

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



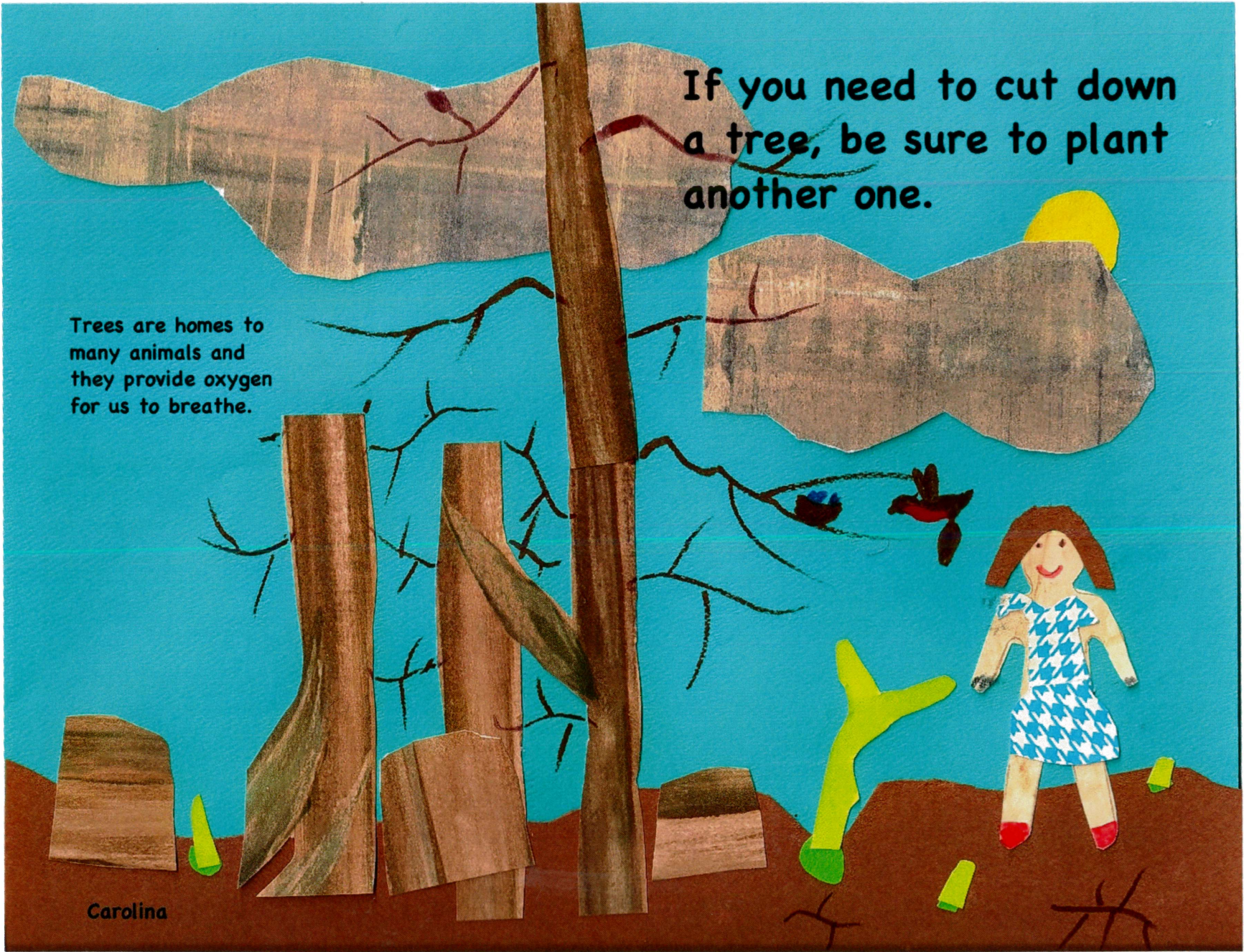
Recycle! It's fast, easy and helps the Earth.



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

Linden

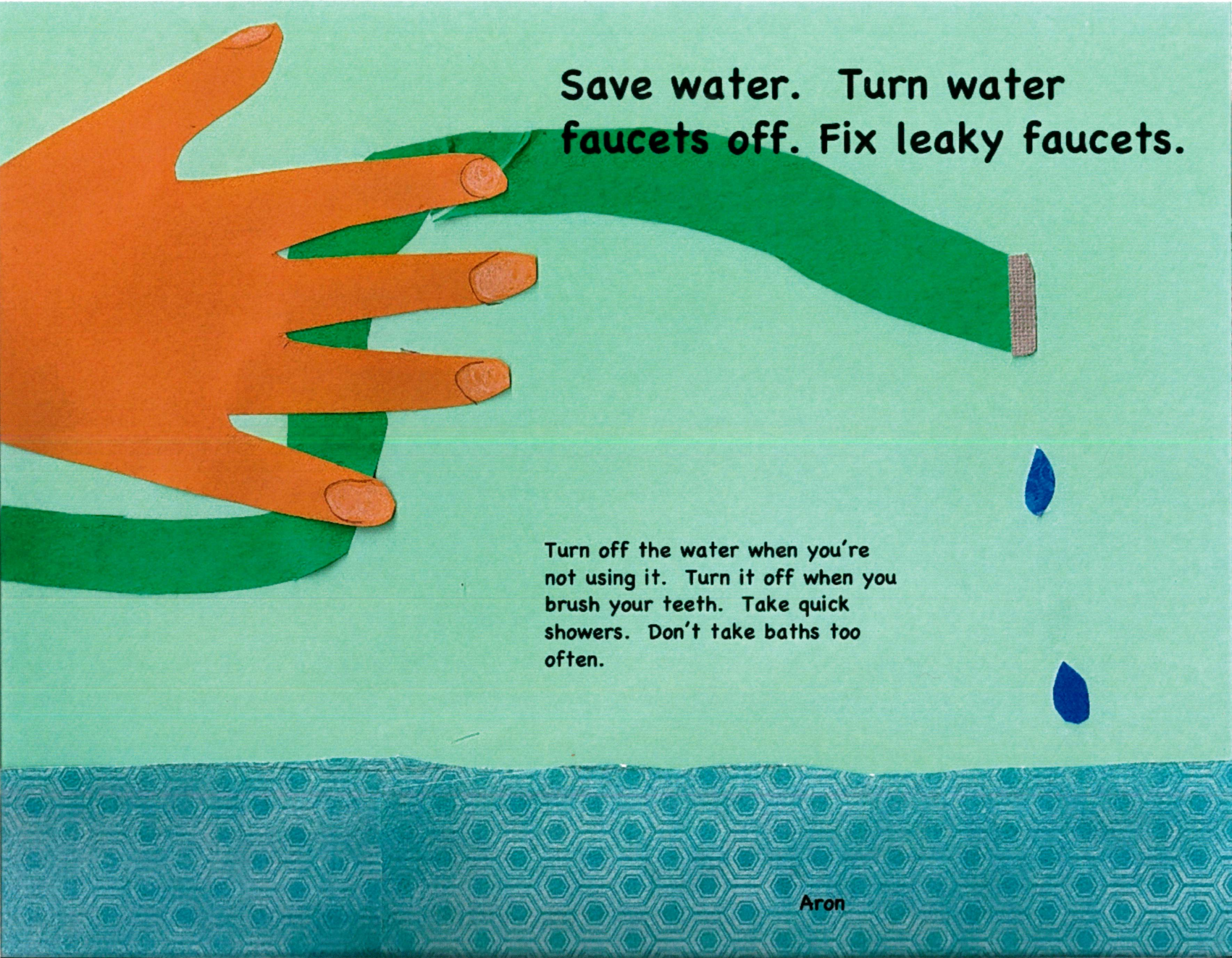
You can recycle:
cardboard paper
plastic bottles cans
e-waste batteries
glass



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.

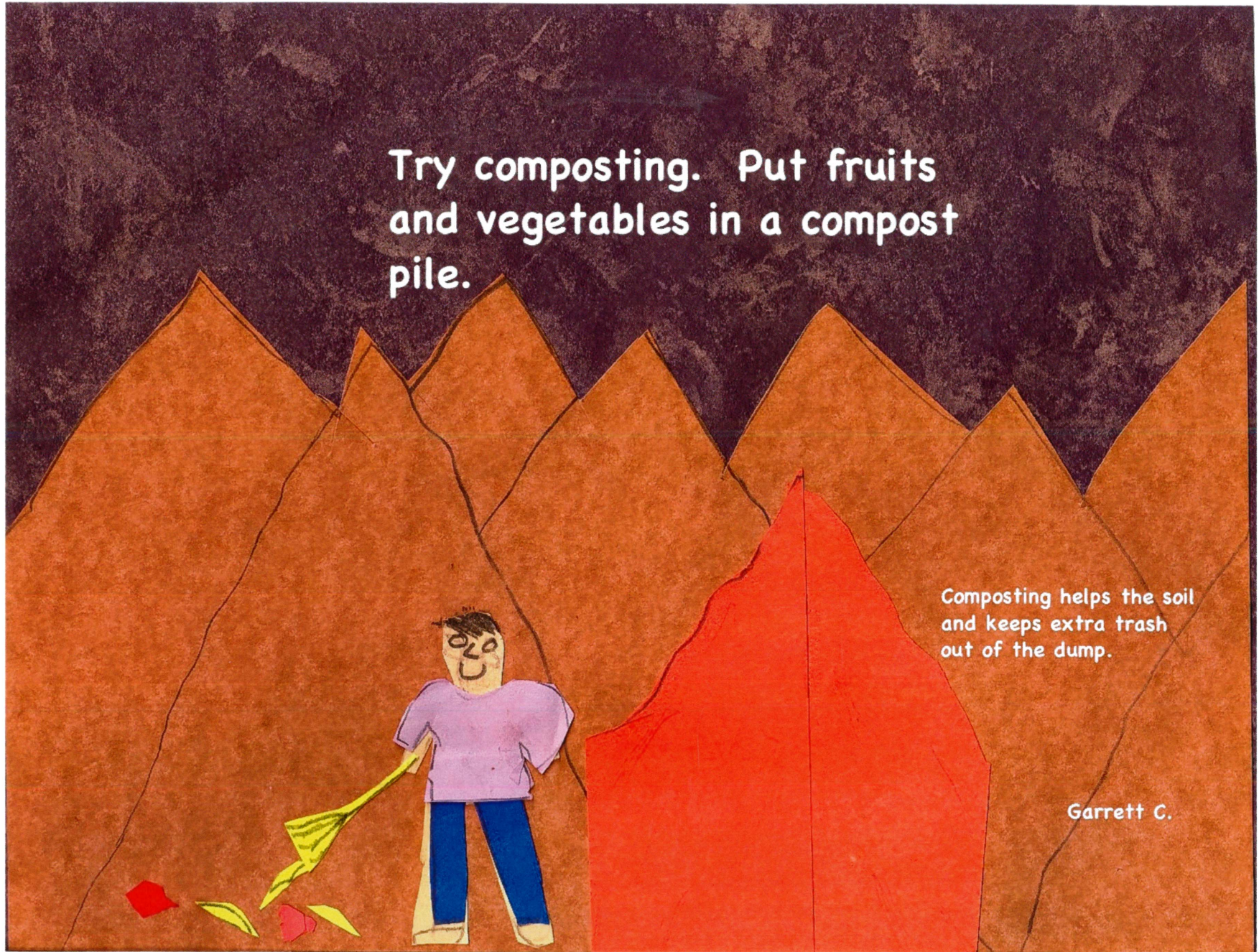
You won't have to drive anywhere to get food. The fresh veggies are good for you and very tasty too.

Abigail

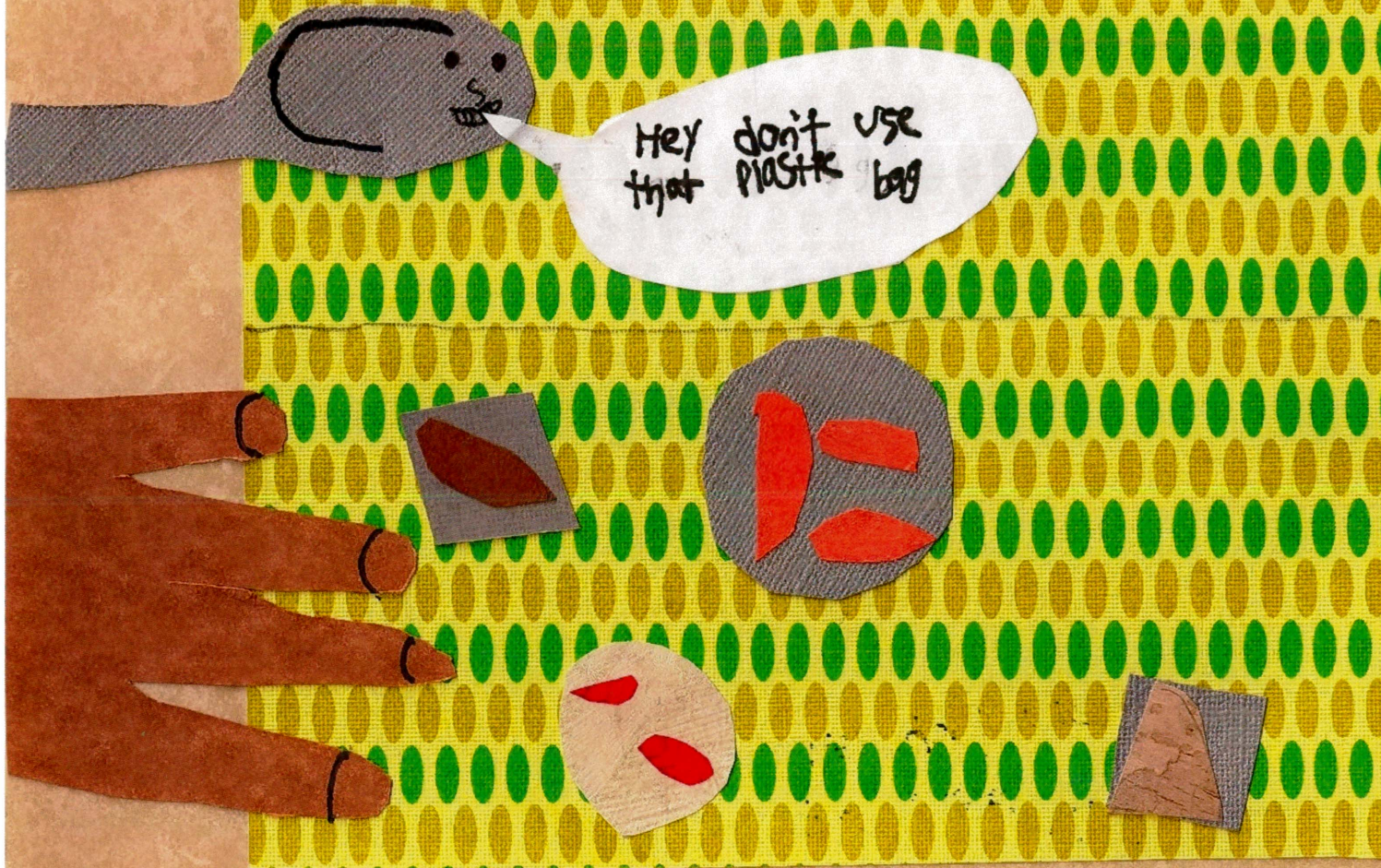
Try composting. Put fruits
and vegetables in a compost
pile.

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.



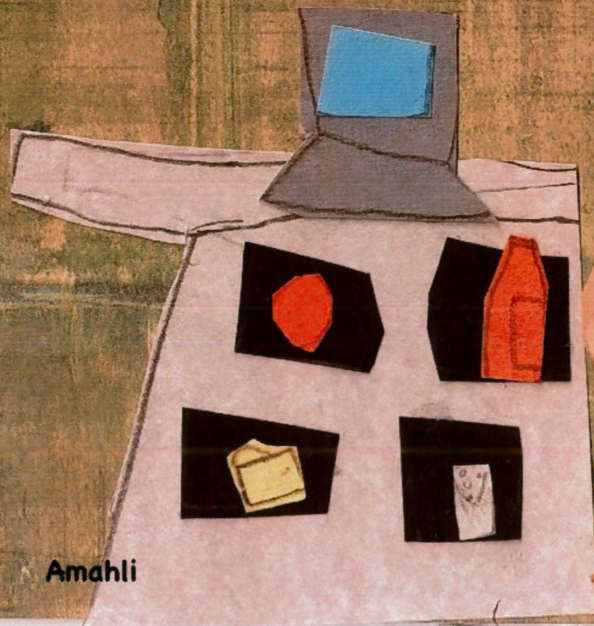
Cali

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

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

9
cheese
Milk
Yogurt

10
crackers
Shacks
cookies



Amahli



You can get reusable bags at most stores. Keep them in the car to help you remember to take them with you.

Make
Local
Habit

Shopping locally is
also good for the
community. It helps
local businesses stay
strong.



Shop locally instead of going out of town. It saves
gas and other natural resources.

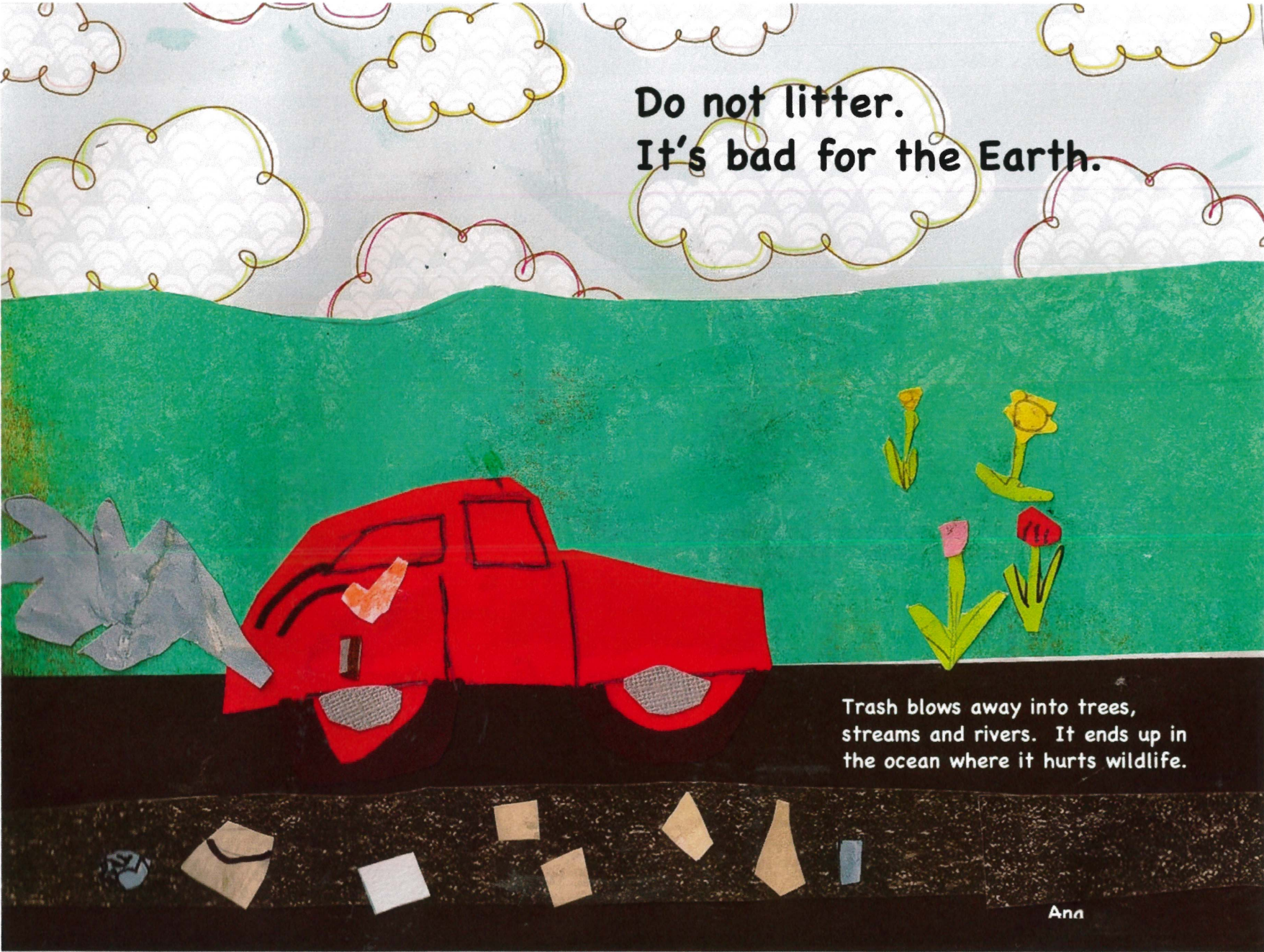
Baylee



Don't use weed killer. Just pull the weeds out.

Weed killer can poison rivers and streams. It kills fish and other wildlife.

Flynn



**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.

Ann

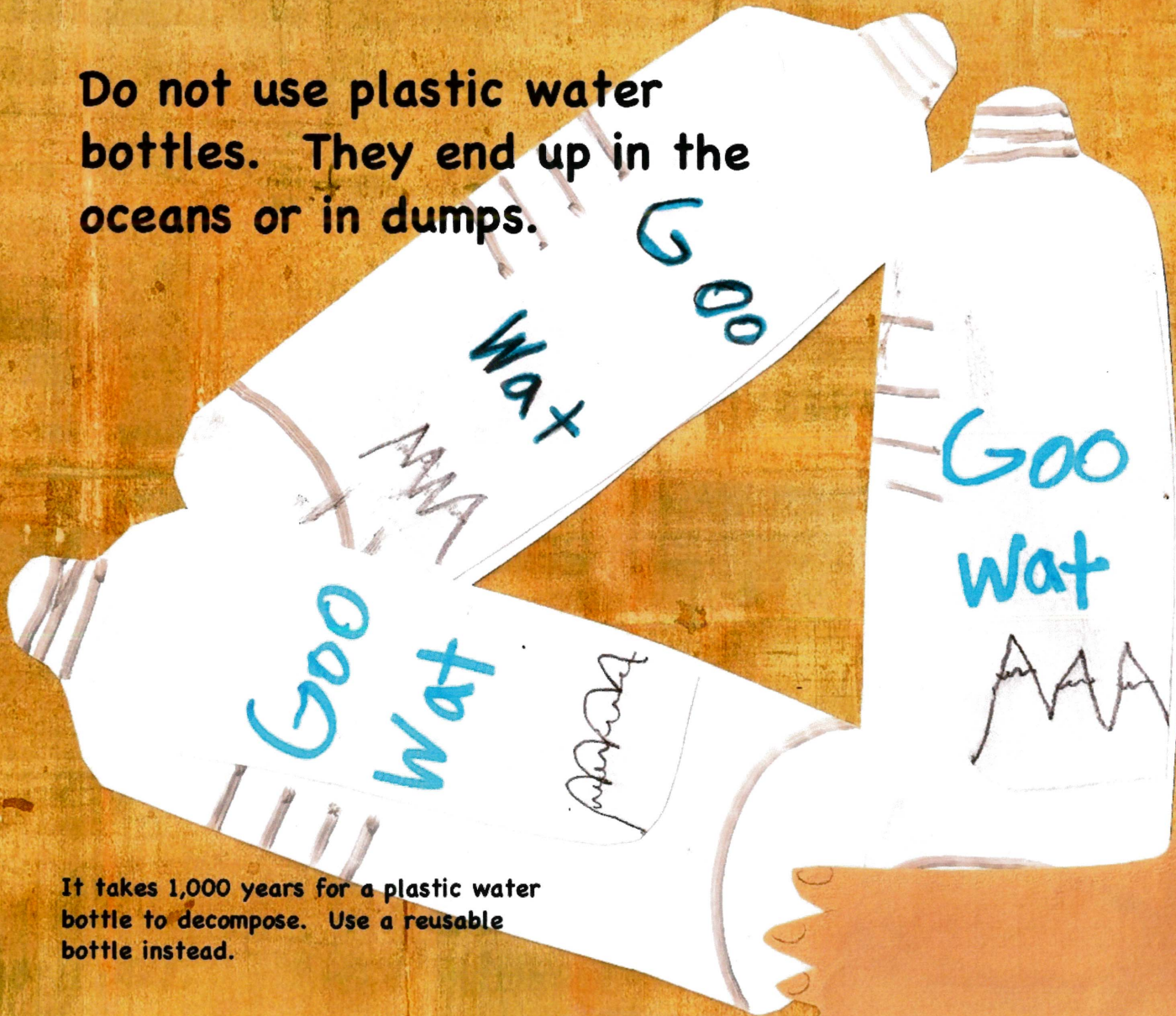


Switch to fluorescent light bulbs.

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.

Skylar



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.

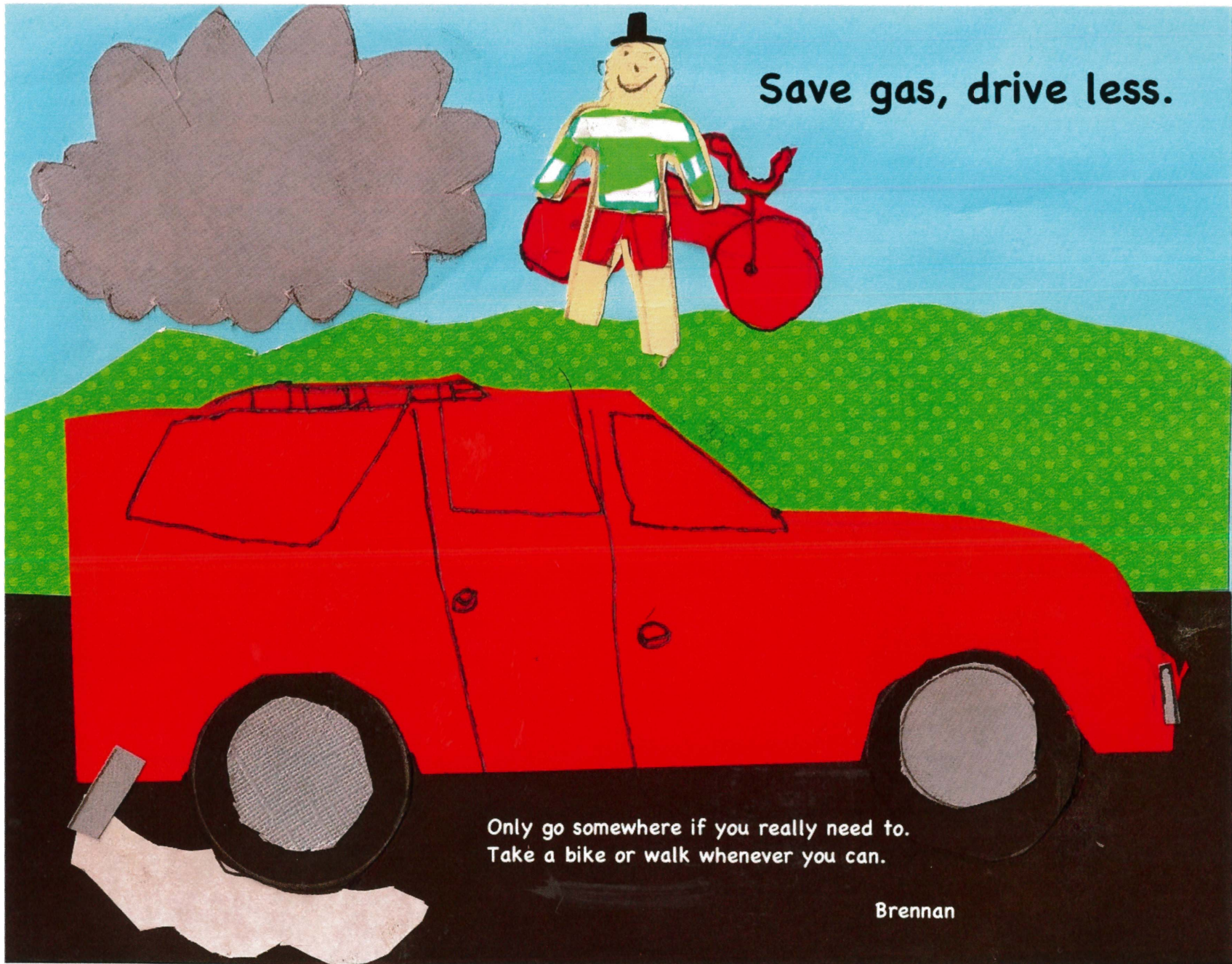
Teo

**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
Shop

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



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

Ella



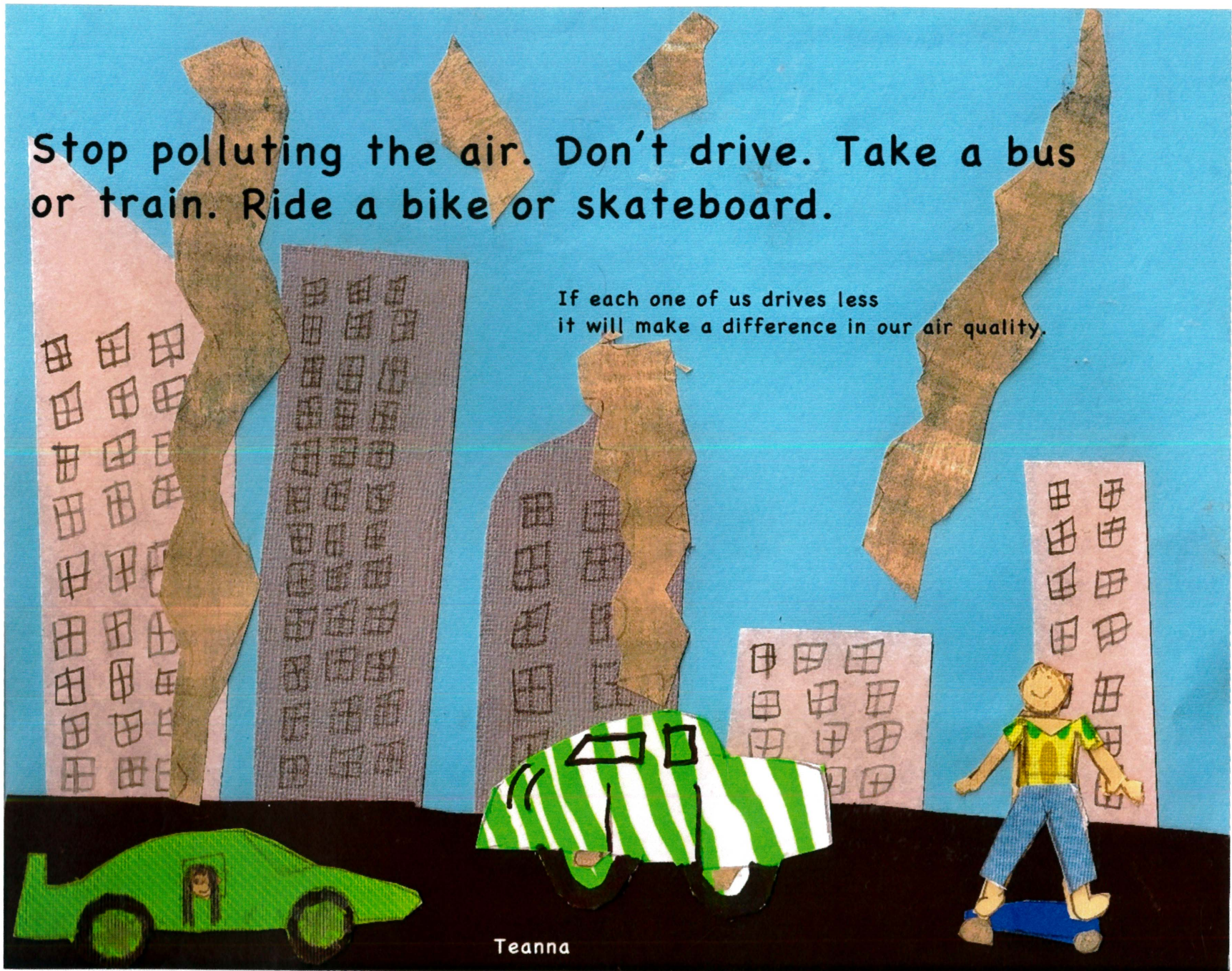
**Don't use
aerosol sprays.
They can make
holes in our
atmosphere.**

**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.



Teanna

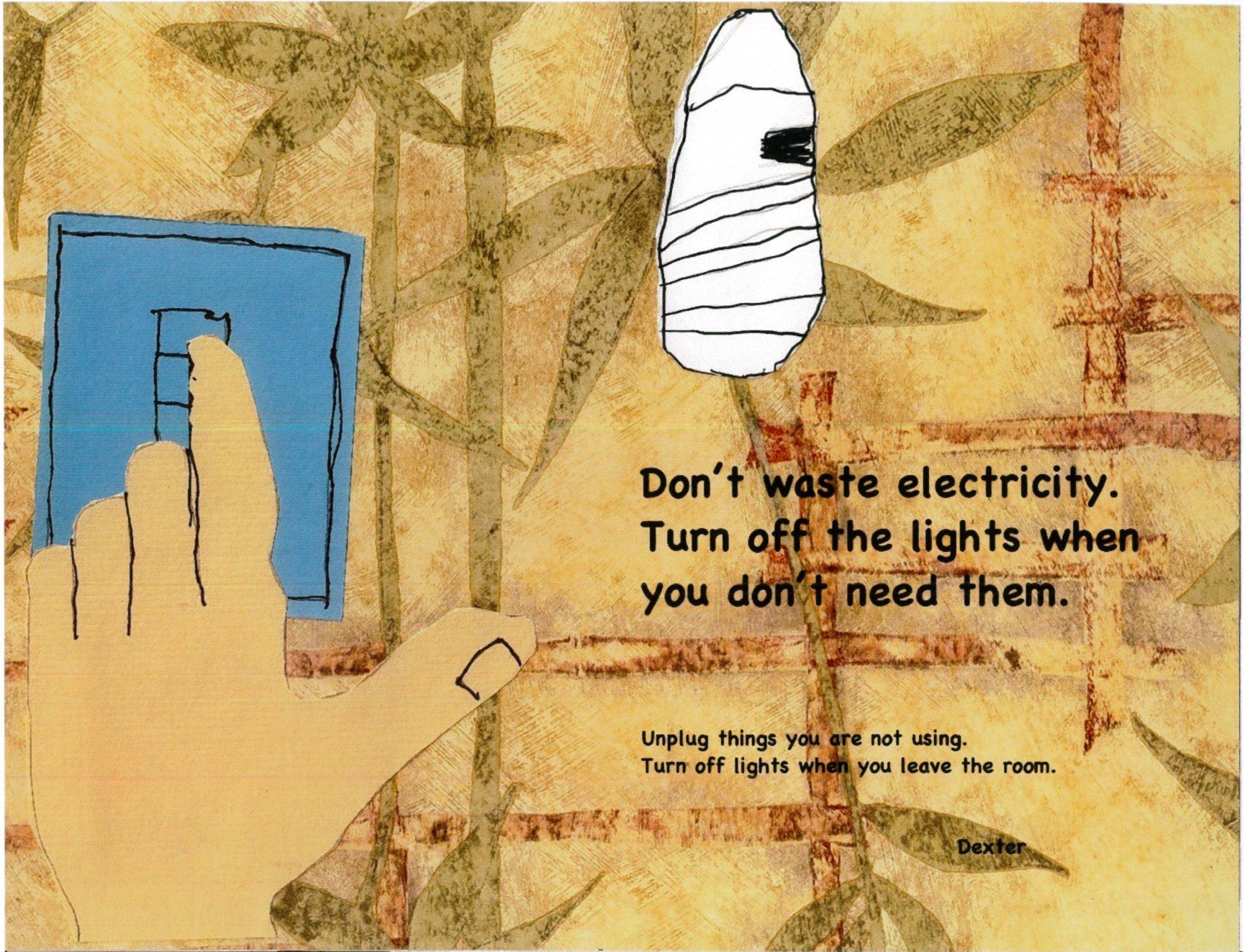
Don't use plastic bags. They are bad for our environment. Use re-useable bags instead.

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.



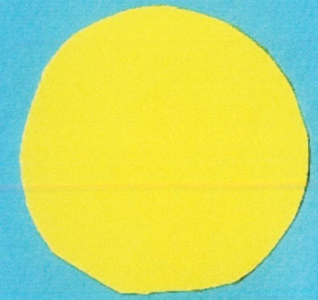


**Don't waste electricity.
Turn off the lights when
you don't need them.**

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

Dexter

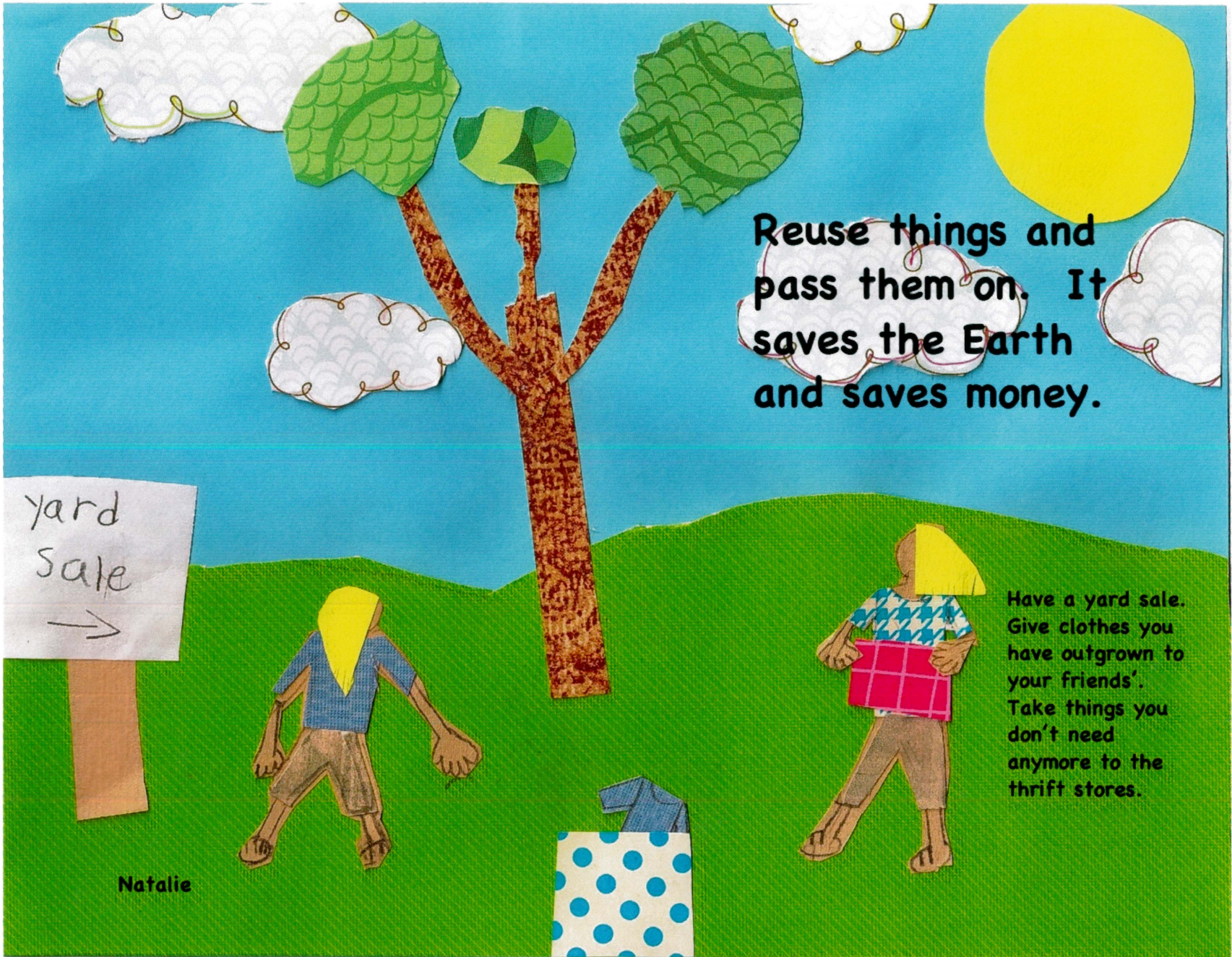
**Pick up trash. It
pollutes the Earth.**



**When you are at a
park, a ball game
or on a hike, take
a bag along to
collect any trash
that is around.**



Aidan



**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.**

yard
sale
→

Natalie