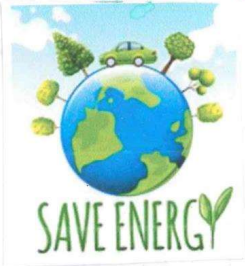


# Save energy



- Turn off the lights when you leave a room
- Turn off plug sockets



# plant trees

- Trees naturally absorb CO2
- planting more plants and trees will help our planet

# walk/cycle



- use your car less and walk or cycle more to reduce CO2

# Save water



- Turn off taps
- Try having shorter, cooler showers

# how we can help Climate Change



- This is also good for our bodies and heart

# Eat Less meat



- Try and have one meatless meal each week to help the planet

# RECYCLE



- Try and recycle items like plastic to reduce waste