

## MEET EMILY THE ECO-FRIENDLY POLAR BEAR



This book belongs to

# Hi, I'm Emily and I'm a polar bear. I live in the Arctic on an ice floe.



Ever since I was a tiny cub, I've tried to do everything to be eco-friendly. You can do lots of things to help the planet.

## It doesn't matter what age you are, you can do a lot to be more eco-friendly.



It's easy and it's fun, too! Let's explore!



One of the best ways to be eco-friendly is to recycle.

Did you know that it takes 100 years for one plastic bag to go away?



It's also important to recycle glass, tin cans and paper. Play a recycling game! Whoever collects the most items to take to the recycling center wins a prize.

### Saving water is very eco-friendly.



Turn off the water when you're brushing your teeth and take shorter showers. In the kitchen, wash fruits and veggies in a bowl instead of holding them under the faucet.

Saving energy is easy. Instead of using the heater or the A/C, wear a sweater if you're cold or open a window if you're hot.



And don't keep the refrigerator door open when you're hungry for a snack.

### It's totally eco-friendly to plant a garden!



Grow fresh veggies and fruits — tomatoes, lettuce, beans and strawberries.

# Ride your bike or walk instead of asking to go in the car. And take the school bus to cut down on carbon emissions.





Save trees — use both sides of paper. And cut up old mail for scratch paper.

Kids today have a big responsibility. It's up to us to be aware of our environment and help protect the planet.



We can do it! We can make a difference! We can all be eco-friendly!



### Can you decode this secret message?



Match the letters of the alphabet to the number to find the answer! (The fourth word has been done for you)

<u>19 8 21 20</u>

20 8 5

$$\frac{w}{23} = \frac{a}{1} = \frac{t}{20} = \frac{r}{5}$$

23 8 5 14

**2 18 21 19 8** 

20 5 5 20 8

1=a

2=b

3=c

4=d

5=e

6=f

7=a

8=h

9=i

10=j

11=k

12 = 1

13=m

14=n

15 = 0

16=p

17=q

18=r

19=s

20=t

21=u

22 = v

23=w

24 = x

25 = y

26=z

# THE WORDS ARE ALL MIXED UP



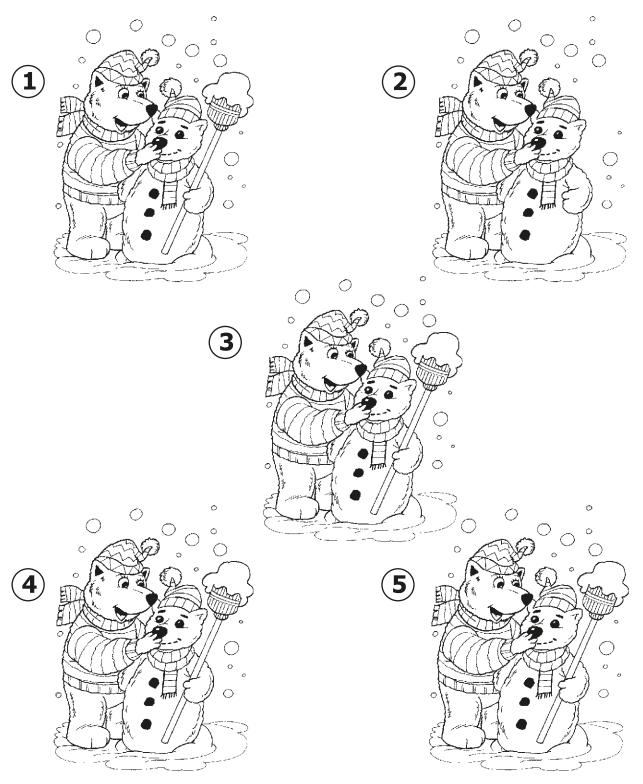
Can you unscramble the words?

**HINT:** The word begins with the letter in black

1.	hrtae	
2.	trawe	
3.	prpea	
4.	gise <b>v</b> ge	
5.	angisv	
6.	yc <b>r</b> eec[	
	n <b>p</b> elta	
	• រែន <b>១</b> ៤គូវេ	

### WHICH ONE IS DIFFERENT?

What's different about Emily – the Eco-Friendly Polar Bear?



### Some of Emily's

### Favorite Funnies

#### **QUESTIONS:**

- 1. What animal do you look like when you get into the bath?
- 2. What time is it when three polar bears are chasing you?
- 3. Why is a polar bear cheap to have as a pet?
- 4. What do polar bears like to eat in the cold?
- 5. Why do polar bears have fur coats
- 6. How do you keep a polar bear from charging?
- 7. What is white and goes RRRRG! RRRRG!?
- 8. What are polar bears called when they get caught in the rain?



- 1. A little bear! 2. Three after one. 3. It lives on ice! 4. A "brrr"-"grrr"!
- 5. Because the seals laughed when they wore parkas. 6. Insist that it pay cash! 7. A polar bear walking backwards 8. Drizzly bears.

# Meet Emily the **Eco-Friendly Polar Bear**

I promise to help Emily and become more eco-friendly to help save the planet.

Sign your name here



