One Earth
Step Gently
Twenty-Three Ways You Can Help Our Planet

Created, Written and Illustrated by
First and Second Grade Students in
Room 4 - Grass Valley Charter
Teacher - Lori Davis
One Earth - Step Gently
Twenty-Three Ways to Help our Planet
Created, written and illustrated by the first and second grade students in Room 4 at Grass Valley Charter School.
This book is the final project of our expedition, One Earth - Step Gently. We are dedicated to helping our planet and making a difference in the world.

May 2011
Recycle! It's fast, easy and helps the Earth.

If you recycle one glass bottle it saves enough energy to power a 100 watt light bulb for one hour.

Linden

You can recycle: cardboard, paper, plastic bottles, cans, e-waste, batteries, glass
If you need to cut down a tree, be sure to plant another one.

Trees are homes to many animals and they provide oxygen for us to breathe.

Carolina
Save water. Turn water faucets off. Fix leaky faucets.

Turn off the water when you’re not using it. Turn it off when you brush your teeth. Take quick showers. Don’t take baths too often.

Aron
Please grow a garden.
It helps the Earth.

You won't have to drive anywhere to get food. The fresh veggies are good for you and very tasty too.

Abigal
Try composting. Put fruits and vegetables in a compost pile.

Composting helps the soil and keeps extra trash out of the dump.

Garrett C.
Pack a no waste lunch. Get reusable containers that you use over and over again.

Hey don't use that plastic bag.

Using something only once and then throwing it away adds to our landfills.

Cali
Bring your own reusable bags to the grocery store. Then you won’t need a plastic or paper bag.

You can get reusable bags at most stores. Keep them in the car to help you remember to take them with you.
Shop locally instead of going out of town. It saves gas and other natural resources.

Baylee

Shopping locally is also good for the community. It helps local businesses stay strong.
Don’t use weed killer. Just pull the weeds out.

Weed killer can poison rivers and streams. It kills fish and other wildlife.
Do not litter.
It's bad for the Earth.

Trash blows away into trees, streams and rivers. It ends up in the ocean where it hurts wildlife.
Switch to fluorescent light bulbs.

Fluorescent bulbs use 75% less energy than a regular light bulb!

Makai
Do not use plastic water bottles. They end up in the oceans or in dumps.

It takes 1,000 years for a plastic water bottle to decompose. Use a reusable bottle instead.

Mike
Do not cut down the rainforest. The rainforest is really important for the environment.

People use wood from the rainforest to make furniture, houses, and many other things. But most importantly, we get 28% of the oxygen in the world from the rainforests.
Keep our water clean. Don't leave trash near water.

Do not pour poisons or paints down the drain. All water leads to the oceans.

Teo
Don't use Styrofoam cups. They are bad for the environment.

Small pieces of Styrofoam get into the ocean and animals eat them. Styrofoam cannot be recycled and does not decompose.

Malina
Save gas, drive less.

Only go somewhere if you really need to. Take a bike or walk whenever you can.

Brennan
Coffee cups and lids are made of paper and plastic. Using a paper cup is wasteful and creates lots of trash.

Bring a reusable cup to the coffee shop. You’ll be helping by making less trash.

Ella
Don't use aerosol sprays. They can make holes in our atmosphere.

Use pump sprays instead. Use paint that you brush on.

Ukiah
Stop polluting the air. Don’t drive. Take a bus or train. Ride a bike or skateboard.

If each one of us drives less it will make a difference in our air quality.
Don't use plastic bags. They are bad for our environment. Use re-useable bags instead.

Bad Facts
China uses over 300,000,000 plastic bags a day.

Over 1,000 sea turtles die a year from plastic bags in the ocean.

Garrett A.
Don't waste electricity. Turn off the lights when you don't need them.

Unplug things you are not using. Turn off lights when you leave the room.

Dexter
Pick up trash. It pollutes the Earth.

When you are at a park, a ball game or on a hike, take a bag along to collect any trash that is around.
Reuse things and pass them on. It saves the Earth and saves money.

Have a yard sale. Give clothes you have outgrown to your friends'. Take things you don't need anymore to the thrift stores.

Natalie