

# What does my MAD Ecological Handprint look like?

- For each action you are already doing, shade in the numbered circle on your handprint.
- For each action you would like to do in the future, shade in that circle with a different colour.

## Consumption

- 9. Before I buy something new I consider - Do I need it? Can I borrow it? Can I buy it second hand?
- 10. I repair things rather than throw them out
- 11. I bring my own bag when shopping

## Community

- 5. I have learned about sustainability in my school
- 6. I talk to my parents about protecting the environment
- 7. I stand up for important issues
- 8. I volunteer

## Waste

- 24. I recycle
- 25. I choose a litter-free lunch
- 26. I safely throw out hazardous waste (paint, batteries, electronics, etc.)

## Transportation

- 1. I walk
- 2. I cycle
- 3. I take the bus
- 4. I carpool

- 27. I like being outside and protecting nature.  
(Colour all white spaces between the circles)

## Water

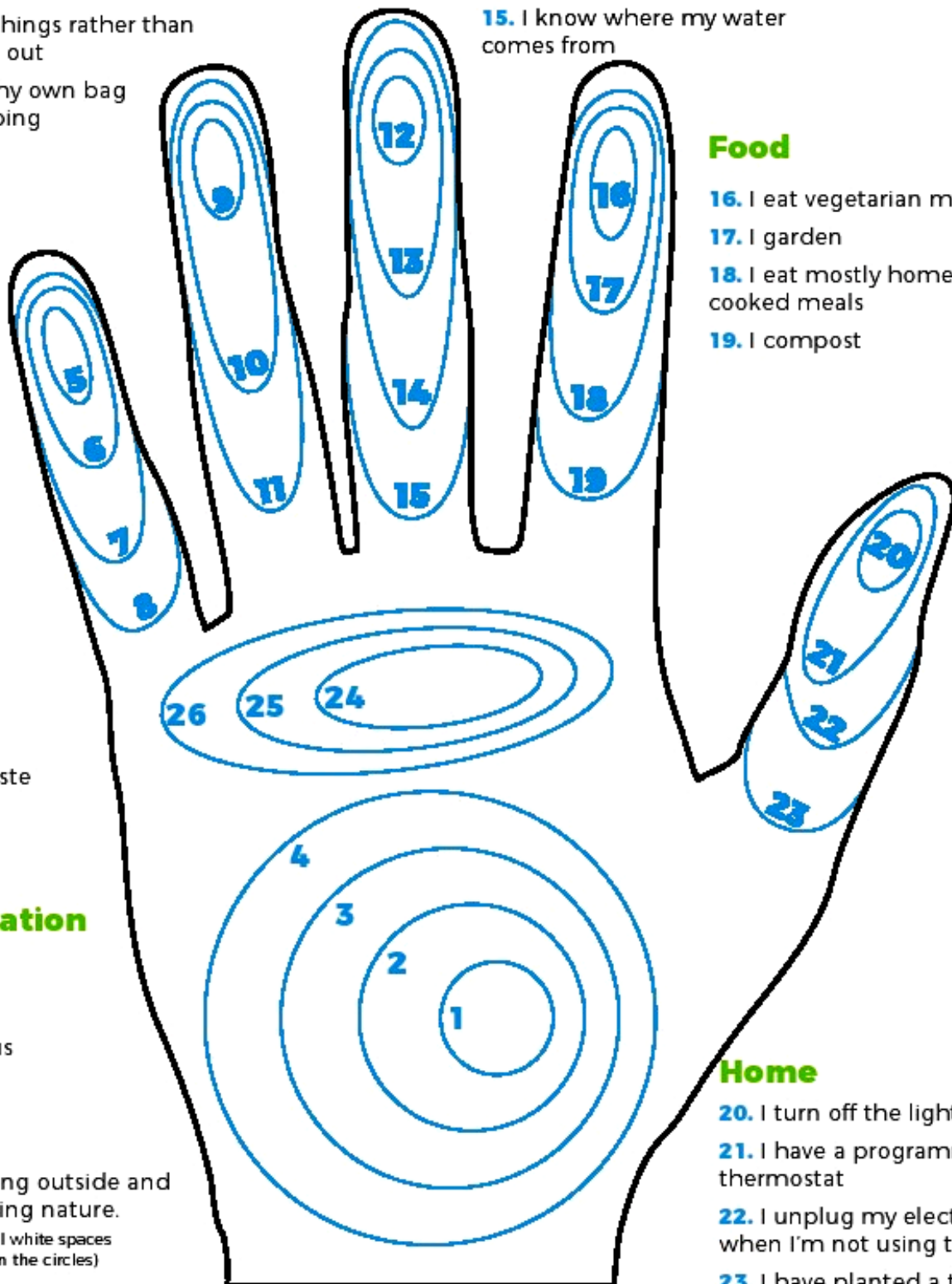
- 12. I save water
- 13. I drink tap water
- 14. I have a rain barrel
- 15. I know where my water comes from

## Food

- 16. I eat vegetarian meals
- 17. I garden
- 18. I eat mostly home cooked meals
- 19. I compost

## Home

- 20. I turn off the lights
- 21. I have a programmable thermostat
- 22. I unplug my electronics when I'm not using them
- 23. I have planted a tree





The small steps I make will really help to save the world

It's in my hands...

Decide on three things you plan to do to reduce your impact on climate change. How will you **MAKE A DIFFERENCE**?

MY **MAD** Climate Pledge

In order to reduce my impact on climate change, I promise to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

\_\_\_\_\_ My Signature

