoint.



- As a means of showing parents some ideas on the topic of **environmentally-friendly products** that can be used in the home, students research and present 10 ideas (with two or three students on camera at a time) for up to two minutes per idea.
- Students prepare a video of the schoolyard identifying up to 10 ideas that they think should be brought to the whole student body regarding **better use of and concern for the environment of the school**.
- Students prepare a **theme video, iMovie or PowerPoint on any environmental topic** that they have researched and gathered a great deal of information on (such as wolves, air pollution, a local natural area, etc.). This would be a 10 to 15 minute video conveying key information about the topic.
- Study an environmental hero/heroine and **prepare a short PowerPoint presentation**.
- **Create an Environmental Commercial Message!** Students can video tape it and turn it into an award winning movie and put it on the school's website.

# Enviro – Drama

## ENVIRONMENTAL ACTION IDEAS

### As an environmental fine-arts project, students prepare an environmental theatrical production.

- An **enviro-theatre night** provides a focus for Education Week or a parent/teacher visitation night.
- Students prepare **puppets using reusables** such as socks, paper, cardboard, papier-mâché, etc., and design puppet theatre skits on the environment for showing to other classes.
- Some **mystery theatre productions** could be developed on themes like:
  - Where has all the ozone gone?
  - Who stole the leopard's home?
  - Case of the missing passenger pigeon.
  - Trail of the little litter lover.
  - Who stole the 'me' from 'environnt'?
- Have students **compose an environmental song and** record it using Garage Band for the background music.

# Celebrations/Holidays

## ENVIRONMENTAL ACTION IDEAS

**An environmental theme  
can be woven into many  
of the annual theme  
events that occur  
in schools.**



- Students make **reusable gift bags** from cloth scraps brought from home.
- Students make **reusable gift boxes** from milk cartons or cereal boxes by cutting out paper scraps and pasting on the outside of the cartons or boxes. Drawings could go on the outside of the boxes as well.
- Students make **ornaments and decorations from waste materials** brought from home (foil, toilet paper rolls, etc.).
- Students make **hand-made gifts from reusables** brought from home.
- Students **repair broken toys or games** brought from home to donate to local charities and community groups to give the toys a second life.

# Poetry

## ENVIRONMENTAL ACTION IDEAS

### **Students take action to communicate to others about the environment. (Provided below is a number of ideas that fit the focus of poetry.)**

- **School District Display** – Student poetry in combination with art (on topics such as whales, rainforests, spring, etc.) is provided to the school district for use on a bulletin board or other suitable spot. Students could help set up the display and arrange for the approvals through telephone conversations or writing to get permission.
- **Parent Sharing** – Student poetry, which specifically gives focus to environmental topics (such as flowers, animals, concerns or environmental issues), is taken home and shared with parents or guardians and then signed (perhaps with a comment added). When 50% of the students in the class return their poetry, signed by their parents, then the class counts this as a communication project to add to the school log book.
- **Cross-Age Poetry Sharing** – Student poetry, which specifically gives focus to environmental topics, is shared with students in lower grades. To provide motivation, the younger students might be asked to vote on the poems they like best and give reasons.

# Birds

## ENVIRONMENTAL ACTION IDEAS

### Students take action to communicate to others about the environment or to enhance the environment.

(Provided below are a number of ideas that fit a focus on birds.)



- **Bird Box Building** – Students obtain the necessary materials and instructions to build a number of bird boxes to provide nesting sites and to attract specific species that might establish locally.
- **Bird Expert Invited** – Students in one class seek out a guest speaker to come and present at the school on the topic of birds. There are usually local bird experts in nature clubs but there are also agencies that take care of injured birds that might be called upon. The students invite other classes to share in the lecture or presentation.
- **Cross-Age Bird Talks** – Students that study specific bird species or bird topics make oral presentations to small groups of younger students.
- Participate in the **SEEDS Bird Challenge** in April or May. It's on line at [www.seedsfoundation.ca](http://www.seedsfoundation.ca).
- Take a **trip to a local bird sanctuary**.

# Site Adoption

## ENVIRONMENTAL ACTION IDEAS

**As an environmental enhancement project, students adopt a local site such as a portion of a park or small greenspace.**

- A **litter clean-up** could be a first step and a repeatable activity to monitor the waste habits of people and to keep the site clean. This can be tied into a unit on waste in our world.
- **Care for the plant life** living in the site area – it could be mapped, studied, pruned, watered, weeded or enhanced in other ways (fertilized naturally perhaps).
- A site might be modified through the **placement of bird houses** if appropriate trees are present.
- A site could receive **fencing or signs to protect** certain plants or features that might be disturbed.
- Variation: A **school yard** could be divided up into a number of sections equal to the number of classes in the school and each class given a portion to take care of (as above).

# SCHOOL WIDE Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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- Egg shells collected for art projects to save on art supplies
- Recycled Halloween costume contest
- Empty two litre pop bottles used for juggling pins
- Sang ‘songs of hope’ at Earth Day Assembly
- Town clean-up performed by all students
- School has had cookouts but everything left spotless
- Fire starter logs made for cookouts
- A major clean-up of the town undertaken by the whole school
- Pitch-in litter clean-up of school yard
- Trees were planted in the school yard
- Green cone composter receives school lunch peelings
- Lost and found clothes unclaimed were washed, sorted and donated to charity
- Create Garbage Monsters using only recyclable items
- Designate one day every week as “Litter-Free Lunch Day” at your school
- Create an Eco-Calendar. Add environmental dates, quotes, trivia, facts, activities and images on monthly calendar templates





# Grade 1 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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Holiday decorations made from scraps and used items  
Made pumpkin out of garbage bag by filling with used paper  
The endangered Siberian Tiger was drawn and put on display  
Pirate ships made from popsicle sticks and styrofoam trays  
Animals made from empty boxes  
Papier-mâché hot air balloon art recycles paper  
Toilet paper roll puppet made for each letter of alphabet  
Holiday crafts made from egg cartons  
Colours studied by cutting out examples from magazines  
Margarine containers reused to hold crayons  
Flower vases made from egg cartons  
Proper use of paper towels and cloth towels  
Slates are used instead of paper for math and spelling  
Chalk boards used to practise letters and numbers  
Reused old shoe boxes for storage  
Recycling magazines for number pictures  
Pantyhose cats art project recycles pantyhose  
Bears made from toilet paper rolls, yarn and paper scraps  
Empty two litre milk cartons used for bowling pins in gym  
Bulletin board display on wolves  
Students learn an anti-pollution rap song  
Build bird boxes from milk cartons – used seed from bakery  
Bird feeders made from plastic syrup or ketchup bottles  
Wild flower seeds were planted in special habitat  
Tulip bulbs were planted in the schoolyard  
A class gerbil is provided scrap food from home  
Terrariums made with plastic soft drink bottles  
Adopt a tree to study and draw  
Medieval castles built with recycled materials



# Grade 2 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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- Aluminum can tabs used to make a picture
- Spatter painting employed a variety of recycled materials
- Papier-mâché Jack-O-Lanterns for Halloween
- Environmental posters
- Reusing paper obtained from local newspaper
- Cutting back on lunch wastes with reusable containers and lunch bags
- Last year's file folders used to collect tests
- Old shirts used at school for art class
- Plastic bags are saved and reused for many purposes
- Extra book covers were cut up to make subject dividers
- Mother's day recipe card holder gift made from milk cartons
- Walnut shell halves used to make ornaments
- Eatable art popcorn dinosaurs made in clear plastic bags
- Use bottle caps for checkers
- Cereal boxes used to make covers for story books
- Wrote contracts to be more like the Lorax by Dr. Seuss
- Environment cards shared with the class
- Environmental booklets written and sent to another school
- Compost bins presentation made at Green Assembly
- School yard litter clean-up done
- Students use noon hour to clean up the school yard
- Raise and release Monarch butterflies
- Dioramas made from recycled materials
- Castles made using old boxes and egg cartons



# Grade 3 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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- Ghosts made out of leftover fabric scraps
- Eggshell faces created and grass seeds grown for hair
- Old newspapers used to make ‘recycled teachers’ art
- A large poster display announces “Don’t let this happen!”
- Papier-mâché demonstrates reuse of paper in art
- Many things recycled in art projects
- Class garage sale for old toys to get them reused
- Reusing waste paper from local company
- Tree ornaments made from pine cones
- Greeting cards used to make candy boxes for craft sale
- Chalkboards made from old boxes
- Recycled old poster paper to make poppies
- Reused greeting cards to make decorations
- Recycled hats for Hat Day
- Skittles made from old tubes
- Rap song about the 3 R’s performed at assembly
- Monarch butterflies released in park
- Hurt seagull on beach taken to SPCA
- Students did a beach clean-up
- Litter clean-up of the school yard
- Went on observation hike and did a clean-up
- Hallway chart described how to save a tree
- Set up a vermi-composter to study soil creation
- Recycled boxes, paper and scraps used to build communities



# Grade 4 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

Banner created on ways to help the environment  
Spiders made using coffee grounds  
Animal appreciation display made from recyclables  
Masks made from pantyhose and coat hangers  
Pencil shavings collected and used as glitter for arts and crafts  
Print making procedures try to be environmentally sound  
Spiders out of egg cartons/Time capsules from toilet paper rolls  
Made cushions for the reading corner by recycling fabric pieces  
Made costumes out of garbage for Earth Day assembly  
Paper recycling boxes are set up in the room  
Students made their own notepads from used paper  
Mail boxes made from milk cartons/Holiday tree from baby bottles  
Gifts wrapped in recycled paper materials  
Bowls are made from papier-mâché/Recycled gift boxes from milk cartons  
Old magazines cut up and used for health project  
Science Fair Exhibit on how plants grow  
After visiting a landfill site, students prepare pamphlet  
Paragraphs written on cleaning a green planet  
Bar graphs made by studying garbage amounts from classes  
Rap Song written and performed at a school assembly  
Theme song written and sung called '4 R's 4 us'  
Shore Study completed without leaving a trace  
Environment Day celebrated in a local park  
Milk cartons used to make bird feeders/Adopt a street and clean it up  
'Litter Line' of students crossed schoolyard in pickup  
Visit to a salmon-rearing pond – fed the fry  
Made improvements to a local nature trail/Water mural  
Prepared and planted a flower garden at school  
E-Patrol cleans up the school grounds and weighs results



# Grade 5 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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Explored weather-lore  
Ornament globes made from used greeting cards  
Masks made from styrofoam containers  
Tin cans reused to make candle holders  
Environmental poster contest/Planted trees for the city  
Bulletin board art edge from scrap pieces  
Environmental art for Thanksgiving/Junk Sculpture  
Will use cloth and not paper towels to clean up  
Lights out stickers placed on light switches in all classes  
Seeds and plants collected for spring planting in schoolyard  
White elephant sale to raise funds for school yard project  
Broken hockey sticks and cardboard built haunted house  
Reusable lunch containers to avoid lunch waste  
Blue box set up in the classroom to collect cans  
Field trip to a recycling center/Booklet written about recycling  
Recycled cereal and chip boxes used to store papers  
Make gift bags out of old brown paper bags  
Home-made cushions were made out of old clothes and rags  
Class made all sorts of different things from coat hangers  
Made environmental board game from reusables  
3D geometric shapes made from cardboard cereal boxes  
Junk geometry used items from home, like milk cartons  
Song written and shared with the school  
Students prepare rap music for the environment  
Cleaned up a local pond/Made solar ovens to cook hot dogs  
Cross country runners walk to park instead of bus  
Bring lunches in reusable containers/Set up terrarium study of insects  
Students give old dictionaries to school for reuse  
Set up school composting program for lunch waste  
Made spider nets out of hangers and panty hose  
Worm composter set up to study soil creation  
Research and find out how to protect the local watershed



# Grade 6 Examples

## ENVIRONMENTAL ACTION IDEAS

**A wide assortment of activities are listed below  
– written up by students in schools where  
the GREEN Schools program is underway.**

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Art collage

Extra pages from notebooks saved in scrap drawer

Decorated holiday tree environmentally

Reused holiday tree broken in snowstorm

Bought two acres of rainforest

Reusable plastic ziploc bags used for many things

Cardboard haunted houses made from large cardboard boxes

Cans and bottles recycled to raise money for enviro-project

Bottles and cans collected from fund-raising and recycling

Used paper collected to make doodle pads

Recycling bottles and cans from lunch

Using small type saves computer paper

Reusing holiday cards

Made place mats for snack tables to replace paper towels

Mega-bricks from milk cartons made for Kindergarten

Christmas ornaments made from yogurt containers and cards

Tin can stilts were made to recycle cans

Science Fair Exhibit on vanishing rain forests

Environmental tips written up in school newsletter

Articles on the environment put in school newspaper

Environmental poems written up in school newsletter

Environmental poems written for bulletin board display

Cloth book covers made from recycled remnants

Hockey celebrity interviewed on his ideas on the environment

Reuse of duotangs to create booklets

Reusing cereal boxes

Students planted trees at a Rotary Heritage Forest

After cleaning up school yard, a garbage collage created

Made duck boxes and placed them in trees

Studies of leaves



# Middle/Junior High/High Schools

ENVIRONMENTAL ACTION IDEAS

## GREEN Schools Ideas for Middle/Junior High/High School Students

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This booklet gives suggestions of actions for Middle/junior High/High school students who wish to enhance the environment, communicate about the environment or demonstrate wise and sustainable use of resources. It also provides instructions on how your school can become a SEEDS GREEN School.

**To get more information & to register check the  
SEEDS website at [www.seedsfoundation.ca](http://www.seedsfoundation.ca)  
or call: 1-800-661-8751**



# Middle/Junior High/High Schools

ENVIRONMENTAL ACTION IDEAS

## GREEN Schools ACTIVITIES/PROJECTS Suggestions

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1. Car pool, take a bus, cycle, walk or combine trips to use less fuel in your family's car/truck whenever you can.
2. Design and carry out an energy audit in your school or home.
3. Design and carry out a water audit in your school or home.
4. Use electrical appliances less often.  
For example:
  - air dry your clothes
  - air dry your hair
  - use manual pencil sharpeners
  - use a microwave for small amounts of food instead of the oven or stove top elements
5. Save both water and energy by turning your dishwasher on only when it is full. Better yet, wash and dry dishes by hand.
6. When using the dishwasher, turn off the drying cycle.
7. When washing clothes, use cold water.
8. On sunny days, leave window coverings open and lights off.
9. Design ways and strategies to take advantage of passive solar heating.
10. Use packaging materials and scrap items to create useful objects (i.e. bird houses, litter drop boxes, recycle boxes, ...).
11. Create energy saving hint posters for your school.
12. Design a household guide for efficient energy use. Share the guidelines with your family.
13. Design the blueprint for an energy efficient home.
14. Adopt a park, a road allowance, a riverbank or a natural area to care for.
15. Establish and care for a garden at your school.



# Middle/Junior High/High Schools

## ENVIRONMENTAL ACTION IDEAS

### You can record and keep a journal of all your actions!

16. Adopt and support the care of an animal at your local zoo.
17. Help to upgrade the habitat for a particular species of animal at your local zoo ... either through fund raising or volunteer efforts.
18. Support a Rethink, Reduce, Reuse, Recycle program in your school.
  - recycle old notebooks as “white” paper
  - make scrap paper pads
  - reuse lunch bags
  - take reusable bags along when shopping
  - collect used clothing for a charitable organization
  - have an exchange center for reading materials, CDs, etc.
19. Only print what is necessary from the computer. Instead, mark it as a favorite and come back to it if you need it later.
20. Support a program that recycles printer cartridges.
21. Use rechargeable batteries for your iPod, Walkman, Discman, electronic games, etc.
22. Get involved in and support “Green Projects” in your community.
23. Write articles for your school newspaper that help to inform the student body about environmental issues.
24. Carry a travel mug to use when buying beverages.
25. Sponsor an energy saving day each month in your school.
26. Develop a “classroom energy monitor” program in your school.
27. Work with the custodial staff to reduce water flow in toilets and showers.
28. Encourage students to turn off taps tightly so that they do not drip.
29. Give an environment tip daily or weekly with your school announcements.

### Did you run out of ideas? Here's a few more!

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1. Look at works by artists such as O'Keeffe or Van Gough for inspiration and then create your own nature painting.
2. Invite a guest speaker from a wilderness society or parks authority to give a talk on how to preserve wilderness areas when backpacking or camping.
3. Create and sing to your class a rap on the importance of respecting the environment.
4. Use old newspapers and magazines to create a picture gallery collage that places focus on an environmental topic (e.g.) global warming, erosion, endangered species.
5. Recycle picture from used greeting cards to make gift tags, bookmarks, CD covers, party invitations, etc..
6. Work with adults in your community to retrofit hot water tanks with insulating jackets to prevent losing almost 20% of the heat to surrounding air.
7. Wash the family car with a bucket, sponge and hose and save as much as 300 liters of water per wash.
8. Reduce the flow of junk mail to your home or school by having names removed from national mailing lists or returning it unopened to the sender. Mark it "Refused", "Return to Sender" and be sure to cross out your address.



# Middle/Junior High/High Schools

ENVIRONMENTAL ACTION IDEAS

## Do you have the GREEN Schools Kit?

First of all ... the program is easy! and it is easy to start!

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9. Encourage the use of laptop computers whenever possible. Often laptops use up to 90% less energy than a desktop computer.
  10. Use environmentally friendly products for cleaning. Make your own cleaners using water and vinegar.
  11. Send letters to the editor of your local newspaper expressing your point of view on a current environmental issue.
  12. Volunteer to read or act out and discuss stories with environmental themes to children in primary grades (e.g. Dr. Seuss's The Lorax).
  13. Create and exchange puzzles that give emphasis to vocabulary related to greenhouse gases.
  14. Design another logo to represent the 4Rs.
  15. Learn to read utility meters and chart these readings from week to week to see the impact of your actions.
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Call **1-800-661-8751** for registering and for more information.

You can also go to our website at

**[www.seedsfoundation.ca](http://www.seedsfoundation.ca)**

or email us at **[seeds@telusplanet.net](mailto:seeds@telusplanet.net)**

Or fax **(403) 221-0876**

# Enviro – Resources

## Picture Books

- |                                       |  |                           |
|---------------------------------------|--|---------------------------|
| 1. Base, Graeme                       | <u>The Water Hole</u>                  | Doubleday, 2001           |
| 2. Brown, Ruth                        | <u>The World That Jack Built</u>       | Dutton, 1991              |
| 3. Cherry, Lynn                       | <u>A River Ran Wild</u>                | Harcourt, 1992            |
| 4. Forman, Michael                    | <u>One World</u>                       | Anderson Press, 1990      |
| 5. Glaser, L.                         | <u>Our Big Home</u>                    | Millbrook Press, 2000     |
| 6. Hooper, Meredith                   | <u>The Drop in My Drink</u>            | Frances Lincoln, 1998     |
| 7. Hooper, Meredith                   | <u>River Story</u>                     | Candelwick Press, 2000    |
| 8. Jackson, E.                        | <u>Earth Mother</u>                    | Walker & Company, 2005    |
| 9. Jeffers, Susan                     | <u>Brother Eagle, Sister Sky</u>       | Dial Books, 1991          |
| 10. LaMarche, Jim                     | <u>The Raft</u>                        | Harper Collins, 2000      |
| 11. Locker, Thomas                    | <u>Water Dance</u>                     | Harcourt Brace, 1997      |
| 12. Maydak, M. &<br>McKinny, B.A Drop | <u>Around the World</u>                | Dawn Publications, 1998   |
| 13. Polland, Nik                      | <u>The River</u>                       | Roaring Brook Press, 2003 |
| 14. Wood D.                           | <u>A Quiet Place</u>                   | Simon & Schuster, 2002    |
| 15. Wood, D.                          | <u>Old Turtle</u>                      | Scholastic Press, 1992    |
| 16. Wood, D.                          | <u>Grandad's Prayers for the Earth</u> | Scholastic Press, 1992    |
| 17. Yolán, Jane                       | <u>Letting Swift River Go</u>          | Little Brown, 1995        |

## Non-Fiction

- |   |   |                           |
|---|---|---------------------------|
| 1. Bateman, R.                                  | <u>Safari</u>   | Madison Press Books, 1998 |
| 2. Harrison, T., Saarinen, G.<br>& Sinclair, L. | <u>North America in Picture,<br/>Poetry &amp; Piano</u> | Key Connections, 2005     |
| 3. Howell, L.                                   | <u>Introduction to Weather &amp;<br/>Climate Change</u> | Usborne Publishing, 2003  |
| 4. Stephen, R                                   | <u>Rivers</u>   | Troll Associates, 1990    |
| 5. Taylor B., (ed.)                             | <u>Living Geography</u>                                 | Two-Can Publishing, 2000  |
| 6. Wick, W.                                     | <u>A Drop of Water</u>                                  | Scholastic Press, 1997    |

## Professional Books

- |                                       |  |                              |
|---------------------------------------|--|------------------------------|
| 1. Alvarado A., Herr P.               | <u>Inquiry-based Learning Using<br/>Everyday Objects</u>             | Corwin Press, Inc.2003       |
| 2. Caduto M.J., Bruchac J.,           | <u>Keepers of the Earth</u>  | Fifth House Publishers, 1999 |
| 3. Chancer, J., Rester-<br>Zodrow, G. | <u>Moon Journals</u>   | Heinemann, 1997              |
| 4. Henley, Thom                       | <u>Rediscovery Outdoor Activities<br/>Based on Native Traditions</u> | Lone Pine, 1996              |
| 5. Leslie, C.W., Roth, C.E.           | <u>Keeping a Nature Journal</u>                                      | Storey Books, 2000           |
| 6. Llewellyn, D.                      | <u>Inquire Within</u>  | Corwin Press, Inc., 2002     |
| 7. MacEwan, G.                        | <u>Watershed: Reflections on Water</u>                               | Newest Press, 2000           |
| 8. Sheehan, K., Waidner, M.,          | <u>Earth Child</u>   | Council Oak Books, 1991      |

# Enviro – Webography

1. Artists for Conservation – Supporting nature through art
2. Brainpop – The more you know, the more you know
3. Canadian Wildlife Federation
4. Cyber School Bus – Global teaching and learning project
5. David Suzuki – Nature challenge for kids
6. Ducks Unlimited – Canada's observation company
7. Earth Care – An environmental education partnership
8. Earth Day Canada
9. Earth Force
10. Earth 911 – Making everyday Earth Day!
11. Eco Kids – Earth Day Canada's environmental education program
12. EEK! – Environmental Education for Kids
13. Energy Literacy Series (ELS) – An online, web-based, multimedia program that examines all ten renewable and nonrenewable energy sources, their locations in Canada, how the energy is harnessed, converted and used as well as issues surrounding the use of each energy source
14. Environment Agency – Fun and games
15. Environmental Kids Club
16. Franklin Institute Online – Resources for Science learning
17. The Green Squad – Kids taking action for greener, healthier schools
18. Green Teacher – Education for Planet Earth
19. GLOBE Program (Global Learning and Observations to Benefit the Environment) – An exciting, worldwide, hands-on, education and science program
20. Geological Survey of Canada – Educational materials
21. Geoscape Canada – Natural Resources Canada
22. Get to Know (Your Wild Neighbours - Bateman)
23. Hinterland's Who's Who
24. How Stuff Works – Learn how everything works
25. KidsClick! – Web search for kids by librarians
26. NASA – Kids main page
27. NASA's Global Change Master Director Learning Center
28. National Geographic Kids
29. National Wildlife Federation
30. Nature Canada – Building the Nature Nation
31. Planet Pals – Friends for Earth
32. Plantwatch – Study of spring flowering times
33. Project Wet – Water education for Teachers
34. SEEDS Foundation – bias-balanced, curriculum-fit energy and environmental education programs
35. Sierra Club – Explore, enjoy and protect the planet
36. Trout Unlimited Canada – To conserve, protect and restore
37. Wild Education – Canada's North-ours to protect, the world's to cherish
38. World Wildlife Foundation – For a living planet

**FOR THESE AND OTHER GREAT WEBSITES GO TO:**

**[www.seedsfoundation.ca](http://www.seedsfoundation.ca) and click on the GREEN Schools link**

# Summary of Programs

## ENVIRONMENTAL & ENERGY PROGRAMS

### **GREEN Schools Program** (*Grades K-12*)

Receive free rewards for your school's environmental actions

In thousands of schools across Canada

Over 600,000 environmental project completed

It takes only 100 actions to become GREEN!

### **Energy Literacy Series** (*Grades 6-12*)

Explores the production, uses, technologies, and issues of ten sources of energy from a Canadian perspective

Designed for middle and secondary students

Free, interactive web-based program

Online at [www.seedsenergy.ca](http://www.seedsenergy.ca)

### **Habitat in the Balance** (*Grades 7-12*)

(In development)

Water and habitats

Land and habitats

People, flora, fauna and habitats

Air and habitats

### **Creating a Climate of Change** (*Grades 7-12*)

Broadens student understanding of concepts of climate change

A multimedia instructional resource for Canadian secondary schools

Used by over 2,500 schools across Canada

### **TACC: Teaching Activities for Climate Change** (*Grades 7-12*)

Enhance knowledge of climate change with this interactive module

A class activity that provides an action component for Creating a Climate of Change features energy-saving action cards, copy master, transparencies, teacher's guide, and web component

## ENVIRONMENTAL & LITERACY CHALLENGES

### **Writing Literacy Challenge** (*Grades K-9*)

#### **“Get on the Write Track for the Environment”**

Get your students to express, through writing, their knowledge of any aspect of the environment

Take-home component, exciting new rewards for students, and a class participation certificate

Offers your school a chance to win prizes and participate in a draw

### **Canadian Water Conservation Challenge** (*Grades K-9*)

#### **“Take the Plunge”**

Promotes actions that individuals, families, classes, and schools can take to preserve water quality and quantity

Total student action results will be calculated and school names placed on a Canada-wide Water Conservation Registry

Free rewards for participating students

### **Bird Challenge** (*Grades K-9*)

Spot, identify, and tally birds during a 48 hour period in April and May

Investigate conservation of birds and their habitat

Free rewards and class participation certificate

## FOR MORE INFORMATION CONTACT:

**1-800-661-8751**

**fax (403) 221-0876**

**or online at: [www.seedsfoundation.ca](http://www.seedsfoundation.ca)**



Do you need more information about our programs? Please visit:

[www.seedsfoundation.ca](http://www.seedsfoundation.ca)

or call us at: 1-800-661-8751

The goal of SEEDS is to promote environmental stewardship based on bias-balanced scientific realities. **All our programs are Monday morning ready and are curriculum fit for all 10 provinces and 3 territories.** We offer ten programs for all K-12 Canadian teachers and students.

SEEDS promotes inter-connectedness with other environmental initiatives. The web portion of our Energy Literacy Series (ELS) and Creating a Climate of Change (CCC) are linked with other appropriate resources like the Canadian Centre for Energy Information, Natural Resources Canada, and Environment Canada.

- ✓ Many of our programs offer student and class rewards/incentives.
- ✓ The actions generated by a school's involvement in other environmental initiatives can also be counted towards your GREEN Schools tally.

Thank you to:



**Friends of the  
Environment  
Foundation**