

Take Action with Your Children

- **Explore:** Spend time outdoors to develop a deeper appreciation for our important connection to the planet--reflect via nature journaling, phenology walks, nature-based [activities](#), and get to know the green spaces in your [town](#) and neighboring [towns](#).

Colleen Parenteau, Tower School Science Teacher and Garden Coordinator, has prepared these Marblehead-based nature guides:

[Autumn Seed Saving and Sowing to Support Native Pollinators](#)
[Meet The Trees of Steer Swamp Conservation Area](#)
[The Night Tree and Feeding Winter Birds](#)
[Wild About Wetlands](#)

- **Educate:** Watch [films](#) and read books on [sustainability](#) and include a [diversity of authors](#) and perspectives.
- **Consume Responsibly:** Calculate your [family's carbon footprint](#) as a concrete way to help your children understand the resources they use on a daily basis, identify ways to use fewer resources, and ultimately live more sustainably.
- **Replace:** Single-use plastic packaging with [reusable packing/wrapping options](#), and reduce use of pre-packaged snacks.
- **Reduce:**
 - What is making its way to the landfill and start [composting](#)!
 - Harsh household cleaners with those with [natural ingredients](#) and experiment with homemade alternatives
 - [water consumption](#)
- **STOP:** Idling, and reduce the time spent driving around town. Consider spending more time on foot, bike or scooter. Track the number of car rides, distances, and fuel fill-ups per week.

- **Clean up:** Remove trash on the bike path, beaches, playgrounds and fields, and [collect data](#) that contributes to scientific research and a cleaner planet.
- **Speak up:** Become a [Climate Action Hero](#), while also writing to local leaders encouraging them to support beneficial environmental policy.
- **Donate:**
 - a portion of allowance/gift money to a local environmental organization.
 - give away, swap or sell items you no longer need to alleviate landfill waste and help others.
- **Support:** Purchase products from [local merchants](#) who support sustainable practices and aim to reduce eco footprint; support [local farmers](#)
- **Grow:** an awareness with your children to the benefits of [creating a garden](#) and growing your own food, while also creating food and habitats for [bees and butterflies](#).