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## Instructions:

1. Start by downloading and printing your "Planet-Friendly Swaps" worksheet.
2. Look at each row in the first column to learn about common items or habits that are harmful to the environment.
3. In the second column, you'll see a planet-friendly swap (something you can do or use instead).
4. Take action! Try to make the swap in real life. Ask your family or friends to join in too!
5. Once you've made the switch, tick the checkbox in the third column to show your progress.
6. Challenge yourself to tick as many boxes as you can as every small action helps protect our planet!

WHAT TO AVOID		HOW TO AVOID IT		YES I'LL DO THIS
	Plastic water bottle		Opt for a reusable drink bottle and fill it with tap water	<input type="checkbox"/>
	Pre-packed fruit and vegetables		Choose loose products (skip the little plastic bag or put in a reusable bag)	<input type="checkbox"/>
	Lightweight plastic bags		Avoid plastic bags (bring a reusable bag or use a cardboard box)	<input type="checkbox"/>
	Takeaway plastic straws		Use a paper straw or carry a reusable one made from steel, silicone, or bamboo.	<input type="checkbox"/>
	Takeaway utensils and containers		Opt for stainless steel or other reusable containers like glass, steel, bamboo, or silicone	<input type="checkbox"/>
	Plastic cutlery		Use reusable metal forks and spoons, or try bamboo, silicone, or stainless steel cutlery	<input type="checkbox"/>
	Plastic wrap for leftovers & sandwiches		Pack food in a reusable lunch box, containers, or beeswax wraps	<input type="checkbox"/>
	Littering: snack wrappers or balloons		Choose snacks with minimal packaging, and skip balloons for eco-friendly decorations like paper bunting	<input type="checkbox"/>
	Bubble wrap		Reusing old packaging or switching to alternatives like shredded paper, cardboard, or fabric	<input type="checkbox"/>

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