



Sustainability

We all know that it's important to maintain natural systems... but what are you going to do about it?

That's the idea of sustainability. If something is sustainable, it can last. One of the ways to make something last is to use as little of it as possible.

For example, do you think it would be sustainable for everyone to take 30-minute showers every day? Of course not! Fresh water is a very precious, limited

resource. We need to conserve natural resources to be sure that there is enough to support life on earth.

Living sustainably can be a fun challenge. Starting a new year is a good time to find new ways to improve ourselves and our lives. Hopefully these activities will inspire you to TAKE ACTION and to think of MORE ways to make the world a better place. For more sustainability tips, see the Word Search on page 3!



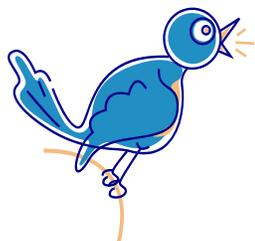
Take Action with Science



Citizen science is a way for anyone, even if you are not a scientist, to become involved in real scientific research. Both kids and adults can partner with scientific researchers on many different kinds of projects to answer real-world questions. Are you interested in collecting scientific research or data, to help scientists all over the world?

Citizen science can really make a difference! When scientists told elementary students in Waterville, Washington that there were no Pygmy Short-Horned Lizards in the area, the kids said, "Yes there are, we catch them all the time!" Those students worked with people in the community, the scientists, and a citizen science program called **Nature Mapping** to change the information they had on these lizards for Washington State.

Programs like **Nature Mapping** are often done through schools, but many citizen science programs can be done from your own home. Every year the **Audubon Society** does a Christmas Bird Count. Thousands of people all over the country have made



this a family tradition. The bird count information helps scientists to understand changes in bird populations and make decisions on how to protect them.

If you are interested in becoming a citizen scientist, there are many more options. **Project Ladybug** helps scientist gather important information on lady bugs. What could be better than going on a lady bug search and taking their pictures? The numbers of Monarch Butterflies have really gone down over the years. Help bring back Monarch populations with **Monarch Watch**. If you like plants – don't worry! Scientists need lots of help with plant research too. Check out **Project BudBurst**. If you like weather, **CoCoRaHS** has their citizen scientists install and use rain gauges to watch and measure the amount of precipitation (that is rain, snow, and hail).

There are many more citizen science programs out there. You can do some research on the computer or talk with your local parks or wildlife organizations. Get your family involved – it can be fun for everyone!

Find out more on these Citizen Science Programs:

Nature Mapping: <http://www.naturemappingfoundation.org>

Audubon Society: <http://www.audubon.org/>

Project Ladybug: <http://www.projectladybug.org/>

Monarch Watch: <http://www.monarchwatch.org/>

Project Budburst: <http://neoninc.org/budburst/>

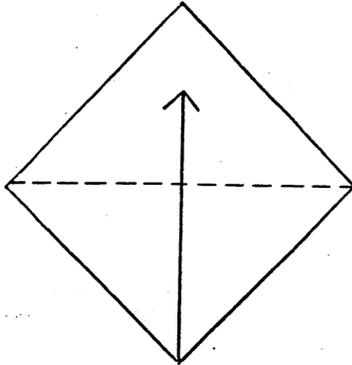
CoCoRaHS: <http://www.cocorahs.org>

Paper Craft

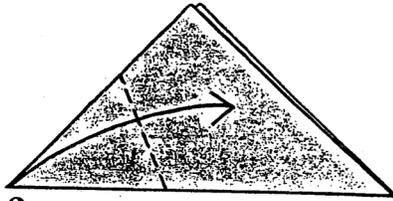
Drinking Cup That Works

You need: wax paper 8 inches square

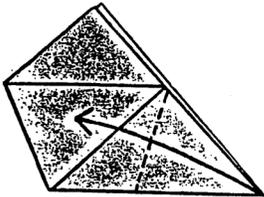
Here's a great way to Take Action! Make your own drinking cup. You can use any paper, but wax paper works the best.



1. Fold square on the diagonal.



2. Fold left-hand corner to middle of opposite edge.



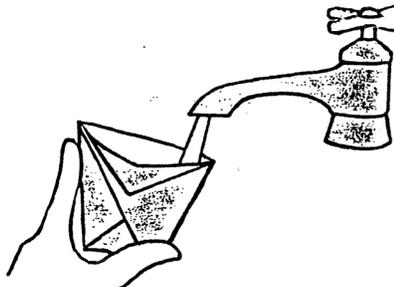
3. Do the same with right-hand corner.



4. Fold down one layer of top triangle. Turn over and fold down other layer of triangle.



5. Open cup and push in at bottom.



Earn 5 points each by completing these EnviroKids' activities. Show us by taking a picture to send us.

EnviroKids' Club presents.....

I Love Clean Air Day

Friday, February 1st, 10am-2pm

Mobius Science Center—Spokane
811 W Main Street—downtown

Fun, hands-on clean air activities.
Museum admission fee. Club members get \$1 off admission & earn points by participating.



Dressing for the Weather

TAKE ACTION to sustain one's health and dress appropriately for the weather. Remember your hat, gloves and boots when it's cold and snowy outside!

Community Calendar

February

1 I Love Clean Air Day—Mobius SC 10-2pm admission fee

March

19 WA Green Schools parent/teacher mtg

April

13 Earth Day – downtown Spokane

27 Arbor Day—Finch Arboretum

An EnviroKids Thank You!

Ten-year-old Julia Albrecht recently redeemed her many Envirokids points and received "the Bird Show" through the West Valley Outdoor Learning Center. Here is a Thank You we received from her family:

"...I can't thank you enough for the bird presentation that Julia earned from the EnviroKids! She used it to present to her Girl Scout troop on Tuesday, October 11th. Gabe and Kelsey brought Hanovi, the great horned owl, and the program was a big hit with the girls! It turns out that the West Outdoor Valley Learning Center may be a good place for our girls to work on a project for the bronze award, the highest honor Junior Girl Scouts can earn."

Congratulations to Julia and best of luck on her future adventures. Her determination will take her far!



Sustainable Living Word Search + Hidden Message

Circle the words in the puzzle. Then fill in the unused letters in order below to reveal the hidden message.

S I U S S B L U B T H G I L E C A L P E R
 T E A I N A B L E L G I V I N G M E A H N
 S T P U T T I N G W H A A T Y O U K N A O
 W U A E B O U T B U Y O R G A N I C E V C
 O L L O K G Y I N T O A E D C T I O N E L
 ! L D X W I C M L D J X P V E Y X T G A Z
 W O K N B M B T R N E T A T L N V C C W K
 N P X T T D J I F R C Z I K G Y E O J O M
 Q T R K N L V P T M U W R H D S L B T R X
 K T R F E V N Q K D V C J U Y J G C M D
 Q N N L L Z H R T R E R L E U B N V C B M
 J O C E L Y N R Y R R M R B F Q B K R I P
 W D S K L A W X T P E Z R Y R X V N Y N D
 L S M J R E C Y C L E S K P N C M D Z C T
 U S E R E N E W A B L E E N E R G Y W N S
 D R O W E H T D A E R P S L D B K G G Z O
 Y Y W L L D W N P L T R F Q L F Q D M Y P
 R G F X T J H S T H G I L F F O N R U T M
 F S E C R U O S E R E V R E S N O C Z B O
 D L U S E L O W - F L O W F A U C E T S C

Words can go in ANY direction-- just like creative ways to be GREEN!



Earn 5 points by completing each special EnviroKids' activity and return this page!

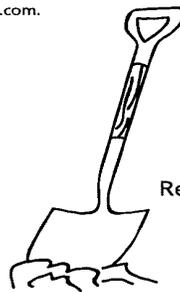


Solutions to all of the puzzles can be found online at www.evergreentwins.com.

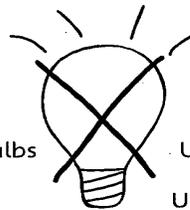
- Bike
- Buy local
- Buy organic
- Compost
- Conserve resources



- Don't pollute!
- Drive less
- Garden
- Have a worm bin
- Recycle



- Reduce
- Repair
- Replace lightbulbs
- Resell
- Reuse



- Spread the word
- Turn off lights
- Use low-flow faucets
- Use renewable energy
- Walk

Special Thanks to EverGreen Twins Activity Book @ www.evergreentwins.com

Replace Light Bulbs



Compact Florescent Lights (CFLs) or Light Emitting Diodes (LEDs) are eco-friendly and use less energy than a standard incandescent light bulb. By replacing the standard bulbs with CFLs or LEDs, you help the environment!

Do IT — Take Action!

Using the word search list above...

- Circle the actions that you and your family already do to live more sustainably.
- Put a square around actions that you want to start doing today or this year.
- Write down other ways not on the list that you could do.



EnviroKids' Club

EnviroKids' Club
c/o National Weather Service
2601 N Rambo Rd.
Spokane, WA 99224



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Spokane, WA
Permit No. 722

**See inside for
Activity Details!**

Members can earn 5 points
by completing each special
EnviroKids' activity that is
marked with a gold star!



EnviroKids'... caring for the Earth

EnviroKids' Club provides its 200+ members with information and activities to explore aspects of the environment: air, water, weather, garbage and recycling, plants and animals. The Club is open to all Spokane County residents who are in grades K-6.

Club members receive a newsletter in the mail four times a year. The newsletter contains activities to complete and ideas for activities at home or in the community. Members who are interested can complete activities and/or participate in some of the events to earn points. Earned points can then be used to trade-in for prizes. **Members need to participate in at least one activity per year to receive newsletters.** For more information, visit www.spokaneenvirokids.org.

To earn points, mail the completed activities page and this page by March 31, 2013 to:

EnviroKids' Club c/o National Weather Service
2601 N. Rambo Rd. Spokane, WA 99224

Complete the activities in the newsletter, fill in this form and send it back to us to earn your points! Do you have a friend or sibling who would like to join Envirokids' Club? Copy this page for them to send in and be added to our mailing list.

Name: _____ Age: _____ Grade: _____ School: _____

Home Mailing Address: _____ City: _____ Zip Code: _____

E-mail Address: _____ Phone: _____

My child has permission to participate in EnviroKids' Club activities that I accompany him/her to and permission is granted to use his/her photo that may be taken at such event, for promoting the Club (newsletter, flyers, ads, website, etc.)

Parent Signature. Please print name, then sign and date

EnviroKids' Club Partners: National Weather Service, Spokane County Water Resources, Spokane Conservation District, Spokane Regional Clean Air Agency, Spokane Regional Solid Waste System, and WA State Department of Ecology.

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