



In our lives, we use things or products and we use energy. These products and energy link us to the world. Let's try to think about what we can do in our lives to protect the global environment.



We tried to outline below our activities during an average day.

Morning

Afternoon

Evening

Night

Washing your face and brushing your teeth

Let's think about the following.

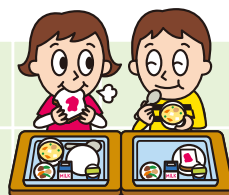
- Where does water come from?
- How can you keep from wasting water?



Eating at school

Let's think about the following.

- Where are the food and ingredients for school lunches made?
- How are they transported to reach you?
- What kind of energy is used in preparing the food?



I wonder where all of the things they sell in the stores come from.

Going shopping

Let's think about the following.

- How can you create less waste when shopping?
- What else can you do to help when you are shopping?
- What about clothing that you no longer wear?



Taking a bath

Let's think about the following.

- What kind of energy is used when you take a bath?
- How can you bathe in a way that is better for the environment?

Eating and food

Let's think about the following.

- Where does food come from? (If Japan, where in Japan? If outside Japan, where in the world?)
- What kinds of problems arise when food is left over?



What should you do with the lights when there is no one in the classroom?



Studying

Let's think about the following.

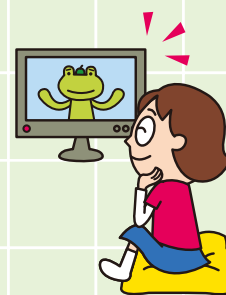
- What are the things, such as pens and paper, that you use made from?
- What should you be careful with in terms of your school supplies?

I love to watch TV, but that uses energy, too, right? I'll have to be careful not to leave it on...

Watching TV

Let's think about the following.

- How did your TV reach your house? How was it transported?
- How much energy do you think it uses?
- What should you do when you are not watching it?

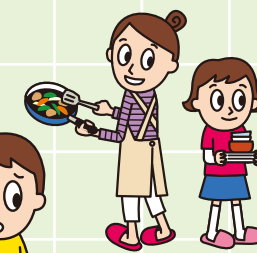


Let's take a look at cooking that is better for the environment.

Making dinner

Let's think about the following.

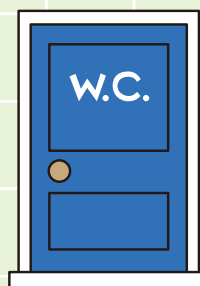
- Where do the ingredients you use and food you eat for dinner come from?
- What kind of cooking is good for the environment?
- How should you dispose of waste created?



Using the bathroom

Let's think about the following.

- Where does water come from?
- Where does the water go?



Cleaning up

Let's think about the following.

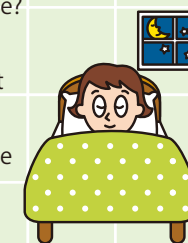
- When you throw away waste where does it go?
- Is there a better way to use soaps and cleansers?
- How can you keep from wasting water when washing rags and mops used to clean?



Going to sleep

Let's think about the following.

- How should you use your air conditioner or heater?
- What happens to the amount of energy used when you stay up late?



I have friends that are doing things to protect our environment.

Children's eco-club

The Eco-club is a club that is sponsored by the Environment Ministry. It is a club that anyone can join that engages in environmental activities. As of February 20, 2009, there were roughly 4,068 eco-clubs with 169,640 registered and active.

Take a look at the homepage and feel free to join!

<http://www.ecoclub.go.jp/>



Let's investigate where in your lives you use energy. Then discuss what you can do in your lives to reduce energy consumption.



Learn About the Global Environment P 4

Learn About Energy P 6

Learn About Water P 8

Learn About Things P 10

Learn About Transporting Goods P 12

Learn About Waste P 14

Learn About Industrial Products P 16