

The GO GREEN workbook



This year, Toddle launched a children's storybook, Go Green with Morph, to educate children on sustainability. We created our shop (visit shop.toddle.com.au) to sell our storybook, along with colouring-in posters and stickers to use around the house.

All proceeds go to our charity partner, Millennium Kids. Together we are helping to drive the message home that looking after the planet is something that we are all responsible for - no matter whether we're big or small.

Now we want to give families the tools they need to start their own sustainability journey from home. With help from Morph and Toddle's other Little Monsters, families can try out these simple activities which will teach children all about saving water, reducing energy consumption, and more.



What can you see?

Get to know your local park or bushland and take note of what you see. Draw or write a list of your observations.

I went to my favourite place and saw...

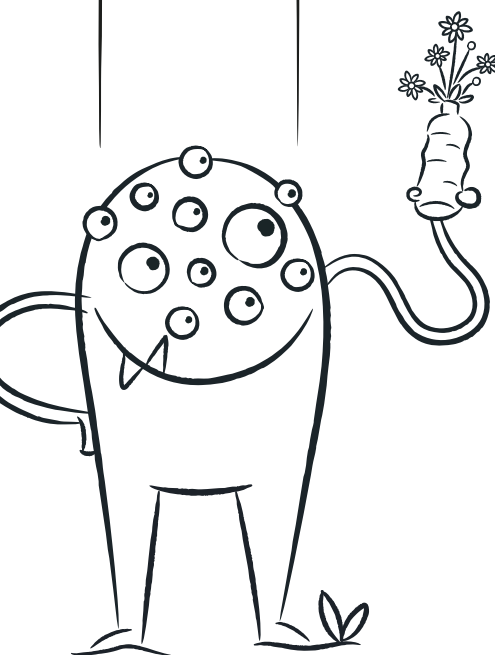


GREEN FACT #1

Australia has over 1,700 species of native bees. Only eleven of these species are stingless!

Source: www.aussiebee.com.au

RECYCLE
like Trixie

[illegible]

Check out your local council's container deposit scheme (all states offer this except Victoria, which is set to begin a refund scheme in 2023). Items such as cans and bottles can be collected and taken to your local container deposit location. Each item has a 10c incentive that goes into your selected account, or some pay out in cash or vouchers.

Encourage your children to start looking for and collecting eligible items, and let them keep the money they raise. They might even decide to donate the funds to a local charity. This is a great way to keep our planet clean and learn about money.

[illegible]

GREEN FACT #2

Every year the average Australian family produces enough rubbish to fill a three bedroom house, producing about 2.25 kg of waste each per day.

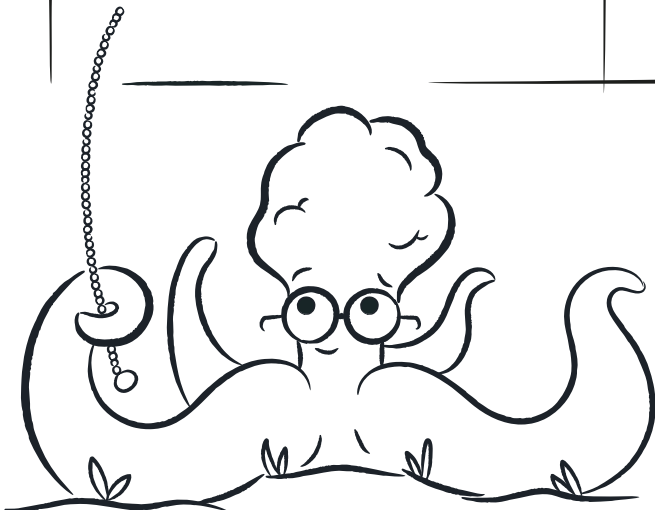
Source: Ha, Tanya, 2009, Green Stuff for Kids, Melbourne University Press

SWITCH IT OFF like Fink



When you go out, switch off the fans, screen and lights so that you're not wasting electricity. This is even more important when you're going away for longer periods, such as holidays or a weekend away. Use this handy checklist to make sure you've turned everything off.

Turn off all overhead lights		Turn off the WIFI at the wall	
Turn off switches at the wall		Turn off the water heater	
Turn off TV at the wall		Turn off stereos at the wall	
Turn off the toaster and kettle at the wall		Shut down computers and laptops	
Turn off lamps at the wall			



GREEN FACT #3

Appliances still use power when they're in standby mode and this can add up to 10% of your electricity use.

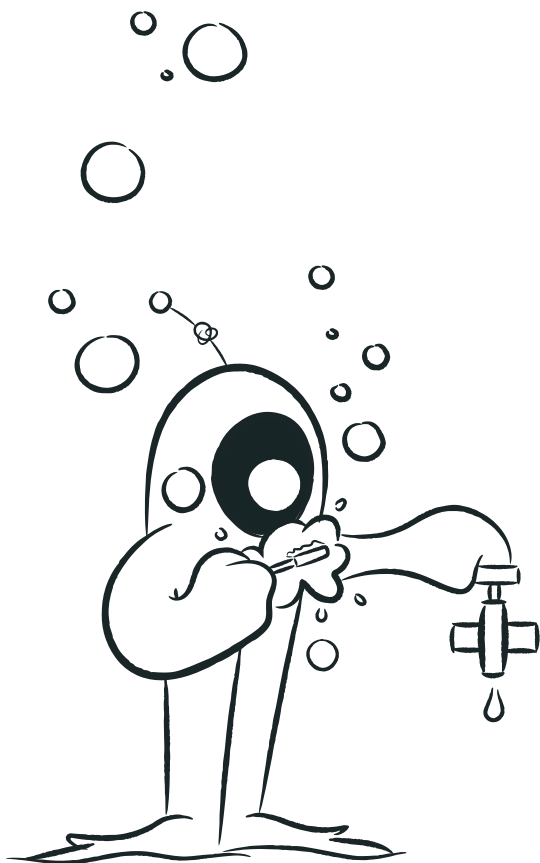
Source: Choice, June 2021

SAVE WATER like Ovis

Can you reduce the amount of water that you use while brushing your teeth?

Ovis' top tip

Keep a cup in the bathroom and fill with water before you brush your teeth. Rinse your mouth with water from the cup, and use the rest to rinse your toothbrush.



Can you reduce the amount of water that you use while showering?

Ovis' top tip

Use a timer to try and keep your shower to four minutes (or less!). This will help reduce your family's water bill, and the water that goes down the drain.

GREEN FACT #4

For a family of 4, replacing a showerhead that flows at 15L/min with:

- a 3-star shower at 9L/min will save 70kL and \$210 each year on water bills
- a 4-star shower at 6L/min will save 105kL and \$315 each year on water bills.

Source: Department of Industry, Science, Energy and Resources, June 2021

BIN IT

like Jampa

Jampa's top tip

Could you keep a recycled plastic bag, gloves and a pair of tongs in your backpack when you go out, and do a small clean up when you go to the park, beach or waterway?

If everyone picked up three pieces of litter a day we would have a much cleaner world. Take a photo and tag @take3forthesea on social media.



Jampa's top tip

Think about the single use items you purchase when you're out and about, such as straws, plastic bottle and bags. Decide to say 'no thank' when they're offered to you.

Buy a reusable straw, make a pouch from a clean sock and a ribbon, and store it in your backpack to use when you're out.



GREEN FACT #5

According to Clean Up Australia, Australians use about 10 million straws every day, or 3.5 billion a year. Most straws are used just once, for around 15-30 minutes, and then thrown away. Say no to straws!

Source: www.barrierreef.org

GROW YOUR OWN

like Dotty

Growing sprouts is a great way to learn about plants, and you can eat them too! Have some fun keeping a daily diary of their growth.

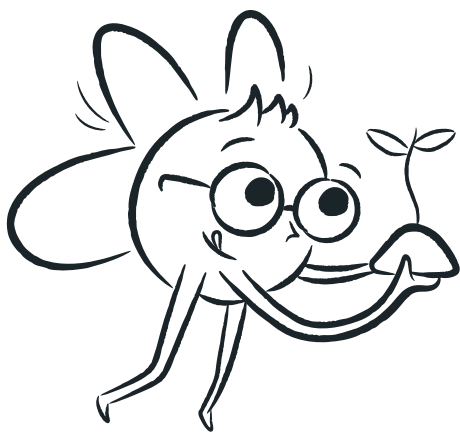
You will need

- Sprouting seeds (e.g. alfalfa, radish or fenugreek)
- A clean recycled glass jar
- Small piece of cloth that water can drain through, such as cheesecloth
- Rubber band

Steps

- 1 Put a spoonful of seeds into the jar and fill the jar with enough water to totally cover the seeds
- 2 Cover the jar with your cloth and secure it with a rubber band. Leave the seeds to soak overnight
- 3 Once soaked, drain the water out of the jar, rinse the seeds with fresh water and then drain again
- 4 Next, place the jar in a bowl that will allow the jar to lay upside down at a slight angle so water can drain and air can circulate
- 5 Keep the jar in a cool spot and out of direct sunlight
- 6 For the next few days, repeat the rinsing and draining 2-3 times daily
- 7 Watch the seeds grow and keep a record of when they sprout
- 8 You can start eating the sprouting seeds from day 4–5. Store them in the fridge and add them to sandwiches or a salad

Day	Observations
1	
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4	
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10	



GREEN FACT #6

Gardening is a healthy and fun activity for children. Children develop new skills and learn about science and nature from growing their own food.

Source: <https://www.betterhealth.vic.gov.au>