



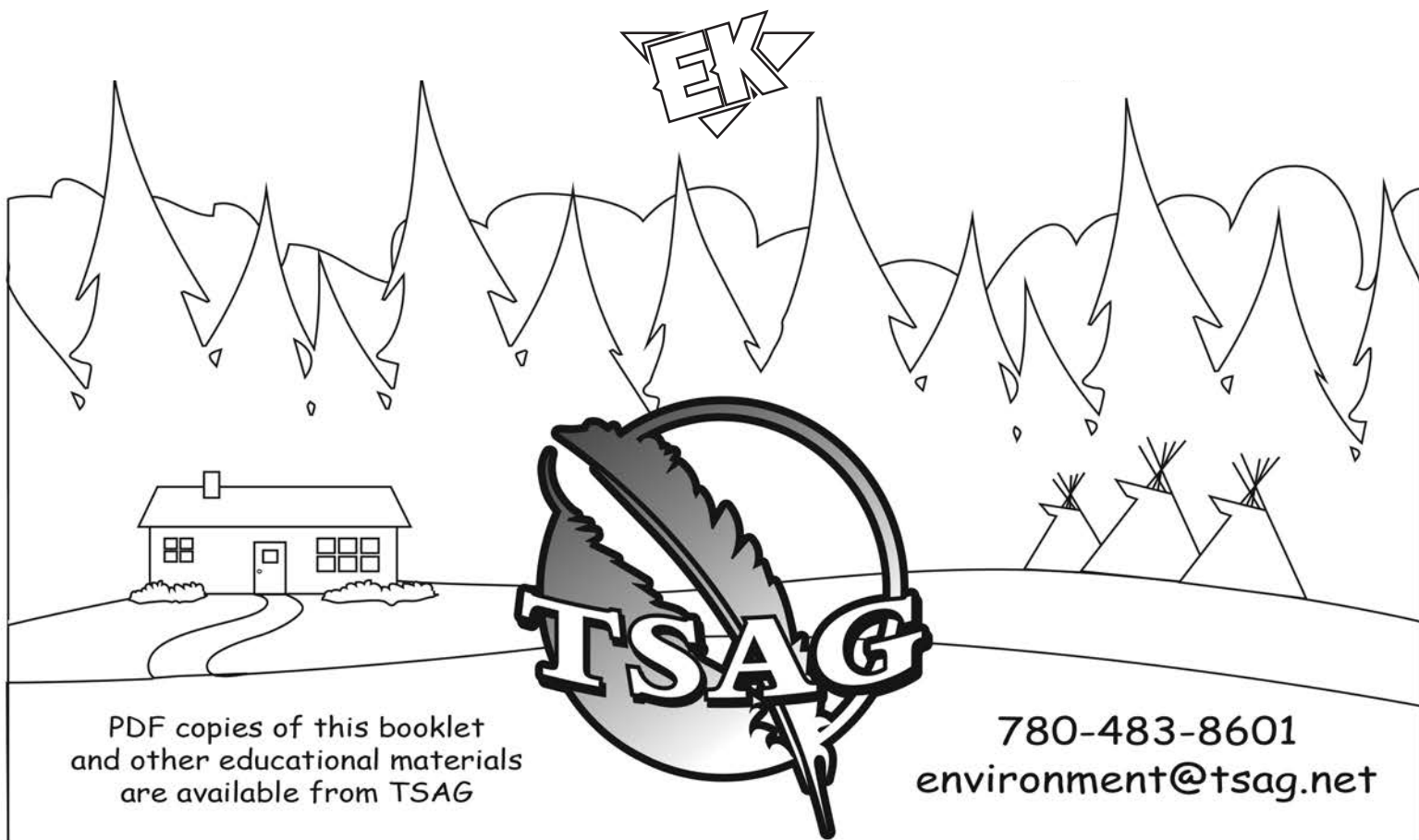
**ACTIVITY & COLOURING BOOK**

**VOLUME 2**





As Earth Keepers we are all responsible for protecting our Mother Earth. The First Nations Technical Services Advisory Group (TSAG) created this activity book to teach students and their parents the 6 R's of Rethink, Refuse, Reduce, Reuse, Recycle, and Recover. Earth Keepers is a FNTSAG program that educates youth about waste diversion, safe management of hazardous waste, the impact of unauthorized dumping on the environment and the dangers of burning waste, as well as animal safety around waste management.



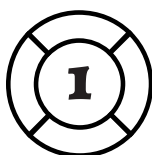
PDF copies of this booklet  
and other educational materials  
are available from TSAG

780-483-8601  
[environment@tsag.net](mailto:environment@tsag.net)

# Who is an Earth Keeper?



You can be an Earth Keeper too if you  
believe in caring for our Mother Earth!



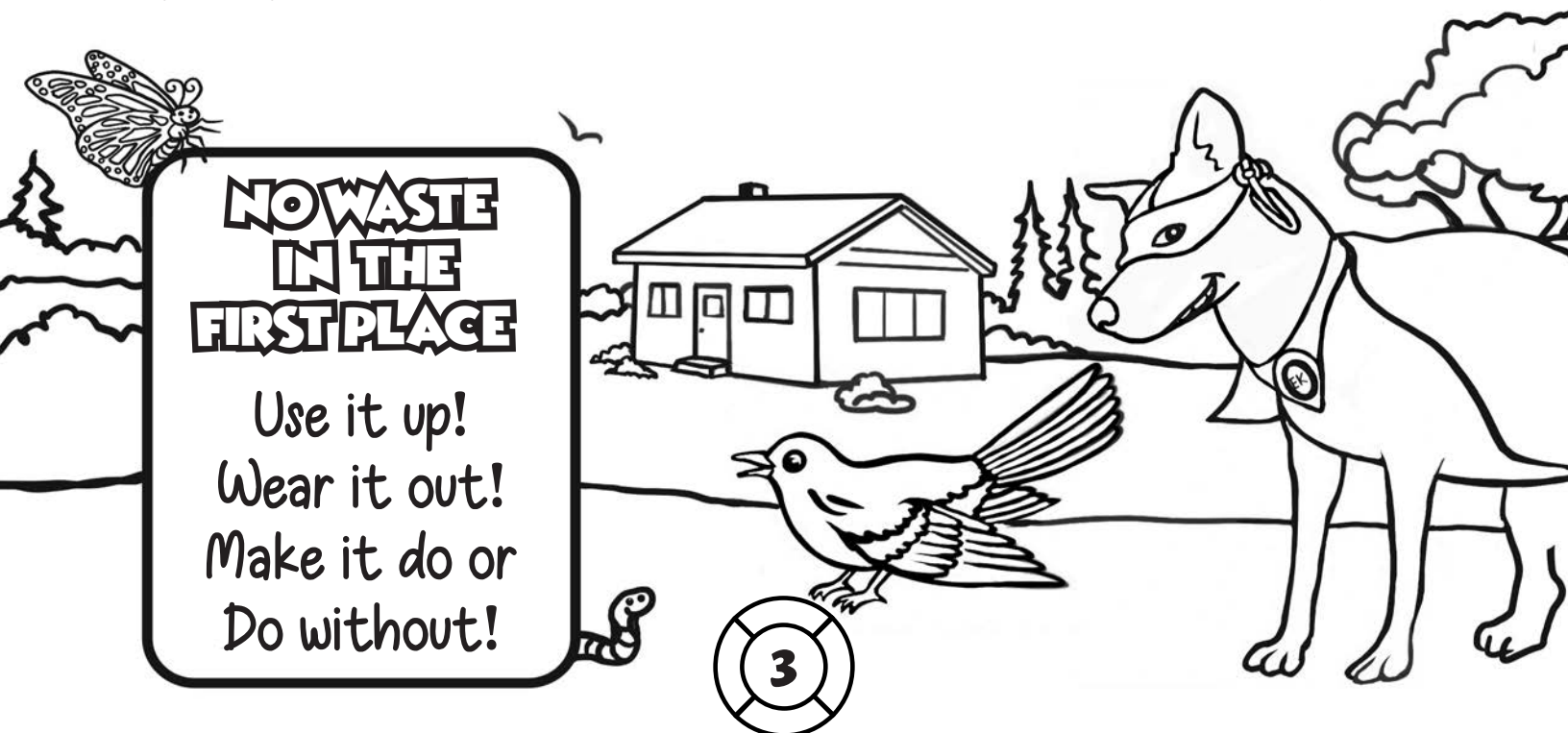




WE ARE EARTH KEEPERS!

# ARE YOU A LEVEL 2 EARTH KEEPER?

- 1 I care about the environment ..... ☐ yes ☐ no
- 2 I can help the garbage truck driver by making sure my family puts only bagged household waste out for him to pickup, and I always replace the lid after! ..... ☐ yes ☐ no
- 3 **RETHINK**  
I can choose snacks that have natural packaging like an orange or banana ..... ☐ yes ☐ no
- 4 **REFUSE**  
I can say no to extra waste like plastic bags and use a cloth bag. .... ☐ yes ☐ no
- 5 **REDUCE**  
I only take the amount of food I know I will finish eating, I can always go back for more if I am still hungry! ..... ☐ yes ☐ no
- 6 **REUSE**  
Sometimes I wear hand-me-down clothes because they fit me and are still nice!..... ☐ yes ☐ no
- 7 **RECYCLE**  
I keep my water and juice boxes out of the waste bin so they can be recycled at the bottle depot!..... ☐ yes ☐ no
- 8 **ANIMAL SAFETY**  
I put garbage bags out for pickup in a place where birds and dogs cannot rip them open..... ☐ yes ☐ no

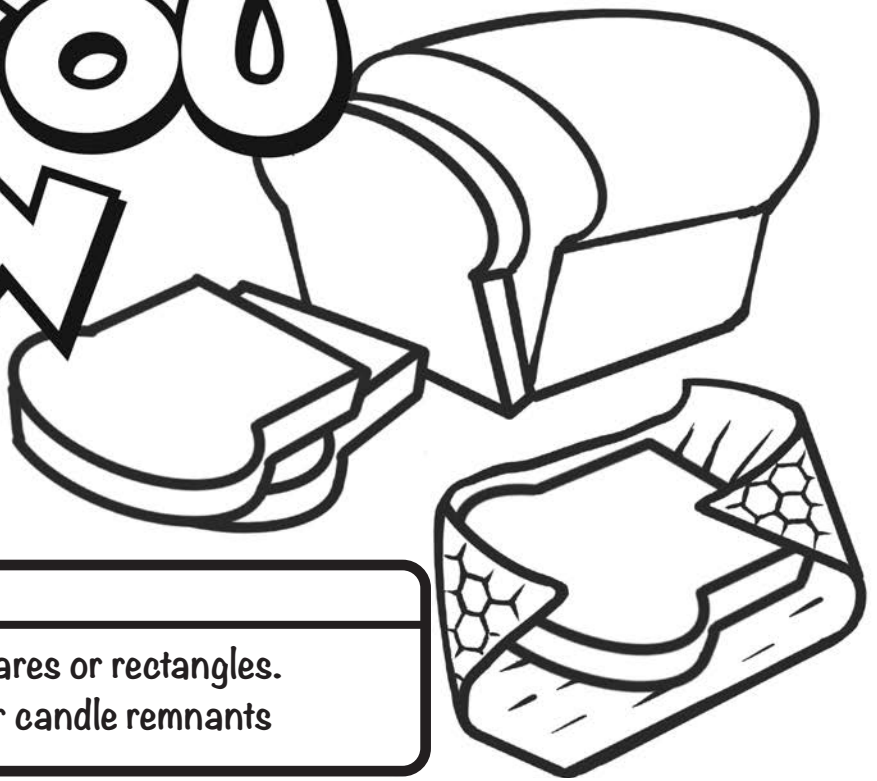


# RETHINK

There are green alternatives for plastic products we use everyday

## DID YOU KNOW

You can make your own food wrap instead of using plastic??



TOOLS	MATERIALS
<ul style="list-style-type: none"><li>• Oven</li><li>• Knife</li><li>• Scissors</li></ul>	<p>Cotton fabric cut into squares or rectangles.</p> <p>Beeswax beads, blocks or candle remnants</p>

### INSTRUCTIONS

Preheat your oven to its lowest setting. 150°F is ideal, but up to 170°F is fine too. Gather a few pieces of cotton fabric and put them on a baking sheet lined with tin foil.

- Shave and then chop a couple of ounces of beeswax.
- Sprinkle the fabric with a light layer of beeswax.
- Put them in the oven for 10 minutes or until wax is melted).
- Take them off the hot baking sheet IMMEDIATELY.
- Hold the wraps from the corners until they cool and solidify, this will just take a few seconds then lay them down flat.

### NOTES

If your wraps get cracked or worn over time, just stick them back in the oven at the lowest temperature and remelt them.. They'll come out like new!

Some people add powdered pine resin (dried tree sap) to their wraps. This adds stickiness that helps the wrap to cling to materials other than itself. It isn't mandatory to use resin, they work extremely well without it.



# REFUSE



What is better for the environment?  
A toy wrapped in a lot of packaging  
or a toy with little or no packaging?  
Circle and color the best choice!



Colour the picture of the type of  
bag your family uses at the store!

UNSCRAMBLE THE LETTERS TO REVEAL THE SPECIAL PHRASE

PTTOERC

P O T T

ORU

O O

MRTOEH

M R

ERHTA

E R

DNA

D

LYFAIM

F M

Answer Key on Page 20



# REDUCE SAY NO TO STYRO!

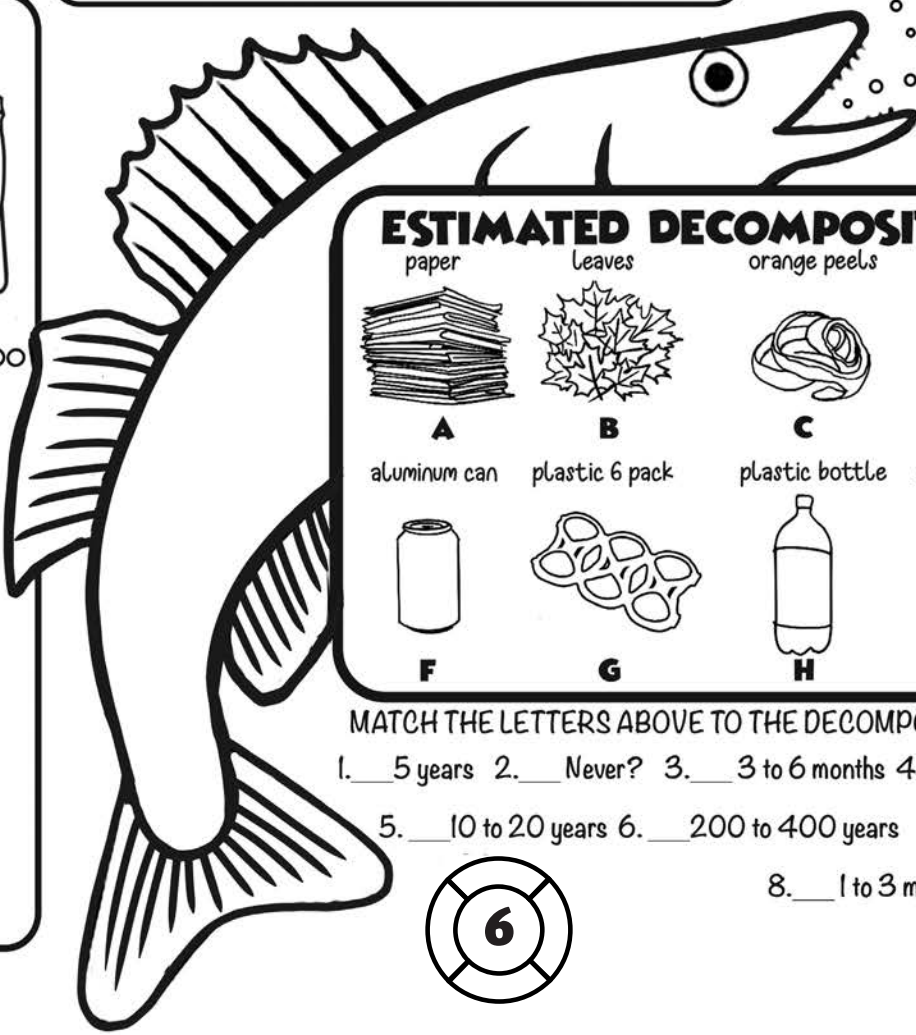
Styrofoam breaks down into very small pieces and animals that live in the water can mistake it for food.

Styrofoam can take up to 500 years to break down but will never fully decompose.













**TIP...**

Reusable cutlery to curb the use of single use plastics are a great idea!

## ESTIMATED DECOMPOSITION RATES

paper	leaves	orange peels	milk carton	plastic bag
				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
aluminum can	plastic 6 pack	plastic bottle	glass bottle	styrofoam
				
<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>

MATCH THE LETTERS ABOVE TO THE DECOMPOSITION RATES BELOW...

1. 5 years    2. Never?    3. 3 to 6 months    4. 500 Years-Forever?
5. 10 to 20 years    6. 200 to 400 years    7. 400 to 500 years
8. 1 to 3 months    9. 2 to 4 weeks
10. 400-500 years



# REUSE



... REPAIRING  
a broken bicycle



DRAW AN EXAMPLE OF SOMETHING BEING REUSED!

# RECOVER

GARBAGE

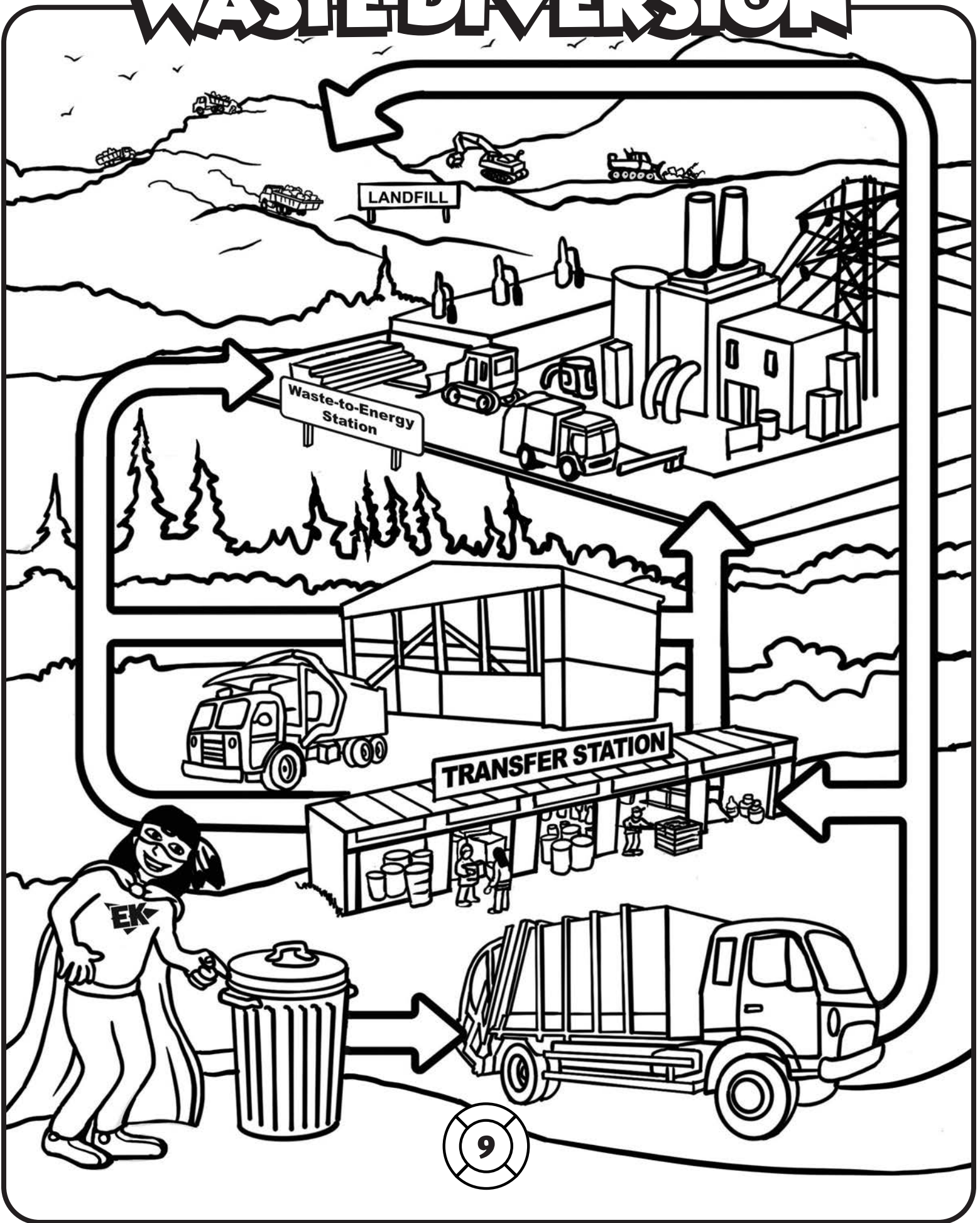
ENERGY

Recovery technology uses waste that cannot be recycled to create a green energy source.

Recovery technology also helps save space in our landfills and the energy generated can power your home!



# WASTE DIVERSION



# SORT IT OUT

COLOR THE PATHS TO HELP ALL OF THE BOTTLE TYPES MAKE IT TO THE COUNTER FOR A REFUND!

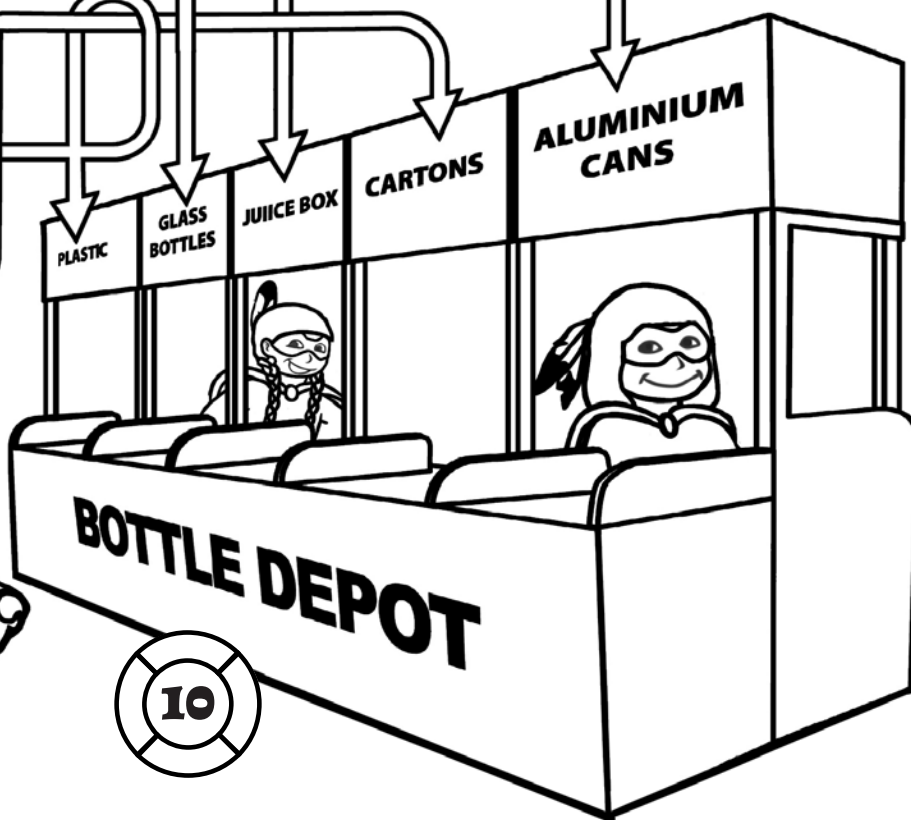
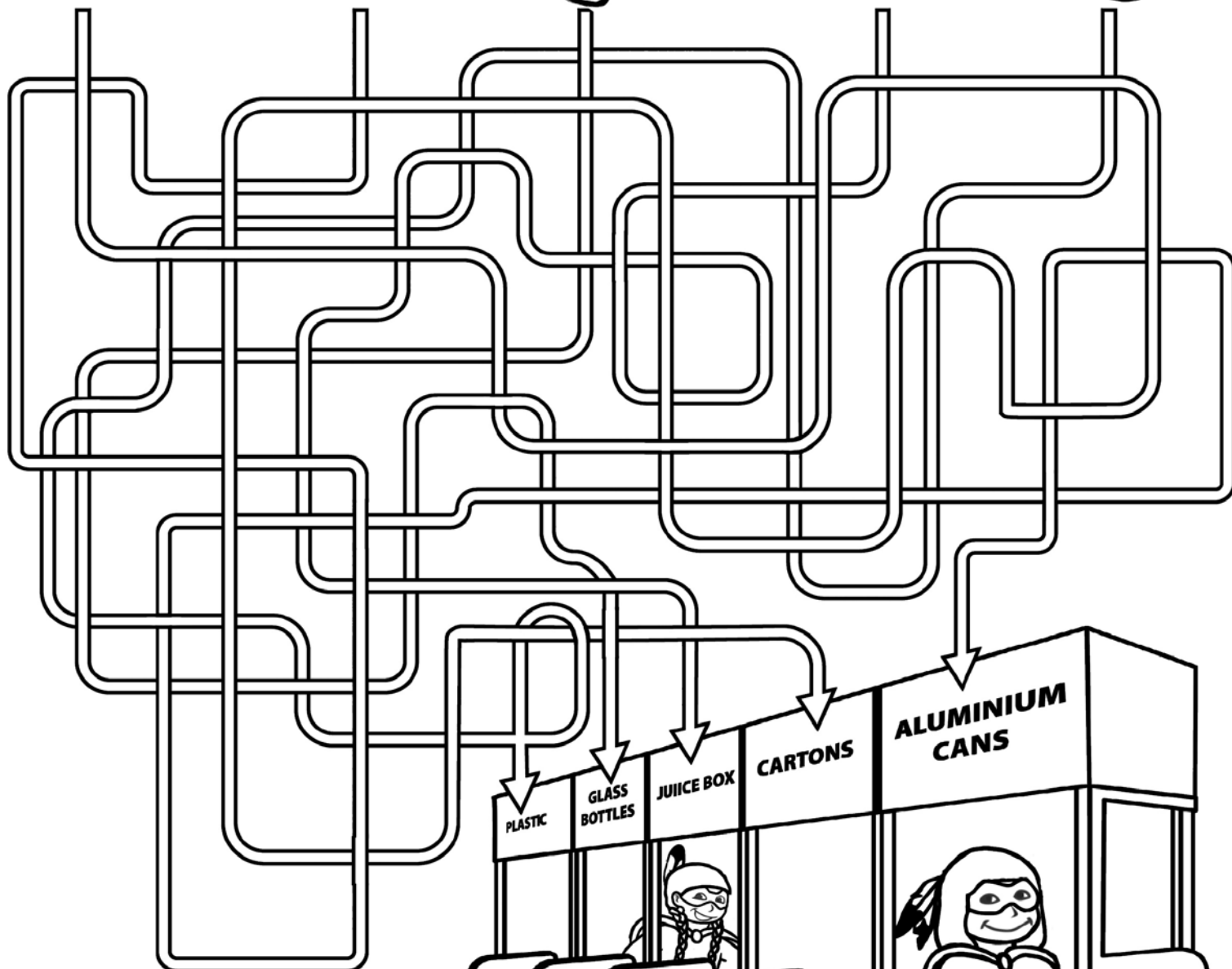
.10 - .25¢

.10¢

.10 - .25¢

.10 - .11¢

.10 - .25¢



WOOF WOOF!!  
It does make  
sense to make  
cents!





**HELP SORT IT OUT**

Pick a colour for each bin and colour it in. Then help sort each item by colouring it the same colour as the bin it belongs in!

Pick a colour for each bin and colour it in. Then help sort each item by colouring it the same colour as the bin it belongs in!

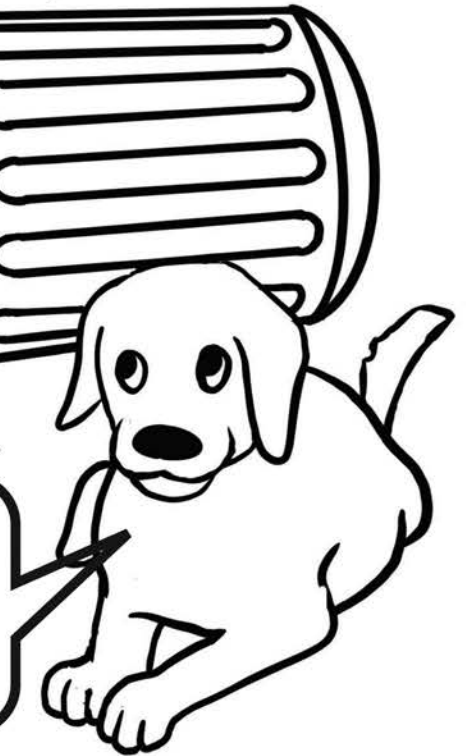
11

# HUMAN FOOD CAN BE POISONOUS TO OUR PETS

There's a lid on the can because some of the things in there can make me very sick!



Keep us safe! Keep garbage away from our curious jaws and paws!!



## ALL OF THESE HUMAN FOODS CAN BE VERY POISONOUS TO OUR PETS.

Match the food item with its name on the right by writing its number in the box.



1



2



3

- ☐ Grapes and Rasins
- ☐ Coffee beans, Coffee
- ☐ Alcohol
- ☐ Chocolate
- ☐ Garlic and Onions
- ☐ Nuts
- ☐ Sugar



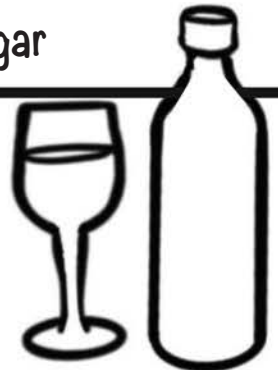
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5



6



7

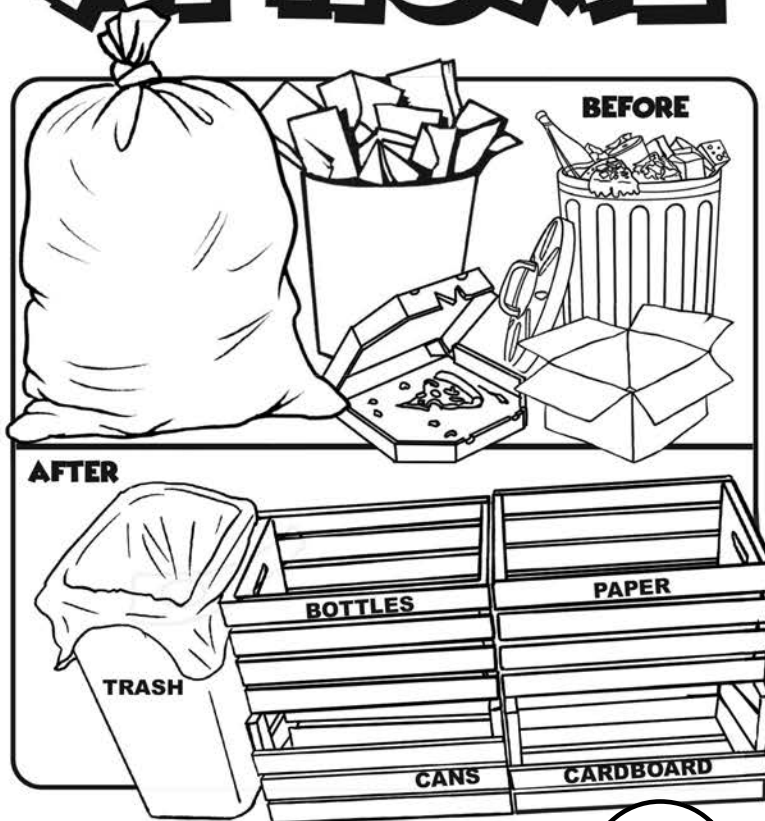


# AT HOME - OUTSIDE

Circle the type of outside bin you have for garbage and recycling!



# AT HOME - INSIDE



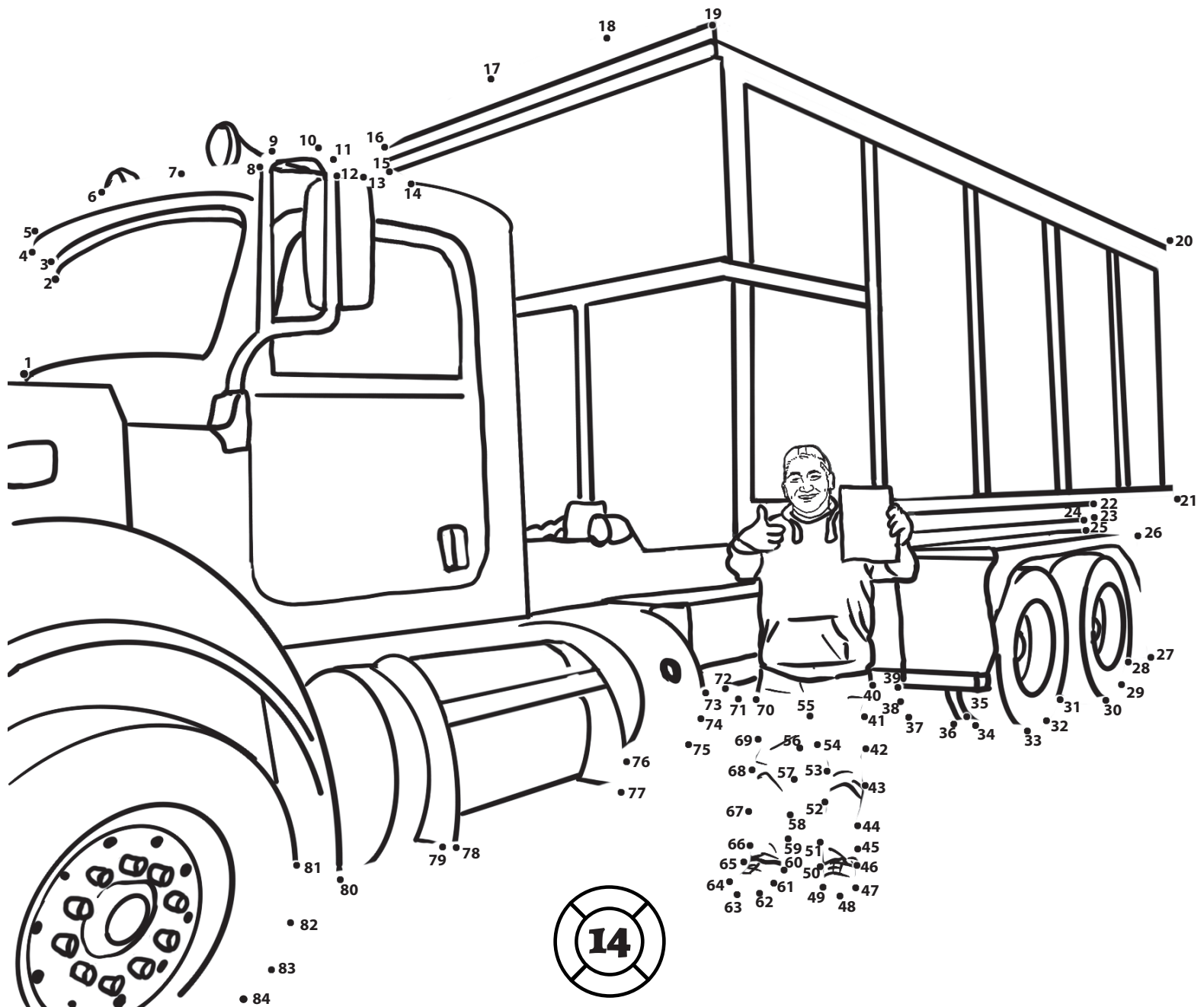
What type of bin do you have for recycling and garbage inside??

## FUN FACT!

The average person has the opportunity to recycle more than 25,000 cans in a lifetime.

# WASTE COLLECTION FROM HOMES

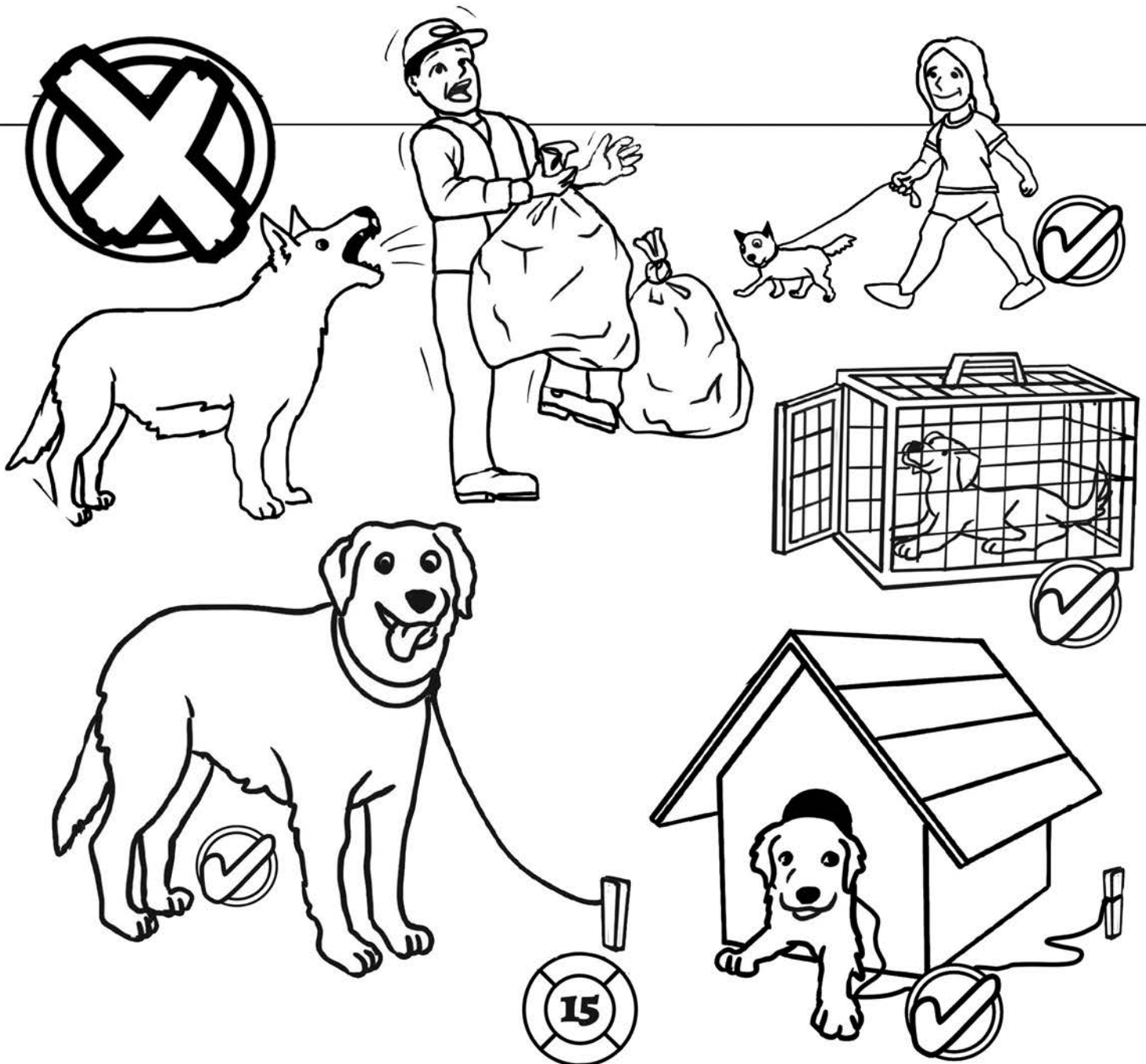
Help our garbage collection driver get his truck back on the road by connecting the dots and coloring it in, quick before the garbage bags pile up!





# WAYS TO HELP THE GARBAGE COLLECTION DRIVER

Dogs like to protect their home and don't know the garbage collection driver from an uninvited guest. Put your dog on a leash, in a kennel or inside the house for garbage day pickup time



The Earth Keepers see some items that can be repaired, reused, repurposed or recycled instead of going into the landfill. Colour the ones you can find!





Reduce waste by fixing instead of buying something new

# MEND DON'T SPEND

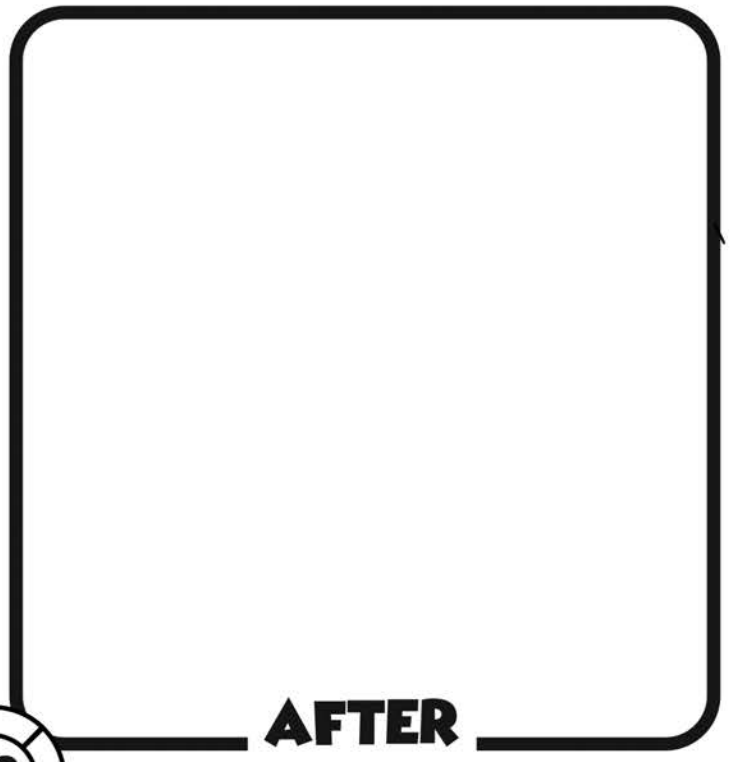
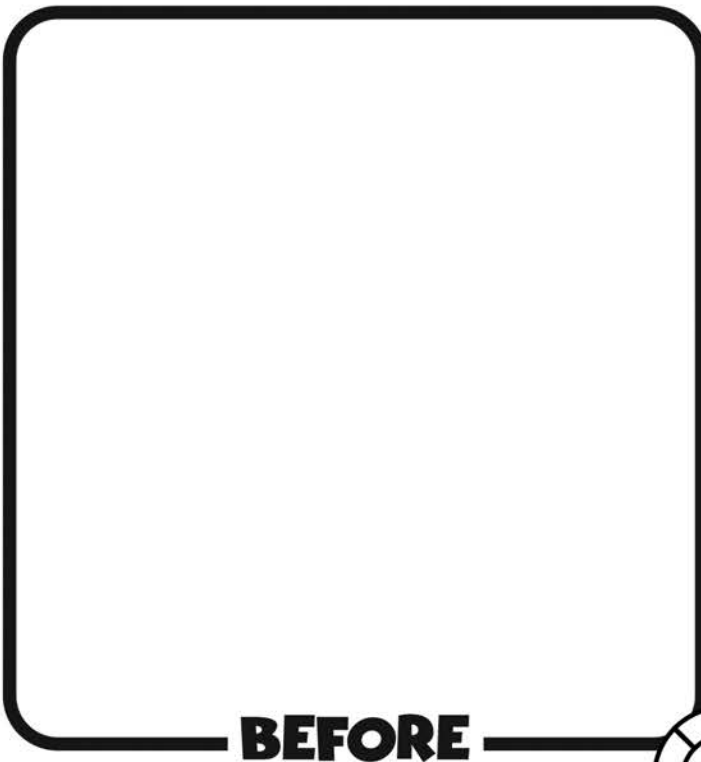


# FIX DON'T NIX



# PREVENT - STOP - NO LITTERING

What do you think Mother Earth  
would say about littering?  
Draw and colour your idea!





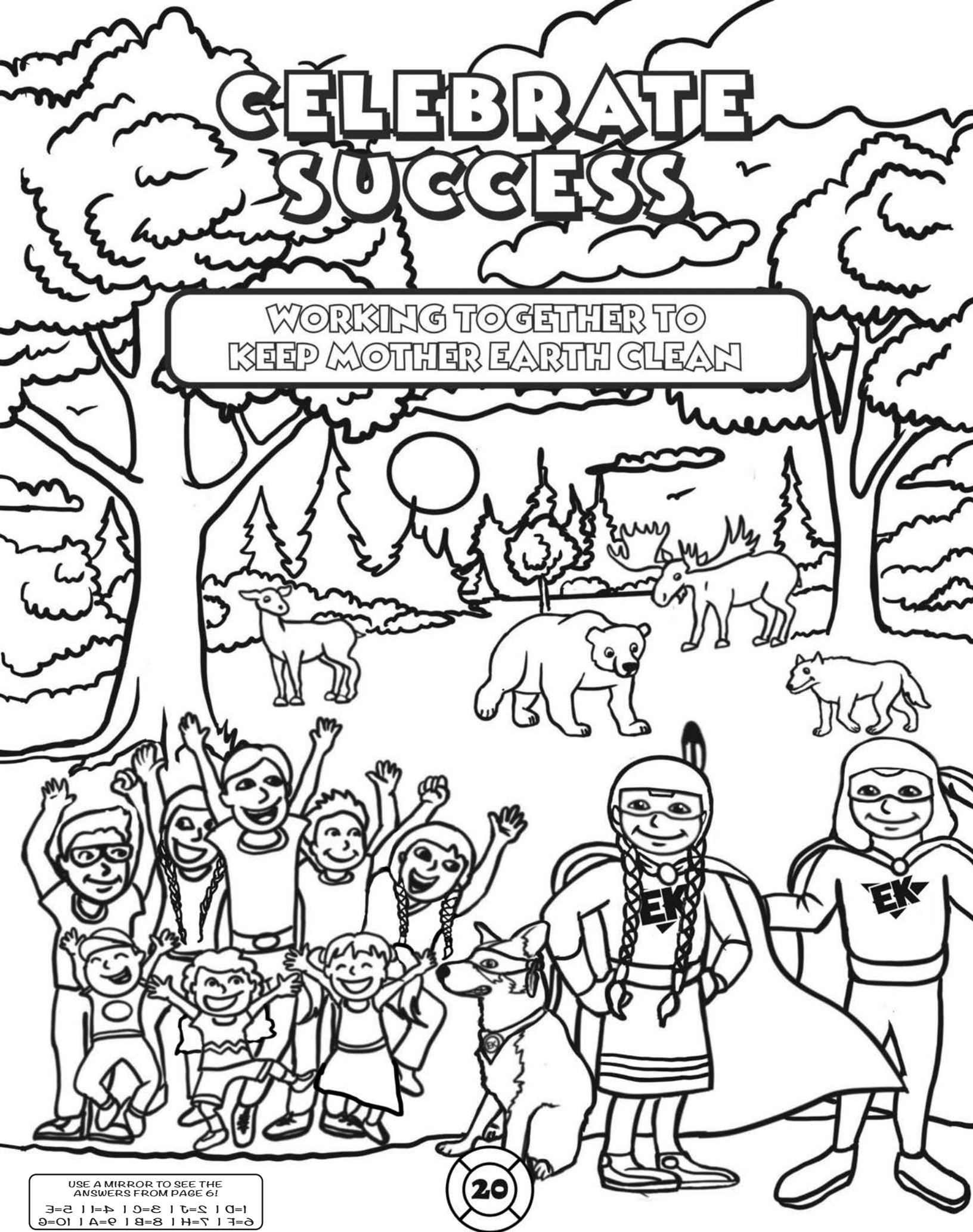
Protect our medicinal plants  
and berry patches by  
**NOT LITTERING!**





# CELEBRATE SUCCESS

WORKING TOGETHER TO  
KEEP MOTHER EARTH CLEAN



USE A MIRROR TO SEE THE  
ANSWERS FROM PAGE 6!

9=F 1 3=H 8=B 1 2=A 1 0=G  
3=2 1 1=4 1 0=3 1 1=3 1 0=1  
2=5





# CERTIFICATE

## 2

This is to certify that

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has trained to be a  
Level 2 Earth Keeper





