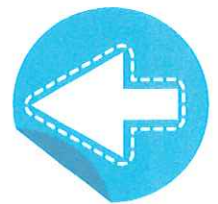
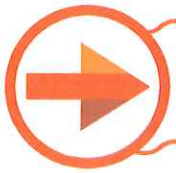


Here are three fun ways you can encourage Helping Hands to care about the environment. Adapt the activities to meet the needs of your Helping Hands or create your own activities.





The following activities partially fulfill the requirement for My World III: The World of Nature, which is to complete the Environmentalist award. See the Helping Hand Activity Book for accompanying worksheet(s).

ACTIVITY

1

Pollution Charades

10
MINUTES

MATERIALS NEEDED

- None



WHAT YOU DO

Have the Helping Hands stand in a circle with one child in the middle. One child pretends to toss a plastic bottle toward the child in the middle. The next child pretends to throw two plastic bottles toward the child in the middle of the circle. Continue around the circle with each child pretending to toss the number of bottles the previous child threw plus one. While this is happening, the child in the middle should act out stepping over or being covered with the many bottles. Repeat with a different child in the center of the circle, who will pretend to swim in a lake or the ocean as the children toss in trash. You can also have children join the center of the circle and pretend to be ducks or fish. You can repeat with different scenarios if you have time.

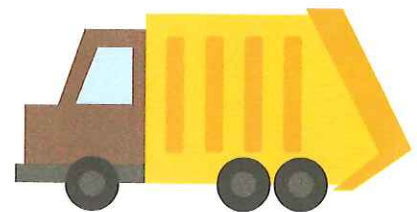
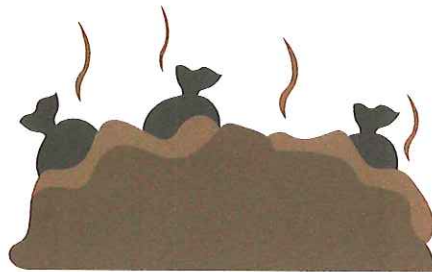
When you're done, read Genesis 1:26 (CEB): "Then God said, 'Let us make humanity in our image to resemble us so that they may take charge of the fish of the sea, the birds in the sky, the livestock, all the earth, and all the crawling things on earth.'" Discuss what the verse means, then define "environmentalism" and ask the children for ways they can take care of the environment.

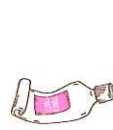


Check out the following sites for recycling facts to share with your Helping Hands:

TIP

- US: dosomething.org/facts/11-facts-about-recycling or benefits-of-recycling.com/interestingrecyclingfacts/
- Canada: reaps.org/kidskorner/recyclefacts.html
- Bermuda: wastemanagement.gov.bm/





Toothbrush Holder

WHAT YOU DO

20
MINUTES

TIP

Watch “DIY Toothbrush Holder” by TerraCycle on [YouTube.com](https://www.youtube.com) or visit [terracycle.com](https://www.terracycle.com) for instructions in English and Spanish.

Ahead of time: Collect five toothpaste tubes per toothbrush holder. Follow the instructions in the TerraCycle video to cut and clean the tubes. You may also want to cut each tube down to the sizes needed if you don’t think your Helping Hands can do that step. See below for instructions.

Tell the Helping Hands that the 97% of the earth’s water is salt water, which means they can’t drink it or use it to water crops or plants. Only 3% of the earth’s water is drinkable! Then have one Helping Hand hold a one-gallon (4-liter) container. Share the following water usage facts with the children:

- A five minute shower = 10 gallons (38 liters)
- Brushing teeth with the tap running = 2 gallons (7.5 liters) each minute
- Brushing teeth with the tap off = 0.25 gallons (1 liter)
- Using the dishwasher = 10 gallons (38 liters)
- Flushing the toilet = 3 gallons (11 liters)
- Taking a bath = 40 gallons (151 liters)

As you reveal the amount of water used for each activity, you can have that number of Helping Hands stand in a row next to the child holding the container so the group can visualize how much water is used.

Tell the children that to help conserve water they are going to make a toothbrush holder out of recycled toothpaste tubes. Each time they see it, it will remind them to turn off the water while brushing their teeth!

How to make the toothbrush holder:

Each project needs four tubes cut into 3.5×4.5 in (9×11.5 cm) rectangles and one tube cut into a 3.5×3.5 in (9×9 cm) square. Fold down and tape the top half-inch (1 cm) of each of the four rectangles.

Help the children punch holes every half-inch along the two tall sides and along the unfolded bottom side of one rectangle. Use this punched piece as a template and punch holes in the exact same spots on the three other rectangles.

To punch the square piece, line up the short side of a punched rectangle with any side of the square. Repeat for the other three sides. Then punch two holes near the center of the square. These holes are for drainage, as the square will be the bottom of the container.

Have the children match up the long sides of two rectangular pieces and weave ribbon through the holes to lace them together. Cut and tie the ribbon at the top and bottom. Repeat for each additional rectangular piece. Lace the two end pieces together to form the walls of the container.

Use binder clips to hold the square piece in place at the bottom of the container as you cut and tie off the ribbon and remove the binder clips. As they finish, remind the children to practice conserving water.

This activity was adapted from “Toothpaste Tube Toothbrush Holder” by Tiffany Threadgould at [terracycle.com](https://www.terracycle.com).

2

ACTIVITY

MATERIALS NEEDED

- One-gallon (4-liter) container
- Five empty toothpaste tubes per child
- Scissors
- Ruler
- Clear tape
- Small hole punch
- Ribbon or plastic lanyard
- Binder clips

ACTIVITY

3

Sock Bubble Blower

15
MINUTES

MATERIALS NEEDED

- Disposable plastic water bottles
- Scissors
- Socks (lightweight white cotton running socks work well)
- Rubber bands
- Bubble solution: two parts liquid dish soap to one part water
- Liquid food coloring

WHAT YOU DO

Ahead of time: Cut the bottom off of each water bottle.

Ask the Helping Hands to guess how many water bottles are thrown away every year. Tell them that in the U.S. and Canada, 50 million plastic bottles are thrown away each year and 80% of plastic bottles end up in landfills (according to budgetdumpster.com). Ask the children for ideas on how to reduce the number of plastic bottles that get thrown away. (Possible answers: recycle or use reusable bottles.)

One way to reduce waste is to create a new use for an old bottle. Give each child a plastic bottle with the bottom cut off. Next, have the children slide a sock onto the bottle and pull it so the toe end is snug and tight across the bottom of the bottle. Then have them put a rubber band around the top of the sock to secure it to the bottle. Have the children dip the end of the sock bubble blower into the bubble mixture and then blow into the bottle. They can have competitions to see who can blow the longest bubble snake. You can also put drops of liquid food coloring directly onto the damp sock so the children can blow rainbow-colored bubbles.

TIPS

- It's best to do this activity outside.
- Go online to wikihow.com/make-a-Bubble-Snake-Maker or visit YouTube.com and search for "bubble sock blowers" to watch videos on how to make them.



Award: Environmentalist

To complete this award, check the requirements on p. 134 and add activities as needed.



Requirement: My World III