

THE ARISE Eco-HOME



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The Smarter Living Room

Furniture

This room has solid wood furniture, which is better for the environment than pressed wood. Pressed wood contains formaldehyde, glue, and other toxins. Sell old furniture or donate it to a charity. Don't trash it if it is still usable.

Curtains

When it's hot outside, close the curtains to prevent heat buildup inside. Keep the energy-saver light bulbs dusted and clean.

TV

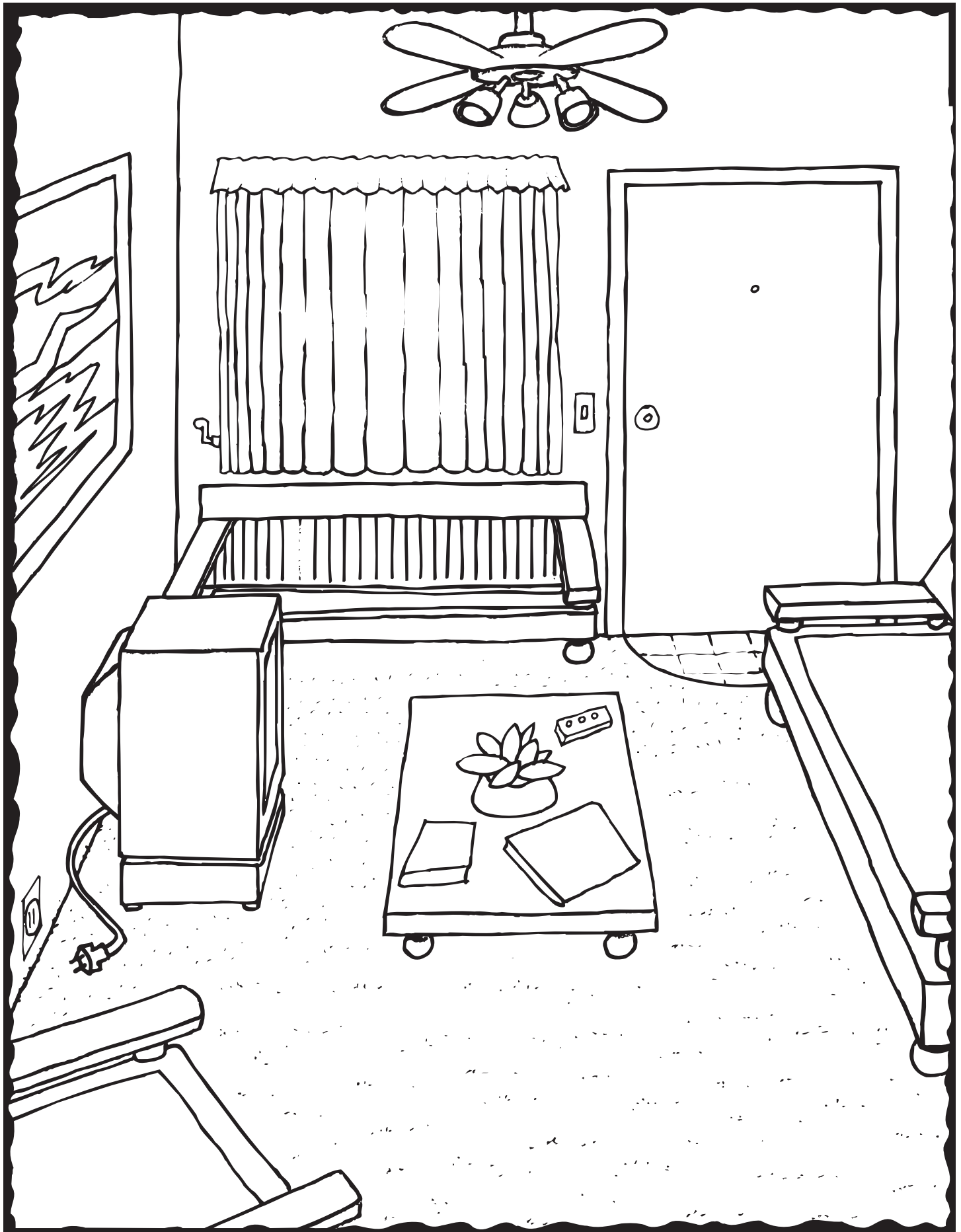
The TV is unplugged. Did you know that the TV (and every other electrical appliance) uses electricity even when it is not turned on? An appliance or lamp should be unplugged if it will not be used for a long time.

Ceiling Fan

A ceiling fan slowly revolves, spreading cool air around the room. There are no ash trays. I guess no one smokes in this household, and that's a very good thing.

Carpets

This room has wall-to-wall carpeting, a source of pollutants. Most carpeting can only be cleaned thoroughly with heavy-duty vacuums; common household vacuum cleaners don't reach deep enough into the carpet. When the time comes, this family should replace their carpeting with natural wood or tile; it's much cleaner, particularly when toddlers are crawling around. It's also a good idea for you and other family members to remove shoes when coming into the house, so you don't track in stuff from outside.



An E.C.* Bedroom

There are all sorts of things you can do to help protect the environment. Turn off the lights, radio, TV, and VCR when you leave the room. Don't let piles of paper build up; if you have curbside recycling, collect all the newspapers in recycling bins (do not place any other papers there). If you don't have curbside recycling, ask a family member to take you to the recycling plant with your recyclables.

Lights

In this room, you make use of natural light by opening the curtains and blinds. This way, the sun lights up the room and electricity is not wasted. (Never do this in the heat of the day.) Also, by leaving the windows open (this is known as "passive cooling"), you will save money on your A/C bill. When the A/C or heat is operating, remember not to leave windows open.

Lamp

The reading lamp has an energy-efficient bulb, which means your family saves electricity and money!

Storage

The person in this bedroom uses old containers to store toys. Don't forget to donate old clothes and toys to a charity. This is recycling at its best; it's called "reusing!" And, it helps other people, too.

Books/Newspapers

Books and newspapers are stacked up in several piles. Try using a bin in a storage area to collect these recyclables. Recyclables are items that you can use again and again. Put old books in a recycling bin; there's always someone who can use them for homework and reading for enjoyment. Maybe you can even donate the books to your local library.

*environmentally correct



WATER IS PRECIOUS SAVE IT!



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**Turn off the tap while
brushing your teeth.
Remember to ask adults to do the
same. It's a good idea to wash or
shave after filling
the sink with water.**

Action Step: When you go home tonight, tell everyone in your house about this water-saving tip. It will save your family money in water bills, too! Teach your little brothers and sisters how important it is to save water. It's really fun to teach new things to someone else.

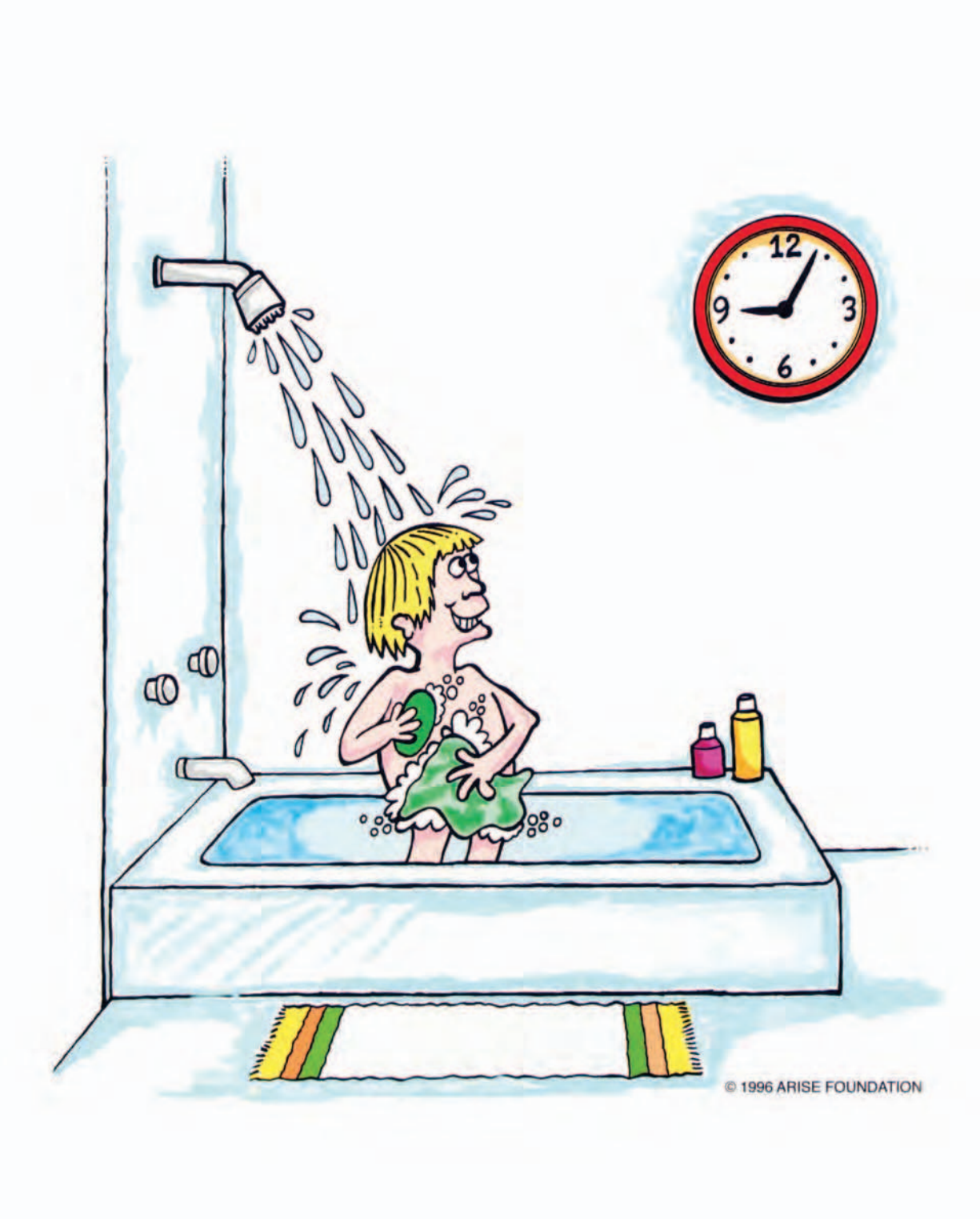


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**Reduce the time
you spend in the shower.
See how quickly you can get
in and out and still be
sparkling clean. This could
become a new Olympic event:
shower racing! Save even more
water: Ask an adult to replace the
showerhead with an ultra-low-flow
version.**

Action Step: Make this tip into a fun activity! Before you step into the shower, set a timer for five minutes. See if you can beat the clock while still cleaning yourself thoroughly!

P.S. Make sure a shower mat is in place to protect you from falling!



XERISCAPE

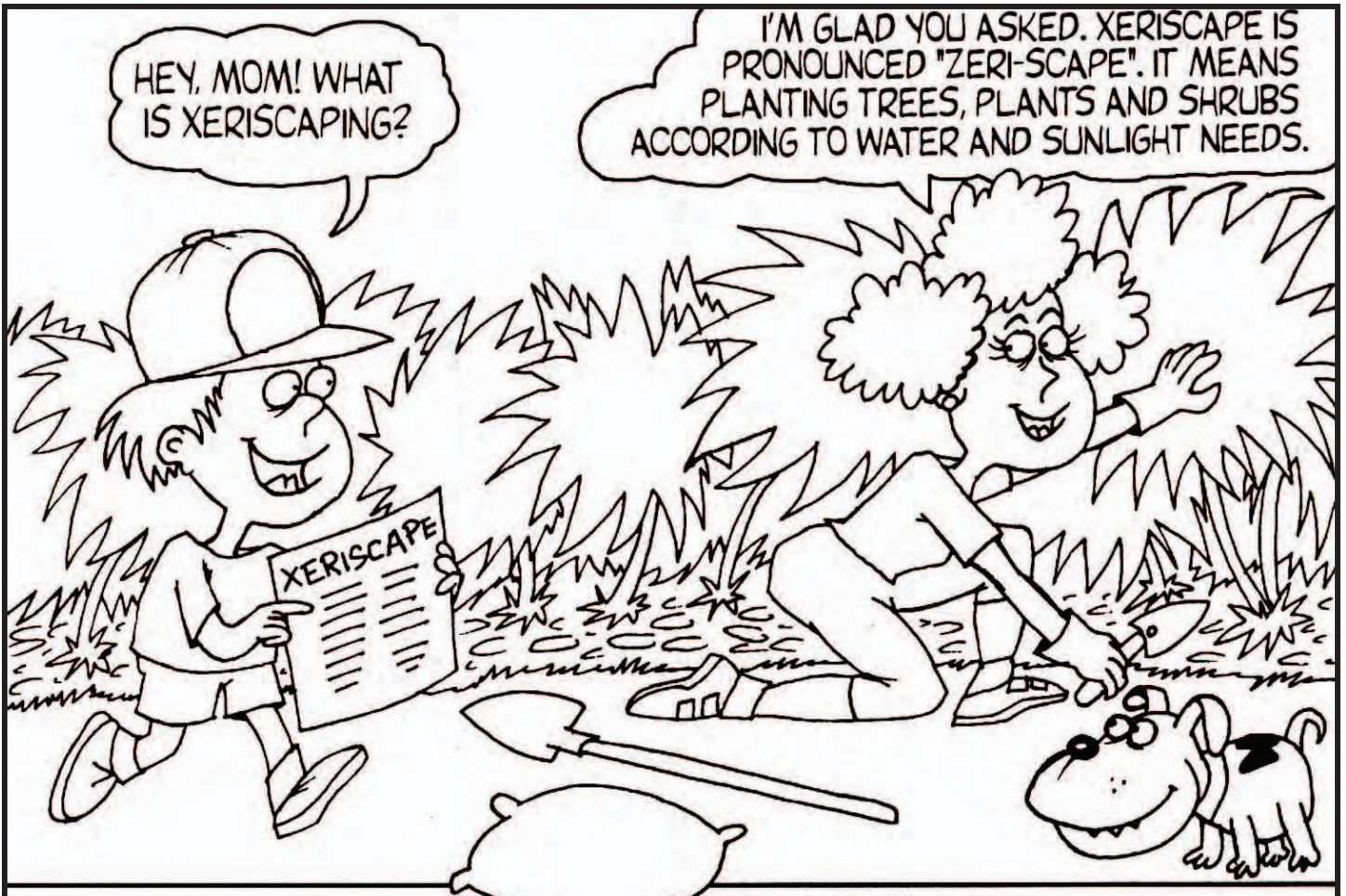
Coloring Book

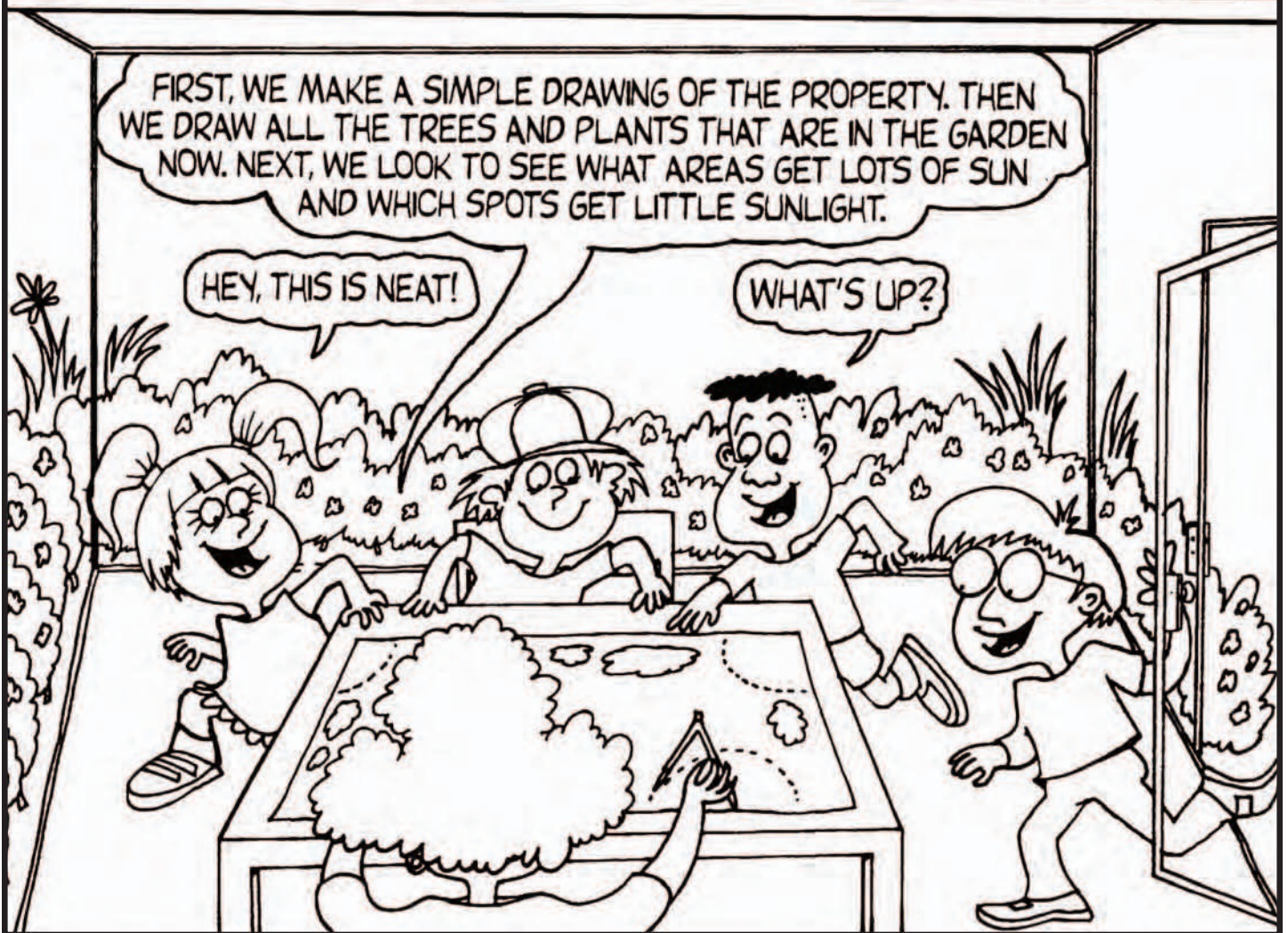


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WHEN SELECTING PLANTS FOR THE YARD, WE NEED TO KNOW WHAT AREAS RECEIVE THE MOST SUNLIGHT, WHICH PLACES ARE IN THE SHADE AND WHAT SITES NEED HEAVY WATERING.

THIS SPOT IS SHADY BECAUSE OF THIS BEAUTIFUL TREE!

HERE'S SOME TURF... A GREAT PLACE TO RUN AND PLAY!

AND THAT PLACE NEEDS LOTS OF WATER!

THIS AREA GETS LOTS OF SUN!

