



Kindness to the Earth Week of July 13, 2020

This week our kindness activities will be focused on kindness to the Earth. Record your kindness activities in your Nature Journal and log them into [OCDE's One Billion Acts of Kindness](#) page. Here are some kindness activity ideas. You can choose any of these activities or come up with some of your own!

- Use both sides of the paper before recycling it.
- Pick up trash around your neighborhood.
- Try and recycle one new item.
- Repurpose an item that you would normally think to throw away.
- Take a nature walk and discover colors of the rainbow.
- Take your families' hazardous waste to the proper disposal facility.
 - [OC Guide to Hazardous Waste](#)
- Learn about a landfill and pick a way to divert your trash from the landfill.
 - [OC Landfills Information](#)
- Plant something and take care of it.
- Unplug your devices when not in use to save electricity.
- Wash out your recyclables before you put them in the bin. Recycle the right way.
- Switch your light bulbs to the energy-efficient variety.
- Wash out and dry a gently used Ziplock bag and use it over again.
- Turn off lights and the TV when you are the last person to leave a room.
- Recycle whatever paper, bottles and plastic items possible.
- Start a compost bin for your house.
- When shopping, choose an item with less packaging.
- Use reusable eating utensils instead of single use plastic ones.
- Bring your own bags when you go shopping.
- Use a fan instead of the air conditioner to help save energy.
- Make vegetable stock with your vegetable scraps.
- Clean up after your dog.
- Throw your gum in a trash can.