

# BE HIP... HOP<sup>®</sup>

*help our planet*  
[WWW.JUNKMUSIC.ORG/HOP](http://www.junkmusic.org/hop)

## SIMPLE TASKS FOR INDIVIDUAL STUDENTS

This component asks each student to examine his / her daily routine and identify one simple change (or task) that results in a better environment. Each student then signs a pledge card promising to perform that specific task. Students can choose from the examples below or choose their own task.

### Examples include:

- Do not litter or allow family and friends to litter. This includes gum & candy wrappers, cigarette butts, etc...
- Do not purchase food or drinks using Styrofoam in its packaging
- Recycle cans, bottles, newspapers and other recyclable items
- Purchase larger portions of food with long shelf lives (nuts, rasins, cereal, etc...)
- Reuse containers for oils, honey, peanut butter, shampoo, body lotion, detergent, etc...
- Convince parents to purchase autos with high gas mileage and excellent emissions standards
- Don't use paper towels/paper napkins or reduce your usage. Use a cloth instead
- Use bath towels two or three times before laundering
- Use less hot water for showers and baths
- Turn off the water when brushing your teeth
- Turn the thermostat down at night and before you leave each day.
- Hang clothes outside to dry whenever the weather allows
- Don't burn trash
- Turn off the light when you leave the room
- Walk, bike or carpool whenever possible
- Plan trips that combine errands
- Don't use Swiffers or other disposable cleaning products
- Use non toxic substitutes for household products (most of which are superior to the commercial products):
  - lavender and citrus – for household & bath
  - vinegar – for floors and windows
  - baking soda – for sinks, tubs, toilets, drains, ovens, etc...
  - borax – for tasks where baking soda is not strong enough
  - Bio-Pak products – for dishwashers and washing machines
- As packaging accounts for 40 to 50% of household waste, pledge to reduce packaging. For example, taking your own bags and containers to your food store will save 500 bags during a one year period
- Buy used garments, furniture and accessories whenever possible
- Buy only what you need - not what you want
- Before you purchase anything, think about how its manufacture impacts the earth and if there's an environmental concern, don't buy it
- Use energy efficient lighting and light bulbs
- Discard motor oil, gasoline, anti freeze and florescent lighting in the proper waste facilities
- Don't dump garbage or waste in places not designated for dumping
- Help parents buy products made from recycled materials whenever possible (such as socks, paper, bicycle frames, motor oil, sleeping bags, carpets, shoes, pencils, building materials, etc...)
- Start a composting program in your home
- Make *Less/Less/Less* a part of your life: less gas, less preservatives and less packaging

Upon the completion of the first month, each student can choose another task, enter into a new pledge and perform both the new and the old task throughout the month. From this point forward, students will have the option of keeping their two monthly tasks or adding an additional task each month.

Go to <http://www.junkmusic.org/hop/simpletaskschart> to register and update your students' progress. You can then track, print out and display your class' progress from the website.