



# Are you a sustainability superstar?

Our planet needs your help! Please have a go at these environmental challenges at home and let your teacher know how well you've done - why not get an adult to do it too?



## Turn off the tap while you brush your teeth for a week

Completing this challenge will save 365 litres of water.

- Yes, I did it
- An adult did this too



## Use a reusable water bottle for a week

Did you know, plastic bottles need water to be made and often end up in seas or rivers?

- Yes, I did it
- An adult did this too



## Reduce your shower by 2 minutes for a week

Doing this challenge will save 2 baths full of water and helps save the planet.

- Yes, I did it
- An adult did this too



## Collect rainwater and use it to water the garden

Why not use a bucket to collect the rain water?

- Yes, I did it
- An adult did this too



**Unplug your electrical items like TVs and chargers when not in use and at the end of the day for a week**

- Yes, I did it
- An adult did this too



**Replace single use plastic bags with reusable bags for a week**

Did you know, one trillion plastic bags are created every year?

- Yes, I did it
- An adult did this too



**Don't throw any food away for a week. Try saving some for another day**

Just ¼ of all wasted food could feed 795 million undernourished people around the world who suffer from hunger.

- Yes, I did it
- An adult did this too

has completed the sustainability superstar challenges and has helped save the planet!



Or let us know using our [online form](#).