

# 100 Small Things to make a difference

RETHINK...  
the way you do things, to consider people and the environment



- Find out about us [www.practicalaction.org.uk](http://www.practicalaction.org.uk)
- Follow us on twitter @practicalaction
- Take part in our Small Is... Challenge - design a sustainable product for the next 100 years [www.practicalaction.org/education/smallischallenge](http://www.practicalaction.org/education/smallischallenge)
- Like our facebook page [www.facebook.com/practicalaction](http://www.facebook.com/practicalaction)
- Join our Energy 4All campaign [www.practicalaction.org/makethecall](http://www.practicalaction.org/makethecall)



- Read 'Small is Beautiful' by Fritz Schumacher and get inspired
- Find out about the 6R's [www.practicalaction.org/education/sustainabledesign](http://www.practicalaction.org/education/sustainabledesign)
- Add your face to our climate change campaign [www.practicalaction.org/faceup](http://www.practicalaction.org/faceup)
- Watch our videos on YouTube [www.youtube.com/practicalaction](http://www.youtube.com/practicalaction)



- Have a go at our squashed tomato challenge [www.practicalaction.org/education/squashedtomatochallenge](http://www.practicalaction.org/education/squashedtomatochallenge)



- Keep your environment looking good by putting your litter in the bin
- Choose toys from outside the UK and find out about other cultures [www.thefairtradesore.co.uk](http://www.thefairtradesore.co.uk)
- Only eat dolphin friendly tuna
- Go onto [www.butterfly-conservation.org](http://www.butterfly-conservation.org) to find out how to attract butterflies to your garden
- Plant a tree in your garden or at school
- Ask an adult to teach you a game that they played when they were your age
- Ask someone to teach you a new skill such as knitting or cooking
- Use a fly swat instead of fly spray - fly spray is really toxic
- Eat Ben and Jerry's ice cream - it's fair-trade!
- Bake your own bread - it smells delicious
- Check out [www.avaaz.org/en](http://www.avaaz.org/en) to find out what is going on in the world and how you can get involved
- Make your own kite and go and have some fun outdoors <http://bit.ly/h11YFc>
- Learn some new jokes and share them with your friends
- Buy fair trade toys [www.letsplayfair.co.uk](http://www.letsplayfair.co.uk)
- Volunteer to help out in your local community [www.timebank.org.uk](http://www.timebank.org.uk)
- Bake your own biscuits and cakes or make sweets as a present - adults will love them
- Email retailers and try and encourage them to join the Ethical Trading Initiative [www.ethicaltrade.org](http://www.ethicaltrade.org)
- Use ladybirds to kill greenfly rather than pesticides [www.naturalcollection.org](http://www.naturalcollection.org)



...a product or material to make something else

RE-USE

- Reuse ice-cream tubs to store pens, meccano, x-box games, make up and anything else you can think of
- Make your own toys out of old clothes [www.bbc.co.uk/cbbc/bluepete/makes](http://www.bbc.co.uk/cbbc/bluepete/makes)
- Reuse wrapping paper - it's more sustainable and will save you money
- Donate left over paint to the community [www.communityrepaint.org.uk](http://www.communityrepaint.org.uk)
- Use Amazon and ebay to sell things you don't want rather than throw them away

- When you have read a good book pass it onto a friend
- Dig out your old clothes and turn them into something funky!
- Make a bag from an old skirt <http://emmaberry.wordpress.com>
- Reuse old t-shirts by turning them into floor cloths
- Make a bird feeder out of a yogurt pot [www.rspb.org.uk/youth/makeanddo](http://www.rspb.org.uk/youth/makeanddo)
- Refill your plastic water bottle from the tap
- Make your own birthday cards out of old cards, scrap paper, fabric etc.
- Take your old toys to a charity shop, they will be loved all over again
- Use re-filled ink cartridges in your printer at home
- Make a sock monster from an old pair of socks [www.bbc.co.uk/cbbc/bluepete/things/todo/make/its/sockmonster](http://www.bbc.co.uk/cbbc/bluepete/things/todo/make/its/sockmonster)
- Make your own party bags
- Buy second hand goods rather than new ones



REDUCE...

the amount of materials & energy you use



- Only fill the kettle with the water you need
- Use less toilet paper!
- Use energy saving light bulbs - in everything
- Only charge your mobile phone when you need to
- Eat less red meat - methane produced by cows is 100x worse for the environment than CO<sub>2</sub>
- Turn the tap off when you brush your teeth
- Become an Eco-school [www.ecoschools.org.uk](http://www.ecoschools.org.uk)
- Ask your parent to drive more slowly - driving at 50 mph uses 25% less fuel than 70 mph
- Grow your own vegetables - it's great fun [www.growagoodclub.com/grow\\_it](http://www.growagoodclub.com/grow_it)
- Turn things off - don't just leave them on standby
- Give your dog dry dog food - more energy is used to produce tinned food
- Buy fruit and veg from your local farm shop - it's much tastier and better for the environment
- Use rechargeable batteries when you can
- Buy your smoothies from Innocent - a company that really cares about the environment [www.innocentdrinks.co.uk](http://www.innocentdrinks.co.uk)
- Have a shower instead of a bath - it uses less than half the amount of water
- Find out how the Feed In Tariff means having solar panels on your roof can save energy and earn you money - then tell lots of adults!
- Check your car tyres are pumped up correctly - it will save fuel and money
- Don't fly - have a holiday in the UK instead
- Surprise your mum - clean the back of your fridge, it will use up to 30% less electricity
- Switch off - can you manage a week without watching the telly? [www.organiclinker.com/foodmiles.ctm](http://www.organiclinker.com/foodmiles.ctm)
- Cut down your food miles - buy less imported foods
- Use eco-friendly washing up liquid
- Don't wash your clothes too often - all those detergents and water use is bad for the environment
- Turn the heating down in your home
- Borrow books and DVDs from your local library



REPAIR...  
try to fix things, rather than throw them away

- Learn how to repair your bike when it breaks
- Sew a button back on your clothes
- Ask your grandparent about things they used to repair that now get thrown away
- Put a patch on your jeans if they get ripped
- Get your shoes repaired by a cobbler



RECYCLE...

reprocess your product or material to make something else

- Buy pens and pencil cases made from recycled materials [www.remarkable.co.uk](http://www.remarkable.co.uk)
- Support your milkman - milk bottles are 100% recycled
- Learn what the different signs on packaging mean
- Put your waste food into a compost heap
- Set up a worm compost bin - go to [www.wigglywiggles.co.uk](http://www.wigglywiggles.co.uk)
- Take broken electrical equipment back to the shop you bought it from
- Put old non-rechargeable batteries into the battery recycling bin
- Take old household items and garden rubbish to your local recycling centre
- Send us your old mobile and we will recycle it - the money raised will go to poor people in developing countries too



Write down 10 ideas of your own

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

REFUSE...

to buy a product or use a material that is harmful to people or the environment

- Refuse to buy things that have loads of unnecessary packaging
- Love chocolate? Check it's fairtrade before you buy it
- Don't use disposable cups and plates at a party
- Refuse to buy things you don't need
- Don't buy food that is out of season
- Take your own bags shopping with you - refuse to use plastic bags from shops

