

# Eight Easy Things Kids Can Do To Stop Pollution

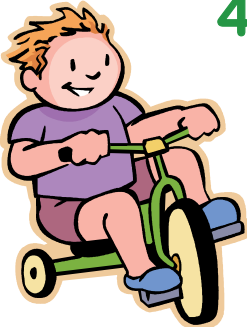
Environmental protection begins in your own backyard

1.



**Ask your parents if you can walk, take a bus or ride your bike to places.**

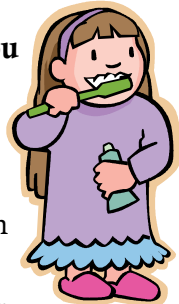
It is a waste to drive cars short distances. Fewer cars on the road saves gas and reduces air pollution.



4.

**Turn the water off while you brush your teeth.**

Wet your toothbrush before you brush, then turn off the water, brush your teeth, turn on the water and rinse your toothbrush so that it is clean for the next time you brush. You will save clean, fresh water.



2.

**When you are done using the computer or TV, turn it off.**



**When you leave a room turn off the lights.**

Turning off appliances uses less electricity.

5.

**Pick up litter and throw it in a trash can or recycling bin.**

When you are outside, look around and pick up litter that has been thrown on the ground.



3.

**Use both sides of your paper.** When you have finished drawing on one side, flip your paper over and find a whole new sheet to decorate. Now there will only be half as much paper to go to the landfill.



6.

**Use sponges or wash cloths instead of paper towels to clean up messes.**

Trees have to be cut down to make paper towels. The less paper towels you use, fewer trees will be cut down.



# ADEQ

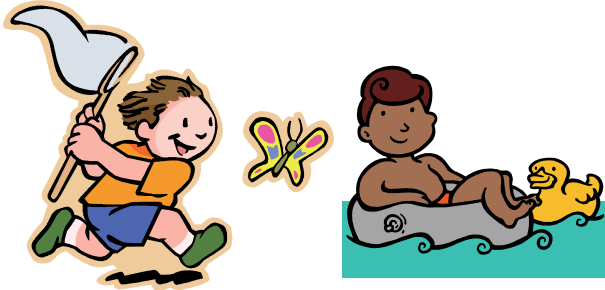
ARKANSAS  
Department of Environmental Quality

See the other side for more good ideas

[www.adeq.state.ar.us](http://www.adeq.state.ar.us)

**7. Keep the refrigerator closed.**

Think about what you want before you open the refrigerator door, then open the door, get what you want, and quickly close the door to save energy.



**8. Reuse jars and plastic containers.**

Cleaned food containers are great to keep stuff in, like all of the pieces to a game or small parts of toys. If you reuse the containers, they don't have to take up space in the landfill.



Draw a picture of yourself enjoying the clean outdoor environment you have helped create.

