

FAMILY NEW YEAR *sustainable* RESOLUTIONS

It's the New Year! Traditionally a time where we resolve to change our habits for the year ahead. But that can be easier said than done. Instead of making individual resolutions, what about making a family resolution to be more sustainable? We all know, having buddies can help you stick to it, and who's a better buddy for making changes in your life than kids! So this year, get them involved and make a few small adjustments to step-change your family's sustainability.

HAVING THE CHAT

Not sure how to start the conversation? Try this easy three-step process, and then use our handy worksheet to make your family's resolutions.

1. Explain why we say "Reduce - Reuse - Recycle" in that order
2. For each of the three, every family member should think of 1-2 ways you could make a small change this year. It's important that your kids come up with ideas too, so they feel committed to them.
3. Discuss and commit to 1 or 2 things you will do as a family this year. Change doesn't have to be big, every little bit counts. Now, hold each other accountable and get to it!



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One Thing I Will REDUCE:

Sustainability starts with using fewer overall resources, so that what we have on the planet can be used to its best. Examples of things you could reduce are: Drive less by walking to school; Switch off the lights in the house; Swapping something in a plastic bottle to something without packaging.

Our Resolution

How I Will REUSE:

We can also make the most of the planet's resources by re-using things we already have. For example, you could cut the bottoms off your trousers that are too short to make shorts; Re-use containers and bottles for storage; Repair broken toys rather than throw them away.

Our Resolution

One Way I Will RECYCLE:

If you've used something until the end of its life, or you have packaging or single-use items you can ensure it continues to have value by recycling it! Examples of things you could resolve to do this year are: Commit to recycling in your bathroom (most people don't!); Purchase things that only have easily recyclable packaging; Sort and prepare your recycling properly so it doesn't end up in land fill.

Our Resolution



FAMILY NEW YEAR *sustainable* RESOLUTION IDEAS

HERE'S SOME IDEAS TO GET YOU STARTED:

- Swap one meal per week to vegetarian or vegan
- Turn electronics all the way off (not just to standby)
- Turn off the tap when brushing your teeth between rinses
- Start a compost heap
- Grow some of your own food
- Select veggies that are in season locally rather than flown in
- Bike or walk to school instead of drive
- Cut down on shower time by 1 minute, or run a shallower bath every day
- Say "no thank you" to plastic toys with takeaway meals
- Travel via bus or train to your next day out
- Switch off the lights when you leave a room
- Pass your old toys, books and clothes to another child
- Accept used clothes, books or toys from someone else
- Carry a reusable water bottle when you go out and refill it at refill stations
- Pack snacks when you go out to avoid single use plastic packaging
- Say "no thanks" to straws
- Use the library rather than buy books
- When you buy sweets choose a plastic-free option
- Write a letter to a company asking them to change their packaging choices to be more sustainable
- Swap to a shampoo bar in the bath
- Go on a litter pick and remove 5 pieces of rubbish from nature ever month
- When you go to a picnic, bring your own plate and mug
- Learn to sew and patch your own clothing or socks
- Help your parents hang clothes to dry rather than using the dryer
- Put on an extra jumper and turn the temperature down in the house
- Swap out any non-LED light bulbs in the house
- Learn your local recycling rules and pledge to follow them
- Put a recycling bin in the bathroom and sort your bathroom rubbish
- Read your home electricity meter for a week and try to reduce it the next week
- Write a letter to your MP about how important preventing the climate crisis is to you
- Learn how to sew buttons back on to clothes

