



Tick when they're done

Ask a grown-up to talk to you about where your electricity comes from. It might save money if your family switches to green energy. http://sussexcleanenergy.org/ .	
Turn off taps, lights, and electronics every day when you're not using them.	
Have a family plastic count! Add up all the plastic in your home. Next time you buy something, think about if it is made of plastic or wrapped in it. Look at the recycling labels and check it can be recycled in your council home bin https://www.chichester.gov.uk/recyclingadvice .	
Find some tasty meat-free recipes to try cooking and eating together as a family. Join https://www.meatfreemondays.com	
Help your family with the shopping, Take reusable long-life bags to the supermarket, choose in-season and local food and with the least packaging possible.	
Use a reusable water bottle at school and when out and about. Ask your parents to download this app so they can ask to have their bottle topped up at any refill shop/location https://www.refill.org.uk/	
Grow your own salad or herb garden by planting seeds in clean, empty yoghurt pots. Its fun and fits on a windowsill. You can grow almost any food plants.	
Ask a grown-up in your family to take you on a charity-shop treasure hunt to look for beautiful second-hand toys, clothes, and presents.	
Take your family to explore outdoors at the weekend instead of playing video games.	
Help all your friends and family to do these things too and talk to them about everything you have learnt at our Bright New Future Roadshow today.	

Look at the recycling labels and check it can be recycled in your council home bin <https://www.recyclenow.com/>.
 Find your nearest Repair Café: <https://www.repaircafe.org/>
 Find your nearest farmers market, grow your own or farm shop - try to buy local, loose and in season.

Your roadshow partners are:
 Carrie - www.sussexgreenliving.co.uk/bright-new-future/
 Keith - www.movingsounds.org/
 Nicola - <https://www.nicolapeel.com/>
 Clive and Neela - School Woodland Theatre Project



These are the lyrics to 'Be the change' composed by www.emilybarden.com music here www.youtube.com/watch?v=gK-edW7TSOk

Be The Change

There'll always be a reason why
 It seems too difficult to even try.
 The world is changing every day.
 How can we make sure that we have our say?

We are the future of this earth.
 We need to treasure it, to know its worth.
 Let's be the ones who really care.
 Let's make the world a place that's kind and fair.

Make a difference.
 Say it clearly.
 I'm gonna be,

Be the change (change).
 Be the change (change).

Be the one who stands up proudly,
 Whose voice is always strong.
 Send your message out so loudly,
 Make things right when they are wrong.
 Wrap your arms around the world

And be the change (change),
 Yeah, be the change (change).

Look after each and every one.
 With love and tolerance you can't go wrong.
 Just lead the way and do what's right.
 Together we can make the future bright.

Make a difference.
 Say it clearly.
 I'm gonna be,

Be the change (change).
 Be the change (change).

Be the one who stands up proudly,
 Whose voice is always strong.
 Send your message out so loudly,
 Make things right when they are wrong.

Wrap your arms around the world,
 Wrap your arms around the world,

And be the change (change),
 Be the change (change).

Be the one who stands up proudly,
 Whose voice is always strong.
 Send your message out so loudly,
 Make things right when they are wrong.
 Wrap your arms around the world,

Be the change.
 Be the change, the change, the change (gonna be the change).
 Be the change, the change, the change (gonna be the change).
 Be the change, the change, the change (gonna be the change).
 Be the change.



Thanks to the composer <http://www.emilybarden.com/> and www.singup.org/song-bank/song/861-be-the-change/