



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**PROTECT  
THE ENVIRONMENT**

**GRADES 5 - 6**



**NAME:** \_\_\_\_\_

# ABOUT TEXT PLEDGE

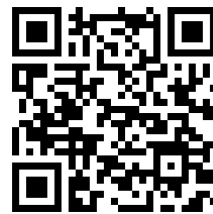


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

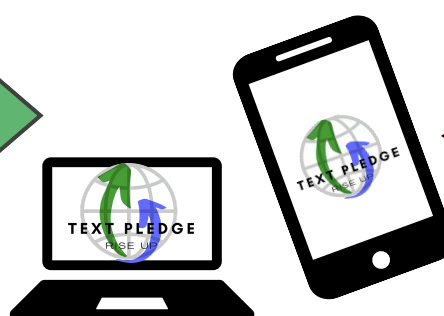
UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[WWW.TEXTPLEDGE.US](http://WWW.TEXTPLEDGE.US)





## A Message From Our Founder

*Greetings friends,*

*We are here to raise awareness of protecting the environment. Preserving the earth should be urgent for every living person. Taking care of the environment is like taking care of our home—the big home we all share, called Earth! We want to keep it clean and healthy so that we can enjoy the fresh air, clean water, and beautiful nature around us. Imagine a world where the trees are always green, the oceans are full of fish, and the sky is clear and bright. That's the kind of world we want for ourselves and for the future. In this lesson you will learn how to reduce, reuse and recycle properly. Additionally, you will take a closer look at your own habits and learn what it means to be carbon neutral. Every little thing we do adds up to make a big difference.*

*Visit us at [TextPledge.us](https://TextPledge.us) and share with us what you're doing to make the environment a better place in your community.*

*Happy Learning!*



**Ms. Naomi**  
Founder at the TextPledge Project



# PLANT AND TREE IDENTIFICATION

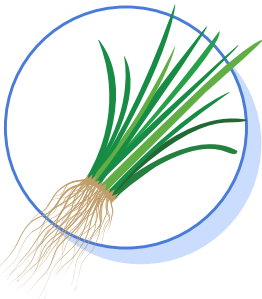
Can you identify these common plants and trees?  
Conduct internet research to learn why they're important to the environment!  
Match the names of plants with their description.



...  
This plant is known for its ability to purify the air by removing pollutants. It's often used for indoor air quality.



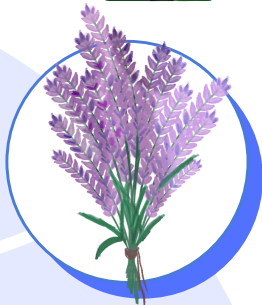
...  
This tree provides habitat and food for various wildlife. Its leaves are an essential part of the monarch butterfly's life cycle.



...  
This plant is a natural erosion controller and is often used for land restoration due to its strong roots.



...  
This tree is a source of delicious and nutritious nuts and plays a vital role in maintaining forest ecosystems.



...  
This plant is known for its medicinal properties and its role in providing nectar for pollinators.

• Oaktree

• Vetiver Grass

• Lavender

• Milkweed

• Spiderplant





# EARTH SAVVY CHALLENGE



## Test Your Environmental IQ

**Research:** Visit the internet and find credible sources to answer these questions.



- ① What is the primary greenhouse gas responsible for climate change?

**Cite your sources:** For each answer, write where you found the information.



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- ② Which rainforest is often called the "lungs of the Earth"?

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- ③ Name one endangered species that lives in the ocean.

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# EARTH SAVVY CHALLENGE (CONT.)



## Test Your Environmental IQ

**Research:** Visit the internet and find credible sources to answer the questions.



- 4 What is the primary gas in the ozone layer?

**Cite your sources:** For each answer, write where you found the information.



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- 5 Name one organization that protects endangered species.

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- 6 What is the primary source of air pollution in urban areas?

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- 7 What is the primary cause of ocean pollution?

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# EXPLORING HABITATS

## for a greener planet

Preserving animals and their habitats is vital for environmental protection and maintaining a healthy, balanced planet.

### What is habitat?

A habitat is an environment where a specific plant or animal species naturally lives.

### What is Adaptation?

Adaptation is how living things change to survive in their surroundings.

### Example

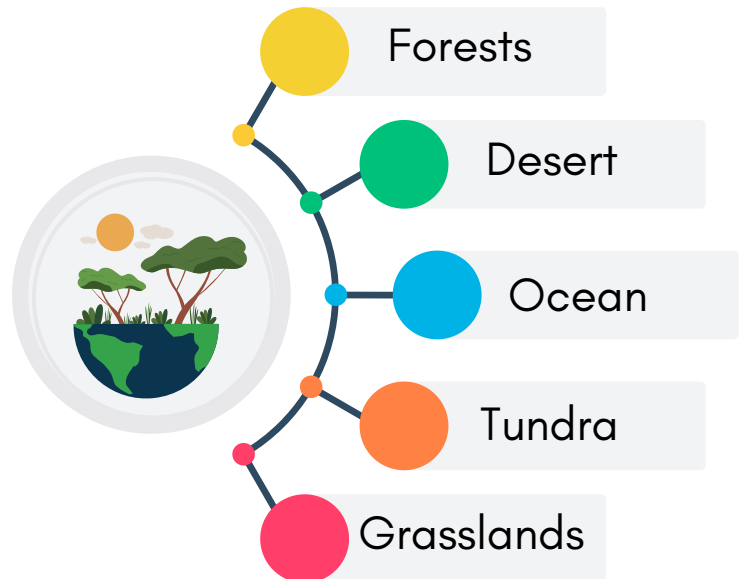
Adaptation is the webbed feet of ducks, which help them swim efficiently in water.

- For each animal, write down its primary habitat where it lives.
- Next, describe one unique adaptation that this animal has.
- Research: Go online and find credible sources to answer the questions.
- Cite Your Sources: For each answer, provide the source's title

### Owl

Habitat:

Adaptation:



Cite your Source:

# EXPLORING HABITATS

## for a greener planet (cont.)

### Polar Bear

Habitat:

Adaptation:

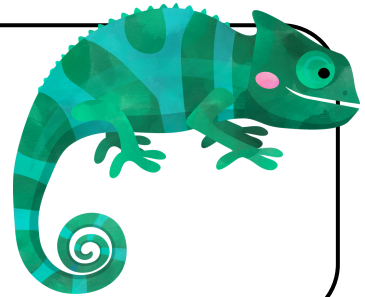


Cite your Source: \_\_\_\_\_

### Chameleon

Habitat:

Adaptation:



Cite your Source: \_\_\_\_\_

### Whale

Habitat:

Adaptation:

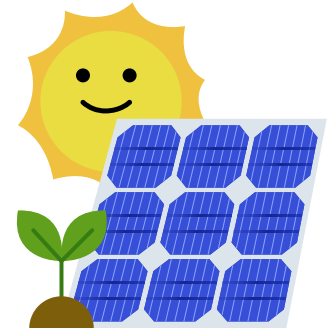


Cite your Source: \_\_\_\_\_

# REDUCE, REUSE, RECYCLE

## BE A HABITAT HERO!

This activity explains the importance of recycling and reusing items to reduce waste and protect the environment.



### Three key concepts:

#### Reduce

- Minimizing the use of resources and the generation of waste.
- To lessen the environmental impact by using fewer materials and producing less waste

#### Example

Instead of buying bottled water daily, use a reusable water bottle to reduce the consumption of single-use plastic bottles.



#### Reuse

- Giving items a second life by finding creative and practical ways to use them again.
- Reducing the need for new resources and decreasing waste.

#### Example

Turning old clothing into cleaning rags or using glass jars for storage instead of buying new containers.



#### Recycle

- The process of collecting, sorting, and processing materials to create new products.
- Recycling conserves resources and reduces the environmental impact of waste.

#### Example

Recycling paper to make new paper products or recycling aluminum cans to create new cans.

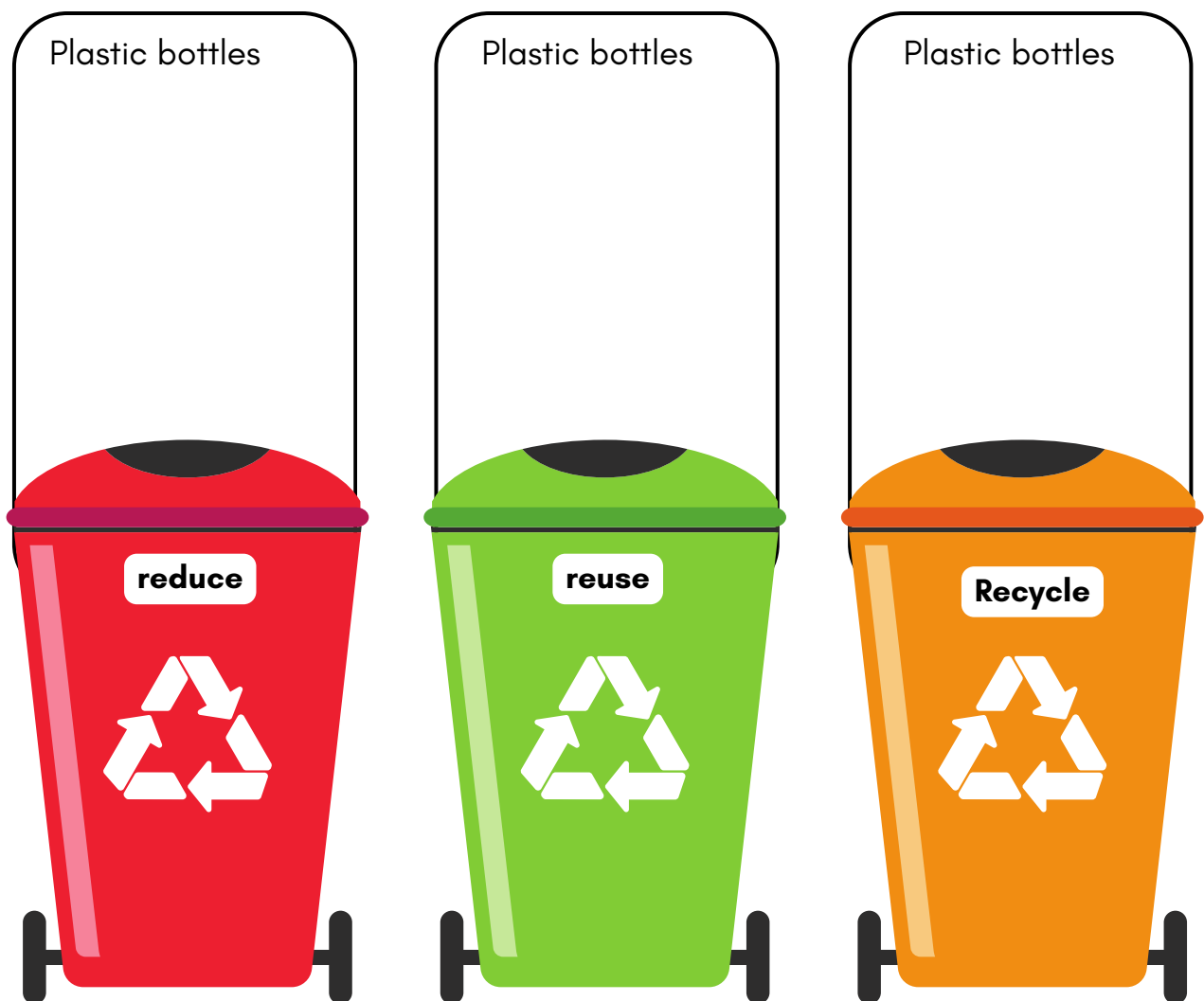


Decide which category each item belongs to and which bin it should go into ?

- Plastic bottles
- Worn-out clothing
- Disposable utensils
- Aluminium cans
- Cloth napkins
- LED bulbs
- Old newspapers
- Empty glass jars
- Cloth grocery bags
- Rechargeable batteries

### Note

Some items may belong to more than one bin, depending on their properties and how they are used. Think critically about each item.

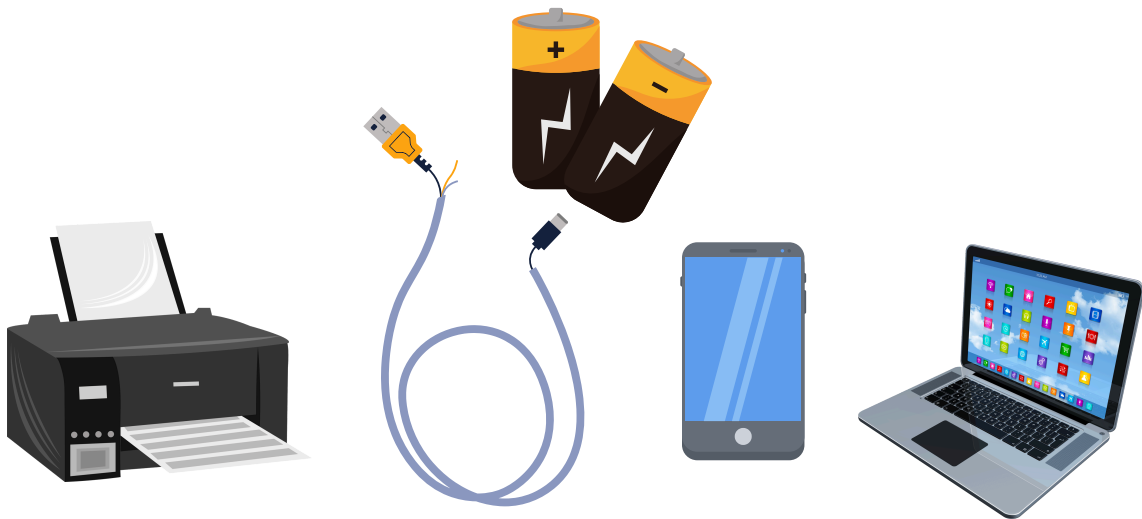




# E-WASTE

Electronic waste, or e-waste, refers to all items of electrical and electronic equipment and their parts that have been discarded by its owner as waste without the intent of re-use. Unlike several other types of waste, e-waste cannot be simply discarded by throwing it in a recycling bin. Instead, these items should be properly discarded at a specific recycling center/ electronic retail stores.

In this activity, several common e-wastes are shown. Visit the internet to find the appropriate e-waste recycling facility in your area and note the name/address in the space provided below.



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# Eco-Riddle Challenge

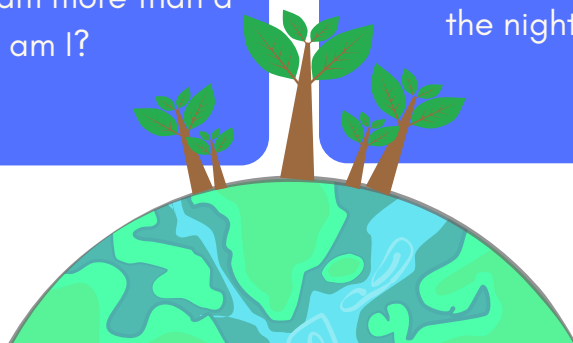
- These riddles teach you about the importance of environmental protection and sustainability.
- Encourage critical thinking and awareness of eco-friendly practices.

I'm green and tall, a home for birds  
and bugs, I help you breathe, with  
every single hug. I'm cut down for  
papers, that's just not right, To save  
me from harm, we must unite. What  
am I?

I'm found in the sky, not the sea or the  
land, I trap in the heat, but I'm not  
made of sand. Reduce me, reuse me,  
and recycle with care, For a cleaner  
world, we must all do our share. What  
am I?

I'm fluffy and soft, but I'm more than a  
bed, I grow on the sheep's back and  
keep them well-fed. With proper care,  
I can be used again and again, To  
save our resources, I am more than a  
trend. What am I?

I'm a symbol of light, a beacon at  
night, But my glow in the dark isn't  
quite right. Turn me off when you can,  
to save energy and more, In protecting  
the night, what am I for?



# ECO-FRIENDLINESS SCORE

Do you participate in any of these eco-friendly behaviors?  
Check all the items that apply to you. Then calculate your  
eco-friendliness score at the bottom of the page.

- I choose to walk or take public transportation when available. ☐
- I turn off the faucet while I am brushing my teeth. ☐
- I own a reusable water bottle that I refill regularly. ☐
- I turn off lights when not in use. ☐
- I unplug my computer and kitchen appliances when not in use. ☐
- I recycle properly. ☐
- I own a reusable grocery bag. ☐
- I reduce food waste by composting. ☐
- I have a garden at home. ☐
- I skip eating meat once a week. ☐

## Count Your Score

- 0-3** Is there more you could be doing to help protect the planet? Choose 3 additional items from this list and make a goal for yourself. Can you accomplish these three things for a single day? Try it!
- 4-7** You are doing great. Can you add two more items from this list to this list for the next 7 days? Try it!
- 8-10** You are active in protecting the planet. What additional steps could you take that are not on this list?



# CARBON FOOTPRINT CALCULATOR

In this activity, you will learn to quantify and minimize your personal carbon footprint, understanding the impact of your daily activities on the environment and adopting sustainable habits.



## Understanding Your Carbon Footprint:

A carbon footprint is a measure of the total amount of greenhouse gases produced directly and indirectly by an individual's activities. Greenhouse gases contribute to climate change.



## Calculate Your Carbon Footprint:

### Transportation:

- How do you typically travel to school? (circle one)
  - Walk or bike
  - Carpool or use public transportation
  - Family car (alone)
  - Other: \_\_\_\_\_



- **Walking or biking** might be considered **low impact** as they produce no emissions. (1 point)
- **Carpooling or using public transportation** could be seen as **moderate impact**. (2 points)
- **Driving alone** in a family car might be considered **high impact** due to higher emissions. (3 points)

Your Score

\_\_\_\_\_/3

## Energy

How many hours per day do you typically leave the lights on in your home? (circle one)

- Less than 1 hour
- 1-3 hours
- More than 3 hours

**Low impact = 1 point**

**Moderate impact = 2 points**

**High impact = 3 points**

**Your Score**

\_\_\_\_/3

How many hours of screen time (TV, computer, etc.) do you typically have daily? (circle one)

- Less than 1 hour
- 1-3 hours
- More than 3 hours

**Low impact = 1 point**

**Moderate impact = 2 points**

**High impact = 3 points**

**Your Score**

\_\_\_\_/3

## Waste

How often do you recycle materials like paper, glass, and plastic? (circle one)

- Always
- Sometimes
- Rarely

**Low impact = 1 point**

**Moderate impact = 2 points**

**High impact = 3 points**

**Your Score**

\_\_\_\_/3

- **Always recycle:** Low environmental impact - Reduces waste, conserves resources, and lowers production of new materials.
- **Sometimes recycle:** Moderate impact - Inconsistent recycling increases waste and new material production.
- **Rarely recycle:** High impact - Failing to recycle leads to landfill waste and pollution.

- Do you compost kitchen waste? (circle one)

- Yes
- No

**Low impact = 1 point**

**Moderate impact = 2 points**

**Your Score**

\_\_\_\_/2

- How often do you use disposable products (e.g., plastic water bottles, disposable cutlery)? (circle one)

- Rarely or never
- Sometimes
- Frequently

**Low impact = 1 point**  
**Moderate impact = 2 points**  
**High impact = 3 points**

**Your Score**

\_\_\_\_/3

## How to calculate your footprint:

1

Assign a score to each of your answers:

- **Low environmental impact** = 1 point
- **Moderate environmental impact** = 2 points
- **High environmental impact** = 3 points

2

Total your points for each category: Transportation, Energy Use, and Waste.

3

Add up the points to find your total carbon footprint score.

Calculate:

- **Low Score:** 6-10 points (Low environmental impact)
- **Moderate Score:** 11-14 points (Moderate environmental impact)
- **High Score:** 15-17 points (High environmental impact)

**The higher score indicates a larger carbon footprint, while a lower score means a smaller footprint.**

**Result:**

Total Carbon footprint score :

**Complete the Statement Below:**

My carbon footprint has a (circle one) \_\_\_\_ low / moderate/ high \_\_\_\_ impact on the environment.





# WORD SEARCH

## Protecting Our Environment



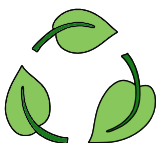
Find the hidden words related to environmental protection in the word search below, and consider the importance of each term in safeguarding our planet!

M	Y	N	E	L	B	A	N	I	A	T	S	U	S
E	O	Y	T	I	S	R	E	V	I	D	O	I	B
T	Z	O	I	E	N	E	R	G	Y	N	C	H	W
S	O	N	E	E	T	A	E	O	T	E	E	A	I
Y	N	U	D	T	P	R	N	S	A	D	I	B	L
S	E	T	L	I	S	N	E	S	E	R	B	I	D
O	E	O	A	T	S	F	W	C	L	F	N	T	L
C	O	M	P	O	S	T	A	O	Y	O	I	A	I
E	G	T	U	S	V	E	B	T	P	C	I	T	F
N	O	B	R	A	C	O	L	I	B	I	L	M	E
N	O	I	T	A	V	R	E	S	N	O	C	E	T
M	N	O	I	T	A	T	S	E	R	O	F	E	D
I	U	I	P	E	S	U	O	H	N	E	E	R	G
P	N	O	I	T	U	L	L	O	P	B	N	I	D

Sustainable  
Greenhouse  
Renewable  
Biodiversity  
Compost

Deforestation  
Recycle  
Carbon  
Pollution  
Habitat

Ozone  
Ecosystem  
Energy  
Wildlife  
Conservation



# Race for Carbon Neutrality

Governments and international organizations worldwide have been taking increasingly aggressive steps to combat climate change. One of the key strategies to reduce greenhouse gas emissions is to encourage or mandate businesses to become **carbon neutral**. Here are some potential measures and trends that could be part of upcoming environmental protections.

**Carbon Pricing:** Governments may implement carbon pricing mechanisms such as carbon taxes or cap-and-trade systems. These systems put a price on carbon emissions, encouraging businesses to reduce their carbon footprint to avoid extra costs.

**Carbon Offset Requirements:** Businesses might be required to invest in carbon offset projects, such as reforestation or renewable energy projects, to compensate for their own carbon emissions. This helps balance out their carbon footprint.

**Renewable Energy Mandates:** Governments could require businesses to derive a certain percentage of their energy from renewable sources. This could involve installing solar panels, wind turbines, or other renewable energy systems on their premises or purchasing renewable energy credits.

**Public Procurement Policies:** Governments can influence carbon neutrality by implementing green procurement policies, preferring to do business with companies that have certified environmentally friendly practices.

**Regulations on Energy Efficiency:** Governments can introduce regulations that mandate businesses to improve energy efficiency, whether it's in manufacturing processes, office buildings, or transportation fleets. This can involve upgrading equipment, improving insulation, or transitioning to electric vehicles.

## Race for Carbon Neutrality (cont.)

Many popular companies have announced plans to become carbon neutral. Take a moment to research one of the companies below OR choose your own.

Apple, Inc.

Nestle

Walmart

Review the carbon neutral measures from the previous page. Explain which measures are being implemented by your chosen company.

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible, starting from the top edge and ending near the bottom edge. The left side of the paper appears slightly irregular, suggesting it might be a scan of a physical document.

# Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

## What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win  
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.

# Looking for Answers?



**Scan this code to view the  
answer key for this activity book**



## TEXT PLEDGE

RISE UP

Commit to all ten pledges

**1**

STOP DISTRACTED  
DRIVING

**2**

END  
DISCRIMINATION

**3**

END ACTS  
OF VIOLENCE

**4**

PREVENT BULLYING AND  
CYBER BULLYING

**5**

RAISE MENTAL HEALTH  
AWARENESS

**6**

STOP DOMESTIC  
VIOLENCE AND ASSAULT

**7**

END DRIVING UNDER  
THE INFLUENCE

**8**

STOP HUMAN  
TRAFFICKING

**9**

PROTECT ANIMAL  
RIGHTS

**10**

PROTECT THE  
ENVIRONMENT

[www.textpledge.us](http://www.textpledge.us)

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