

ECOLOGICAL HANDPRINT

For each action you are already doing, shade in the numbered circle on your handprint. For each action you would like to do in the future, shade in that circle with a different colour.

Consumption

- 9. Before I buy something new I consider - Do I need it? Can I borrow it? Can I buy it second hand?
- 10. I buy local ecofriendly products
- 11. I bring my own bag when shopping

Water

- 12. I conserve water
- 13. I drink water from the tap
- 14. I have a rain barrel
- 15. I know my watershed

Community

- 5. I stay informed on sustainability issues
- 6. I share information
- 7. I stand up for important issues
- 8. I volunteer with local sustainability related organizations

Food

- 16. I look for ways to reduce my meat
- 17. I garden
- 18. I eat mostly home cooked meals
- 19. I compost

Transportation

- 1. I walk
- 2. I cycle
- 3. I take the bus
- 4. I carpool

Home

- 20. I conserve energy
- 21. I have a program thermostat
- 22. I live in a house that is well maintained
- 23. I have planted a tree

24. I feel connected to and cherish our wilderness areas.

(Colour all white spaces between the circles)

