

# 12 ways you can help the environment

**1** Take reusable water bottles, cups and carrier bags with you whenever you can. Encourage everyone in your family to do this too.

**2** Try to **reduce, reuse and recycle** whenever possible. Find out what can go in the recycling bin and where to recycle other things. Look here for more information <https://newcastle.gov.uk/services/environment-and-waste/recycling-rubbish-and-waste/recycling-z>

**3** **Grow your own.** If you don't have a garden, you can grow plants in old plastic containers, like milk cartons. Salad leaves and radishes are quick to grow. Tomatoes, herbs, beans and courgettes are all easy to grow too. Save on food miles and plastic packaging, and enjoy some super fresh food!

**4** **Create a mini meadow** by leaving part of your lawn uncut through the summer months. If you don't have much outdoor space, reuse plastic packaging to grow bee friendly flowers. This website can help you <https://www.wildlifetrusts.org/actions/how-grow-wild-patch>

**5** **Avoid slug pellets and pesticides in the garden.** These can harm important creatures like bees and hedgehogs. Here are some alternative ideas <https://www.rspb.org.uk/birds-and-wildlife/advice/gardening-for-wildlife/animal-deterrents/organic-pest-control/>

**6** **Put up a nest box.** You can also make your own bird feeders to support the birds in the winter months.

**7** **Plant a tree.** This site will give you all the advice you need on how to plant trees successfully. <https://www.woodlandtrust.org.uk/plant-trees/advice/how-to-plant/>

**8** **Make a log pile** or have a bit of a messy corner. This will provide a good habitat for minibeasts and for creatures like hedgehogs, mice, and amphibians like toads, frogs and even newts.

**9** **Litter** can present huge dangers to wildlife on land and in our seas. Pick it up and put it in the bin. Get involved in litter picks in the local area and at local beaches. Remember, always wear gloves when litter picking and don't pick up things that are sharp. Find out more about sea pollution here <https://www.mcsuk.org/clean-seas/>

**10** UK Supermarkets make 59 billion items of plastic packaging every year. Ask your parents **to buy food with less plastic packaging** where they can. Leave plastic packaging at the tills for supermarkets to recycle themselves. See this BBC series about plastic packaging <https://www.bbc.co.uk/programmes/m0005xh7>

**11** **Write a letter!** Write to your local MP and ask them to do more to help the environment. Write to our local council and ask them to let us recycle more kinds of plastic in our blue bins. Write to your supermarket to ask them to sell more things without plastic packaging.

**12** Make it official. **Make a pledge** to do something to help the environment. See <https://www.wwf.org.uk/thingsyoucando>

You can also access these links via the "School Visits" page of our website.