



# Clean, Safe and Sustainable Activities Kids Can Do



## Clean

### Community Cleanup

Schedule a community cleanup day with kids. Choose an area such as school grounds, a local park or your neighbourhood. Cleaning up the local area helps the environment and creates a sense of community with the kids and other residents.

### Recycled Art

Many old items that normally would end up in landfills work well in recycled art projects. You can plan one or more of these recycled craft projects during Canadian Environment Week or year-round. For example, gather several items such as pizza boxes, egg or milk cartons, tin cans and cardboard tubes, and let the kids create a sculpture, a birdhouse, a flower pot with the items.



## Toy Swap

Throwing away old toys results in more waste in the landfill. Instead of tossing the toys that are boring, help kids organize a toy swap. Each child brings an unwanted toy (make sure they are clean, safe and in good condition) and the kids swap toys with one another. That way, the children go home with different toys, and nothing ends up in the landfill.



## Trash-free BBQ

Have a trash-free barbecue (and toy swap too!) and invite guests to bring dinnerware (utensils) or use a Frisbee as a plate. It's good for the environment and good for everyone's health (especially running after the Frisbee afterwards).

## Safe

### Voluntary Power Outage

Encourage kids to schedule their own voluntary power outage during Canadian Environment Week (first week of June) to reduce energy usage. For example, kids can avoid using the computer, video games or television between certain times. This also gives kids a chance to do other activities such as reading, cooking or going outside.

### Environmentally Friendly Cleaning Products

Make kid-friendly cleaning products. Instead of using chemicals and paper towels to wash your windows, try 125 ml vinegar (1/2 cup) and 1 L water (4 cups) and a squeegee or reusable cloths and rags. Avoid cleaners containing phosphates. When they get into rivers and lakes they cause algae blooms, robbing the water of oxygen and ultimately killing aquatic life.



## Sustainable

### Green Committee

Help kids create a green committee with friends. This idea works well in a school setting or other situations where a group of kids meets regularly. The green committee will monitor the school to make sure the other kids are making green choices.

### Compost Bin

Create a compost bin with kids. Throw some food scraps and yard waste inside the compost bin to create organic material that is ideal for gardens.

### Pledge

Help kids create a pledge that states what they promise to do to keep the earth clean while protecting the environment. Have each child sign the pledge. You can find an example of Environment Canada's pledge at [www.ec.gc.ca/environmentweek](http://www.ec.gc.ca/environmentweek).

