

DECALOGUE FOR THE CLIMATE

Today more than ever it is necessary to explain to children the importance of safeguarding the planet. In fact, to give your contribution, you just need to change some habits, and you can also have fun while doing it. Let's see how:

1 USING THE BICYCLE TO GO TO SCHOOL

Not only does a bike release no carbon emissions, but it's also good for your health. Children often prefer to stay at home and play with electronic devices, but exercising should be a daily priority.

2 GROW FRUITS AND VEGETABLES

Growing your own food can teach children about the cycle of life and how to care for a living organism. It can also help children develop a relationship with the plant and take responsibility for other living beings.

3 TURN OFF THE WATER WHILE BRUSHING YOUR TEETH

You can save nearly 3000 liters of water a year with this small change!

4 TURN OFF THE LIGHTS WHEN YOU ARE NOT IN THE ROOM

Turn off the light to avoid using unnecessary energy. These small gestures also help save money. You can turn it into a game: every time your child finds a light on in a room, put a coin in a jar!



5 **PICK UP TRASH WHENEVER YOU SEE IT**

Take a walk in nature and ask your child to be the "Captain of Cleanliness", and collect all the residues you find on the ground. For each trash piece collected he will earn a sticker to attach to his cape!

6 **TRANSFORM UNUSED OBJECTS THROUGH DIY**

Do you have plastic bottles lying around the house? Check out our DIY crafts and let your imagination run wild!

7 **GO ONE DAY WITHOUT MEAT**

According to the Earth Day Network, if the entirety of the United States did not eat meat or cheese once a week, it would be equivalent to not driving 91 billion miles, or taking 7.6 million cars off the road. It is enough to spend a single day without it to educate your children about the effects of eating meat.

8 **PLANT YOUR OWN TREE**

Trees are very important to human beings. Encourage the development of your child's green thumb to convey the importance of this gesture.

9 **RECYCLE**

Create a mask or cape that your child can wear as you recycle and name it after a superhero, such as "Captain Recycle!".

10 **DO NOT USE PLASTIC BAGS**

Teaching children to use reusable bags is the first step towards greater ecological awareness. Get one with a cute print or a funny saying so that your child will be more likely to take it with them.

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