



Protecting
Mother Earth
For The
Next Seven Generations
ACTIVITY BOOK

Credits

Protecting Mother Earth For The Next Seven Generations Activity Book

Brought to you by:

Green Action Centre's First Nations Waste Minimization Program

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<https://fnqlsdi.ca/multilingual-books/>

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ACTION
centre



Welcome

Welcome to the “Protecting Mother Earth for the Next Seven Generations Activity Book”

The First Nations Waste Minimization team at the Green Action Centre are pleased to present our first ever youth activity book! It’s filled with fun games and colouring pages with a focus on waste reduction. While intended for elementary school age children, these activities can be enjoyed by the whole family.

Teachers can use this activity book as an enjoyable and educational classroom activity to teach students about the environment, specifically the 4Rs – Respect, Reduce, Re-Use, and Recycle. We also hope it will help strengthen the connection youth have with the land, while providing them with practical ways to protect Mother Earth.

How to use the activity book:

- Complete Each Activity (on your own or as a class)
- Check the Answer Key when you’re done
- Fill in the Colouring Pages
- Sign the Save Mother Earth Pledge
- And Have Fun!

Why is this book about reducing waste?

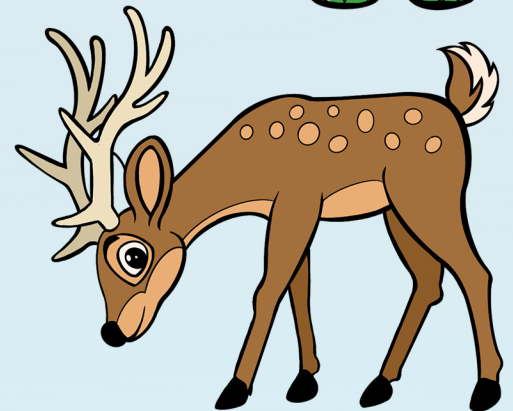
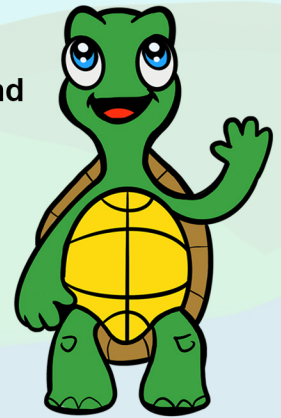
Our First Nations ancestors lived off the land: we grew our own food, built our own tipis and lodges, and lived a sustainable way of life. We only took enough to sustain ourselves and ensure the plants and animals would also flourish. There were no garbage dumps or landfills, nothing was wasted.

The growth of technology (like cell phones and computers), use of disposable plastic and styrofoam packaging, and increased reliance on store-bought food means communities now have to deal with all of the waste that comes with it.

The Seventh Generation Principle teaches us to consider the impact of our actions for the next seven generations. This activity book incorporates the Seven Grandfather Teachings as a foundation to think about those impacts.

“We cannot all go back to our way of life long ago but we all can learn about it and keep it alive, that’s the main thing” - Elder Dorothy Crate, Fisher River Cree Nation

We acknowledge and respect the diversity of each First Nation, Metis, and Inuit communities’ vibrant and unique cultural upbringings, teachings and way of life.



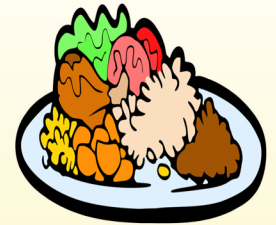


True or False



CIRCLE YOUR ANSWER:

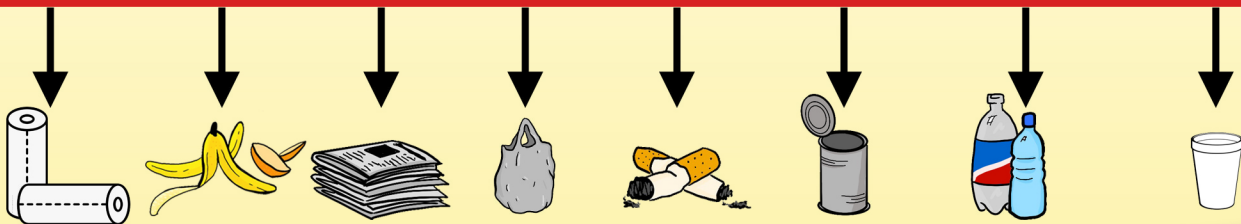
1. A banana peel takes 2-5 weeks to rot (breakdown).
TRUE OR FALSE
2. Plastic drink bottles take 450 years to break down into smaller pieces.
TRUE OR FALSE
3. Cigarette butts take 2 months to break down into the environment.
TRUE OR FALSE
4. Styrofoam (polystyrene) cups take over 1 million years to break down.
TRUE OR FALSE
5. Paper towels take approximately 5 months to decompose
TRUE OR FALSE



TRASH TIMELINE

Here's how long your trash takes to decompose in the environment

2-4 WKS 2-5 WKS 6 WKS 1-5 YRS 1-10 YRS 80-200 YRS 450 YRS 1 MILLION YRS



Take Action Activity

USE REUSABLE DISHES INSTEAD OF DISPOSABLE ONES.



Multiple Choice



1. To give someone a gift that was previously given to you by someone else is called what?
 - a.) Thrifting
 - b.) Hand Me Downs
 - c.) Regifting
 - d.) Heirlooms

2. Where's the correct place to take your recyclables?
 - a.) Recycling depot
 - b.) Side of the Highway
 - c.) Landfill/Dump
 - d.) Waste Transfer Station

3. Why is it important to Reduce, Reuse and Recycle?
 - a.) Respect Mother Earth
 - b.) Health of humans and wildlife
 - c.) Clean air, land, and water
 - d.) All of the above

4. Who is responsible to protect Mother Earth?
 - a.) Kids / Youth
 - b.) Adults
 - c.) Chief and Council
 - d.) All of us

5. The process of reusing discarded items and turning them into new items is called what?
 - a.) Recycling
 - b.) Upcycling
 - c.) Regifting
 - d.) Repurposing



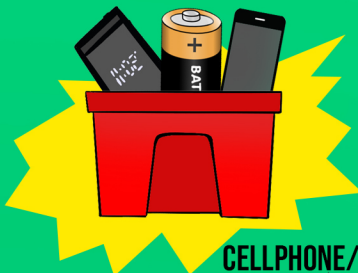
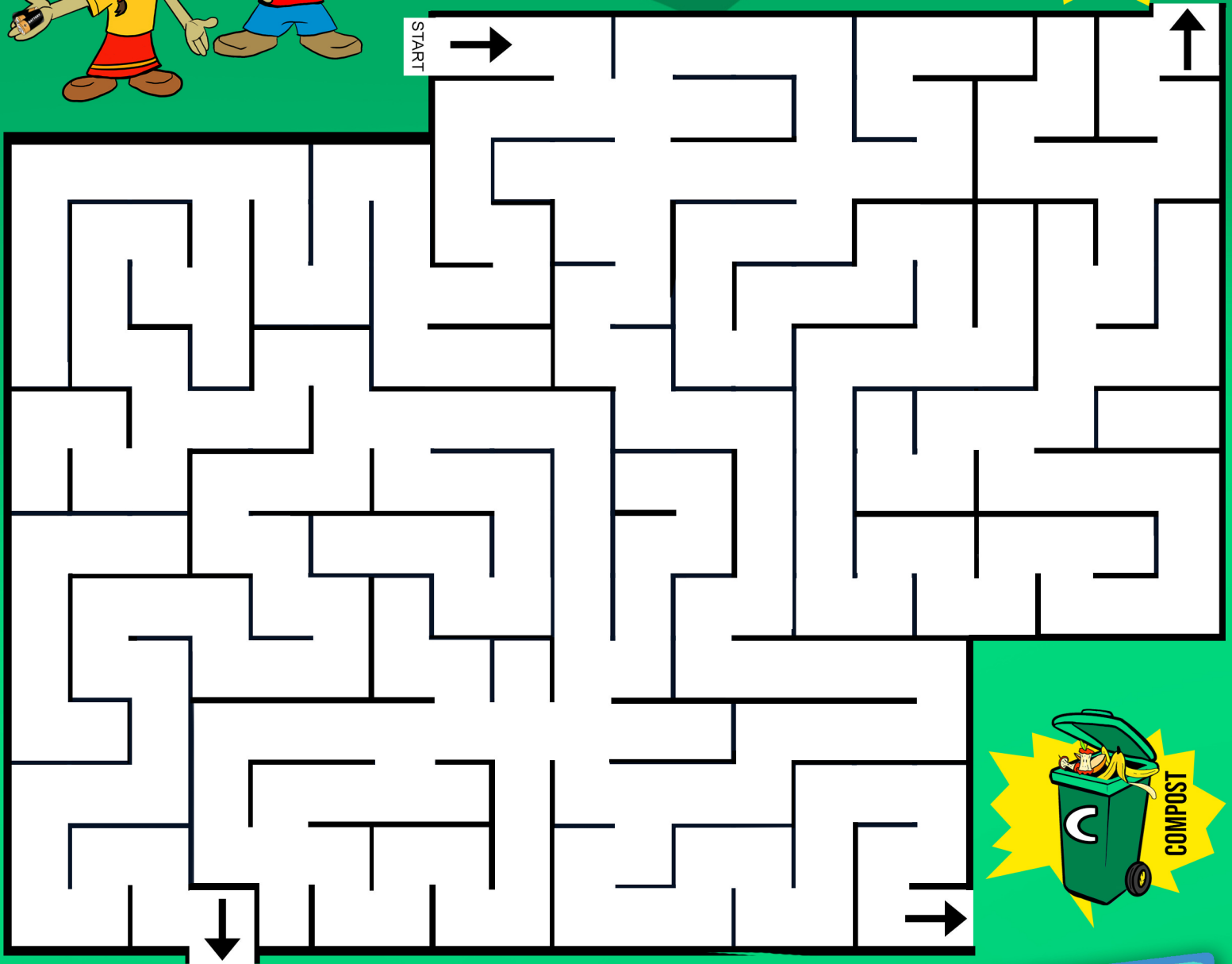
Take Action Activity

SWAP CLOTHING WITH FRIENDS
OR FAMILY FOR A NEW WARDROBE!

Maze



Help us find the Cellphone & Battery Collection Box



CELLPHONE/BATTERY
COLLECTION BOX

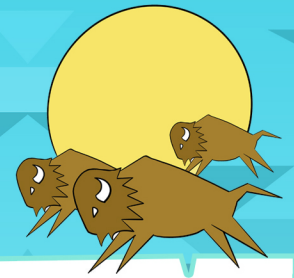



Take Action Activity

START A CELL PHONE
AND BATTERY COLLECTION BOX



Fill in the Blank



1. We can show _____ for our Community, Wildlife, Land, Air and Water, by _____ how much waste we create, Reusing whatever we can, and Recycling when possible.
2. Instead of using a plastic bag to carry things, we could use a _____ bag instead.
3. Examples of items that can be recycled include _____, _____, _____ and _____.
4. Compost is made from rotting food (organic waste) such as _____, _____, and _____. 
5. Household Hazardous Waste (HHW) such as _____, _____, and _____ should not go into the landfill because they are harmful to the land, air, water, and community members.

WORD BANK

Respect

Reducing

Lettuce Leaves

Motor Oil

Milk Jugs

Paint Cans

Pop Cans

Propane Tanks

Apple Cores

Paper

Reuseable

Banana Peels

Cereal Boxes

Juice Cartons

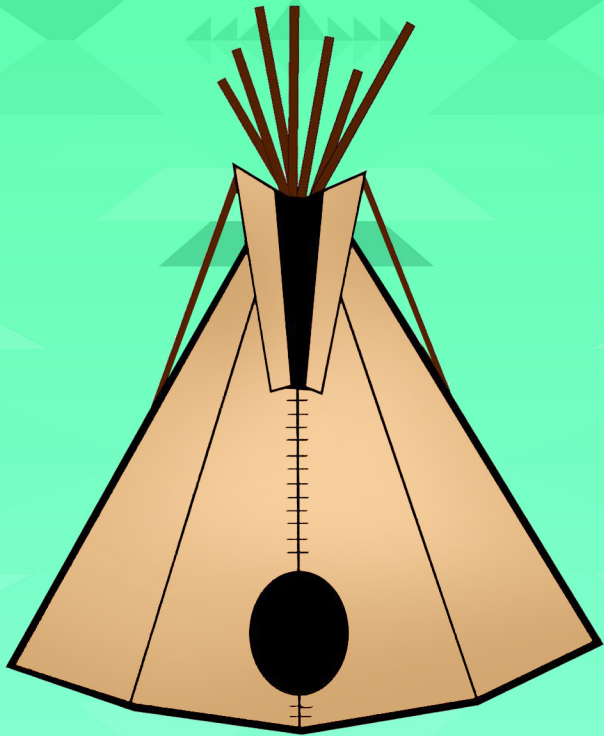


Take Action Activity

USE A REUSABLE CLOTH BAG TO CARRY STUFF INSTEAD OF A PLASTIC BAG.



Scavenger Hunt



At Home

- List 2 items in your fridge that can be composted.

- List 2 food items to be included in a litterless lunch.

- Find 4 things in your cupboard that can be recycled.

- Think of 2 uses for an empty coffee can or milk jug.

At School

- Name 3 items that can be upcycled or repurposed.

- Find 4 items that are recyclable. List them.

- Name 2 items in your lunch that can be composted.

- Find 3 items that are reusable to include in a litterless lunch.



Take Action Activity
TAKE A LITTERLESS LUNCH TO SCHOOL



Word Scramble



What are the 7R's of Sustainability?

1. _____
TERPSEC

2. _____
DRECEU

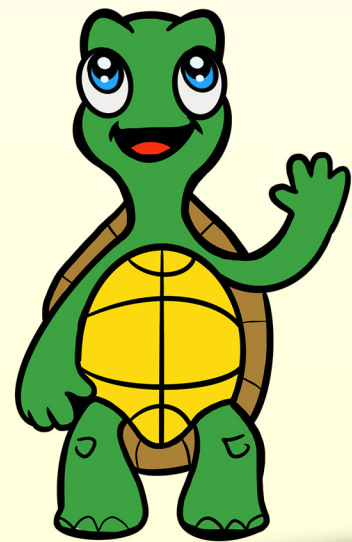
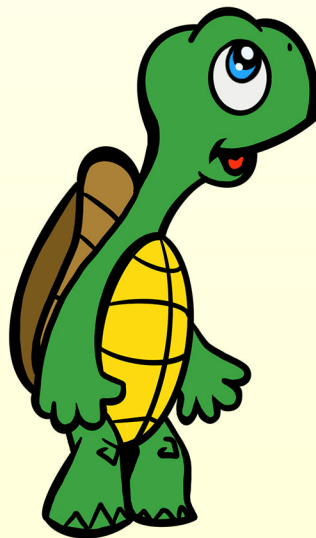
3. _____
SEREU

4. _____
YRECLEC

5. _____
REPIRA

6. _____
GIREFT

7. ____
RTO



Take Action Activity

**DRINK FROM A REUSABLE
WATER BOTTLE**



Word Search



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



- | | | | | |
|------------------------------------|--------------------------------------|---------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> AIR | <input type="checkbox"/> CONSERVE | <input type="checkbox"/> FUTURE | <input type="checkbox"/> NAKOTA | <input type="checkbox"/> REPAIR |
| <input type="checkbox"/> CHANGE | <input type="checkbox"/> CREE | <input type="checkbox"/> GARDEN | <input type="checkbox"/> OJIBWE | <input type="checkbox"/> RESPECT |
| <input type="checkbox"/> CLEAN | <input type="checkbox"/> DAKOTA | <input type="checkbox"/> GREEN | <input type="checkbox"/> OJICREE | <input type="checkbox"/> REUSE |
| <input type="checkbox"/> CLIMATE | <input type="checkbox"/> DENE | <input type="checkbox"/> INUIT | <input type="checkbox"/> RECYCLE | <input type="checkbox"/> ROT |
| <input type="checkbox"/> COMMUNITY | <input type="checkbox"/> EARTH | <input type="checkbox"/> LAND | <input type="checkbox"/> REDUCE | <input type="checkbox"/> WASTE |
| <input type="checkbox"/> COMPOST | <input type="checkbox"/> ENVIRONMENT | <input type="checkbox"/> METIS | <input type="checkbox"/> REGIFT | <input type="checkbox"/> WATER |



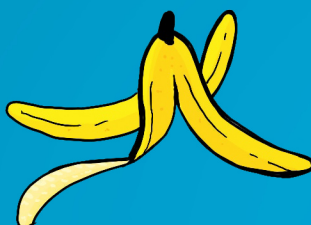
Take Action Activity
EXCHANGE TOYS AND BOOKS WITH A FRIEND



Sort The Waste



A		B		C		D		E		F		G	
H		I		J		K		L		M		N	
O		P		Q		R		S		T		U	



Take Action Activity

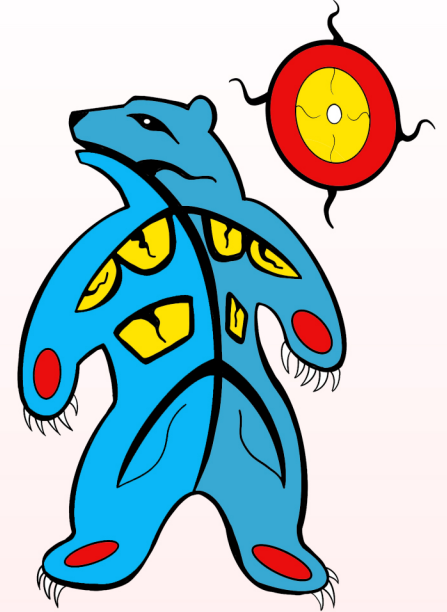
START TO COMPOST AT HOME AND/OR SCHOOL



Acrostic Puzzle

CLUE

1 --- M ---
 2 --- O ---
 3 T ---
 4 --- H ---
 5 --- E ---
 6 --- R ---
 7 --- E ---
 8 --- A ---
 9 --- R ---
 10 --- T ---
 11 H ---



CLUES:

1. What kind of pop bottle container can be melted down and used again up to 1,000 times?
2. What kind of waste can be turned into new products like a mobile phone or TV?
3. What kind of reusable container could you use for drinking hot/cold liquids?
4. What type of bag can be reused over and over again?
5. A lunch that doesn't use disposable packaging, is called what? *(Hint: see Scavenger Hunt)*
6. A liquid jug of this household hazardous waste (HHW) product can contaminate a lake if spilled *(Hint: see Trash Timeline)*
7. What type of waste includes laptops, cell phones, and tvs? *(Hint: see Trash Timeline)*
8. What country produces the most trash per person in the world?
9. Type of material you write on, that can be reused, repurposed, and recycled.
10. What is food waste called when it rots and breaks down into soil?
(Hint: see Sort the Waste)
11. What do you call dangerous waste materials that are flammable, toxic or corrosive?



Take Action Activity

✓ PLAN A SCHOOL OR COMMUNITY CLEAN UP

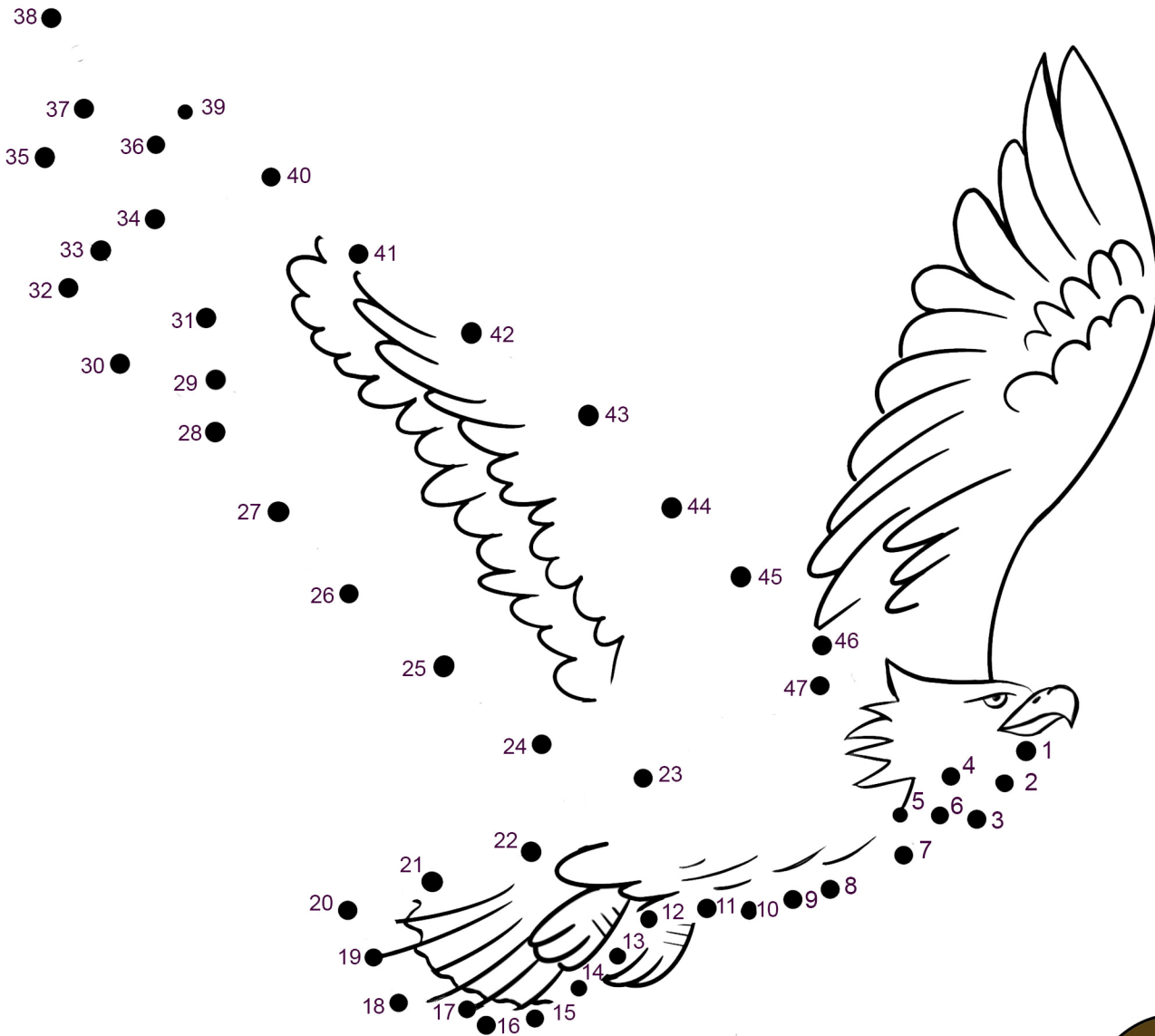


Connect The Dots



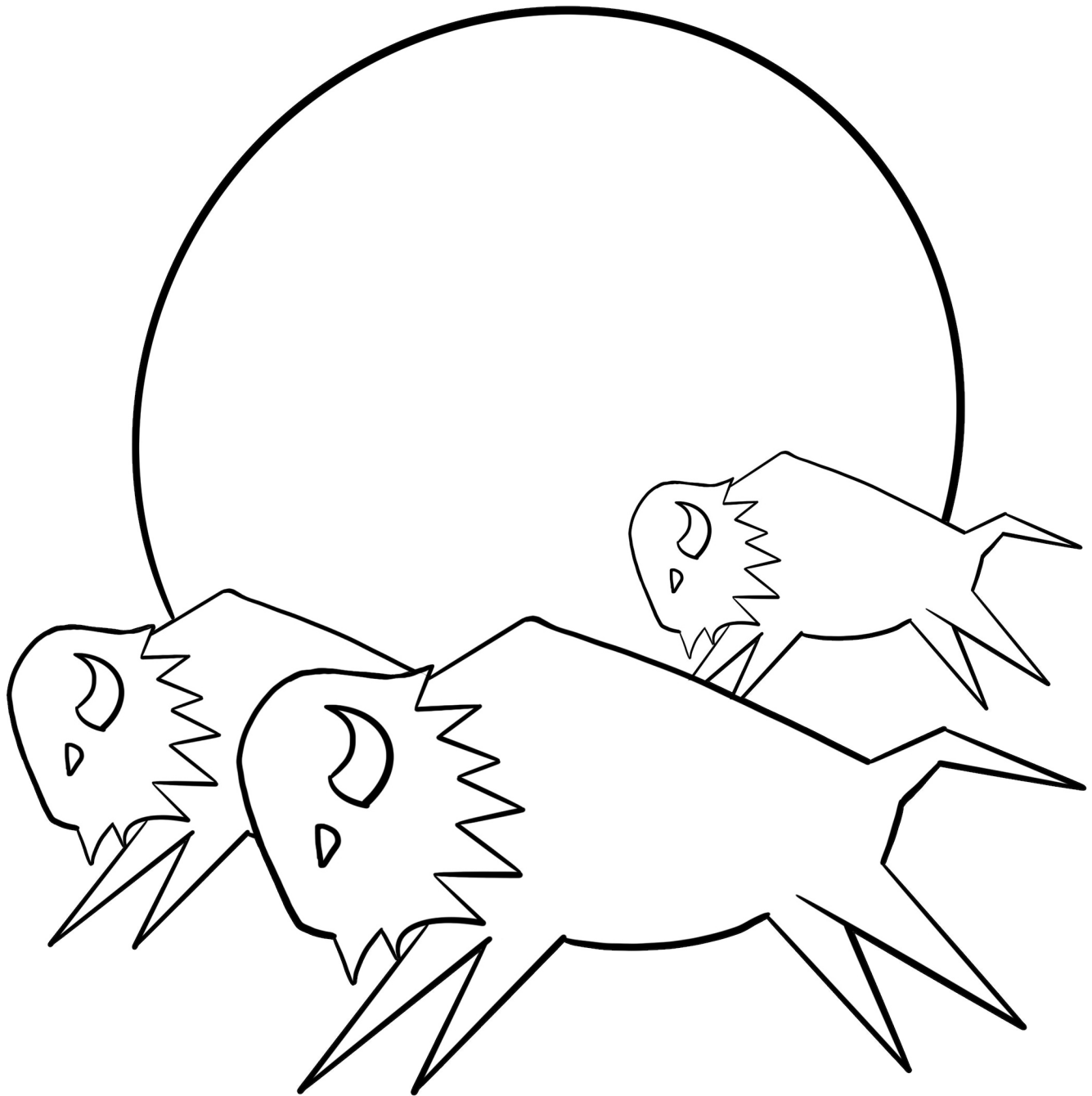


Connect The Dots





Respect



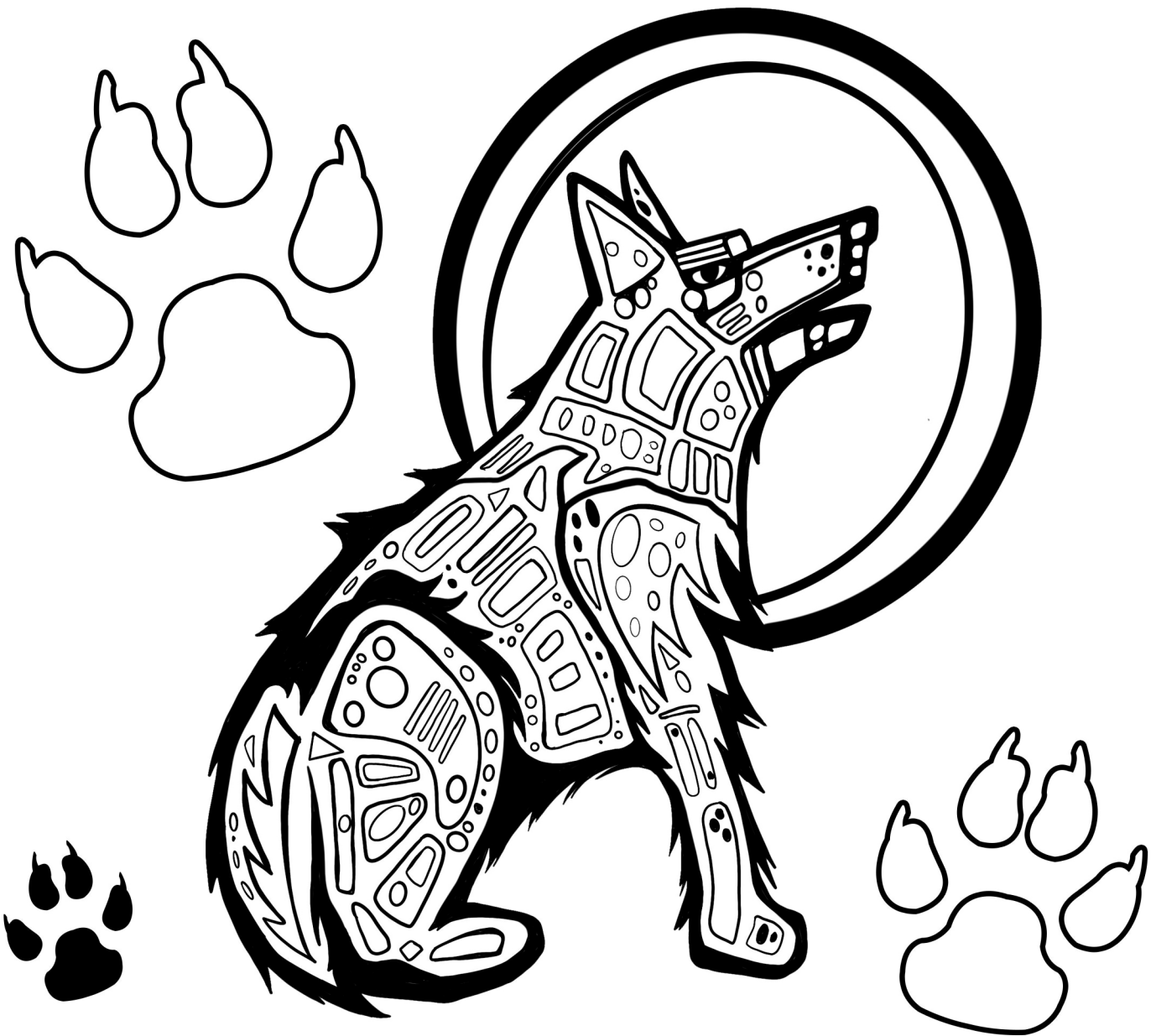


Honesty



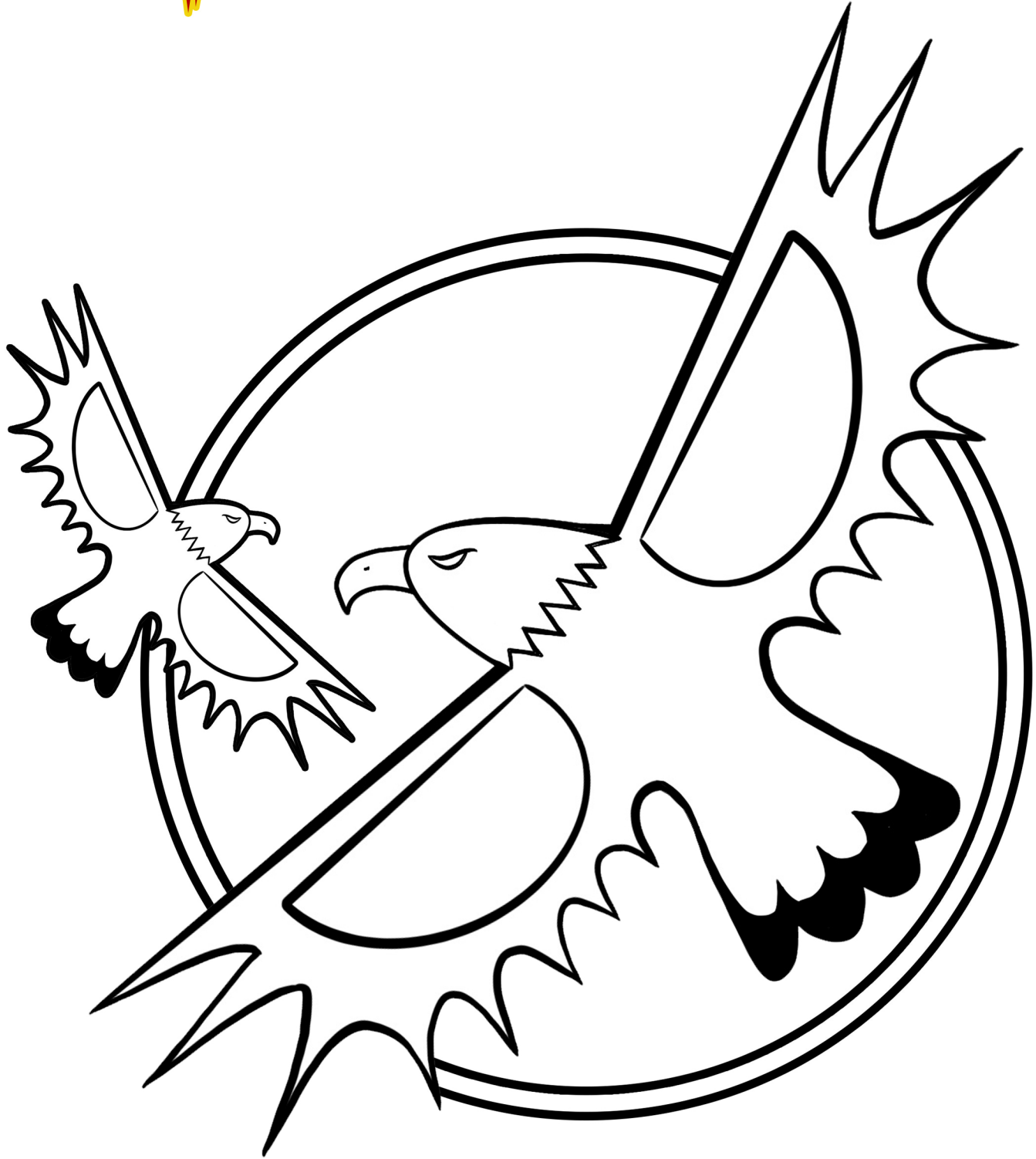


Humility





Love



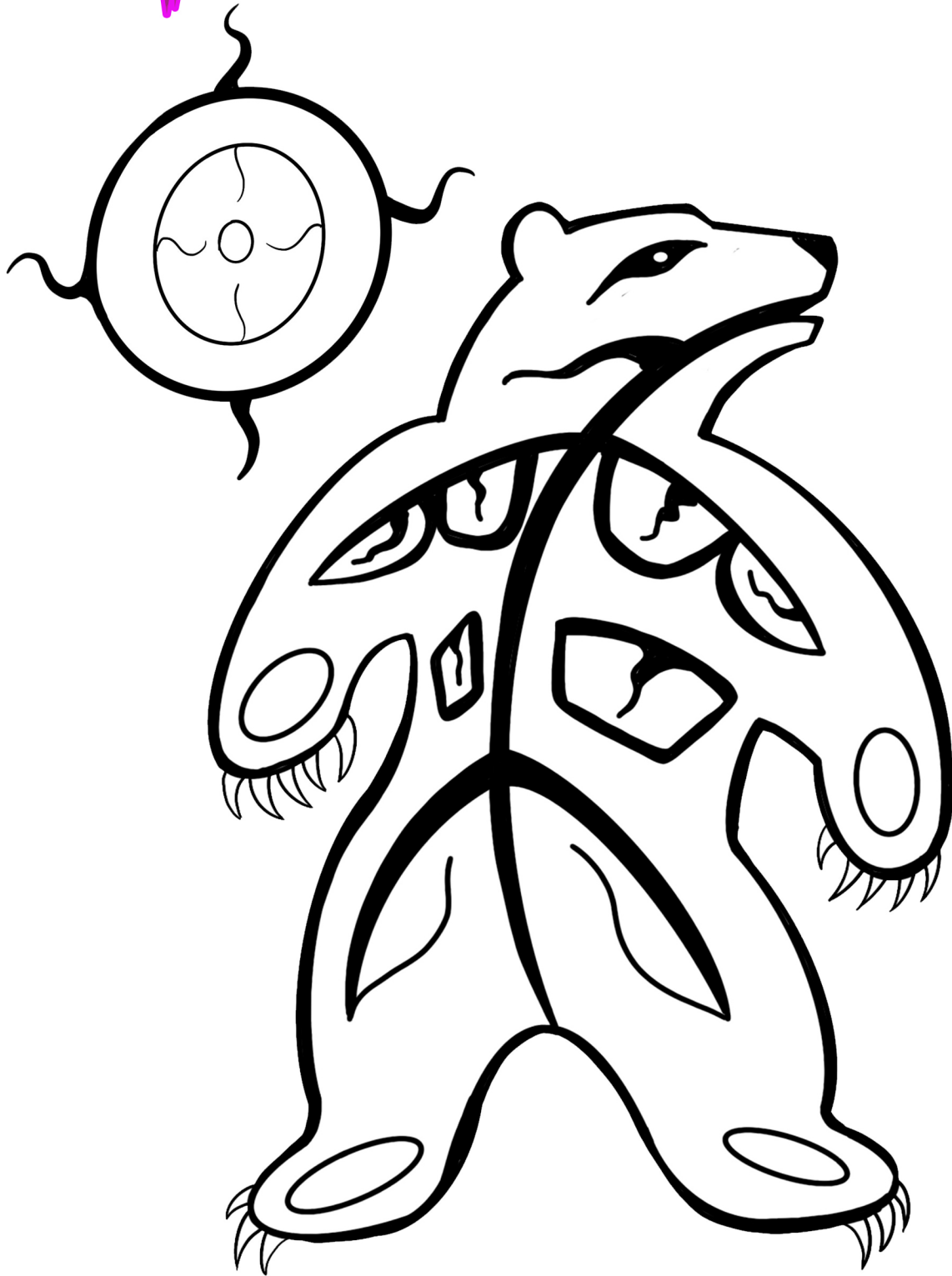


Wisdom



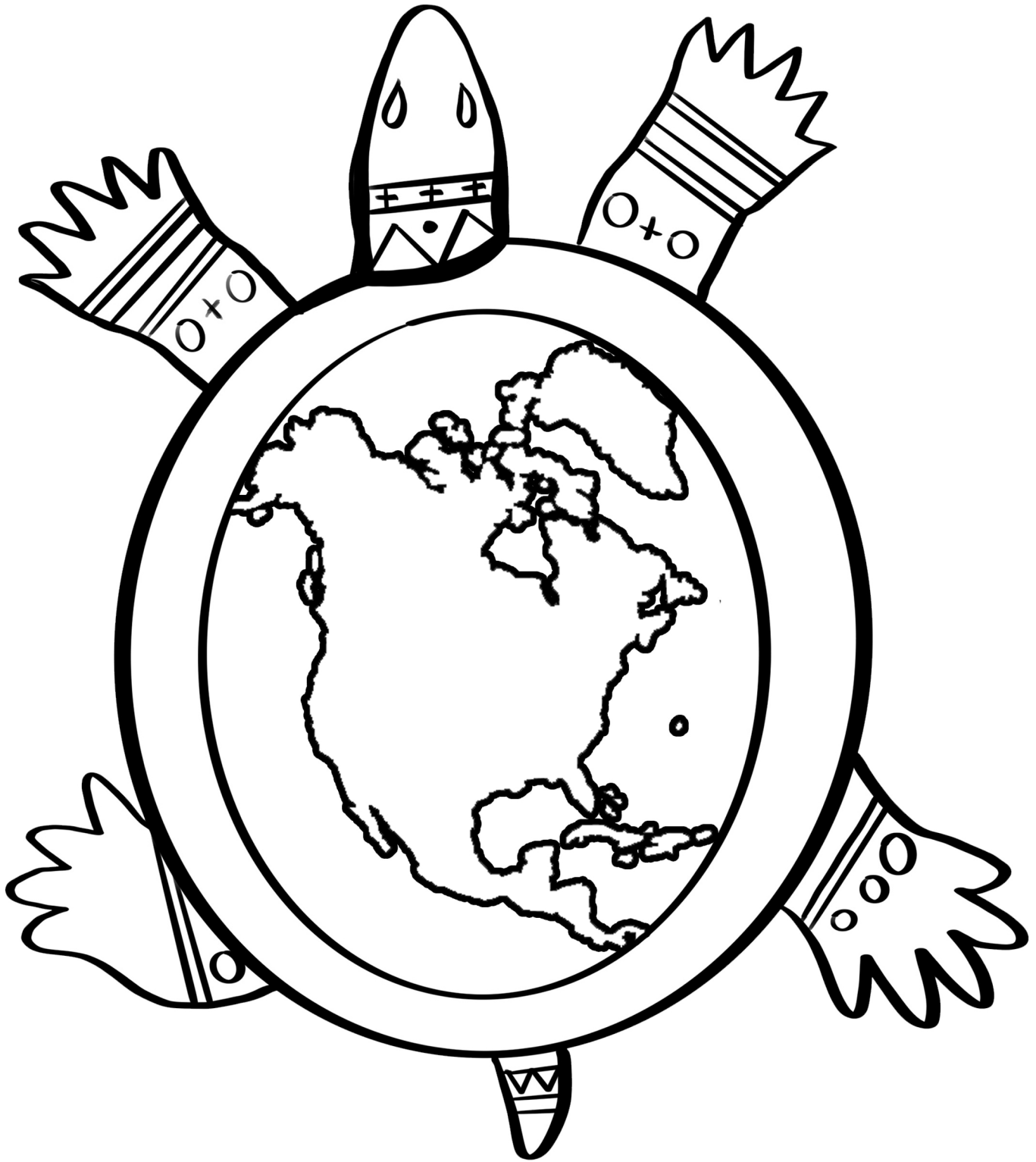


Courage



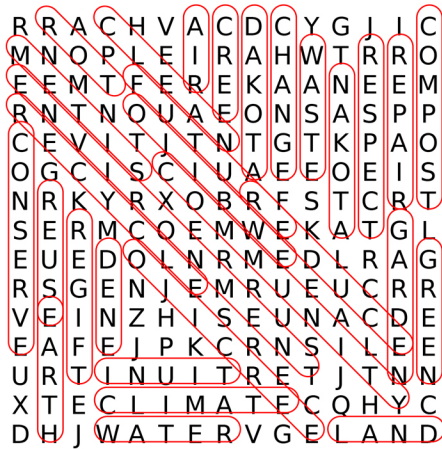


Truth

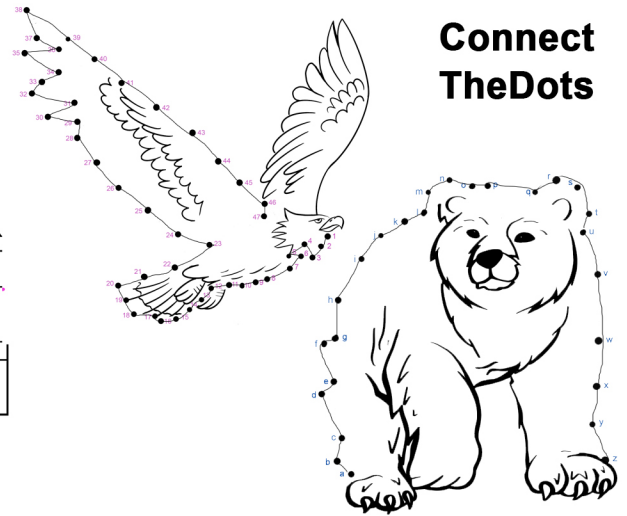
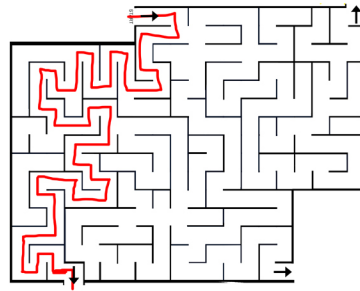


Answer Key

Word Search



Labyrinthe Maze



Connect The Dots

Fill in the Blank

Circle Your Answer:

1. Respect, Reducing
2. Reusable
3. Popcans, Paper, Milk jugs, Cereal boxes, Juice cartons
4. Banana peels, Apple cores, Lettuce leaves
5. Paint Cans, Propane Tanks, Motor Oil

True or False

Circle Your Answer:

1. True
2. True, Plastic is bad for the environment
3. False, takes 1-10 years to biodegrade
4. True
5. False: paper towels take 2-4 weeks to biodegrade

Multiple Choice

Circle Your Answer:

1. c) Regifting
2. a) Recycling Depot & d) Waste Transfer Station
3. d) All of the above
4. d) All of us
5. b) Upcycling and d) Repurposing

Acrostic Puzzle

Answers:

1. ALUMINUM
2. ELECTRONIC
3. THERMOS
4. CLOTH
5. LITTERLESS
6. MOTOR OIL
7. ELECTRONIC WASTE
8. CANADA
9. PAPER
10. COMPOST
11. HAZARDOUS

Sort The Waste

Container 1

- G. Broken Cell Phone
- I. Aluminum Can
- N. Plastic Milk Jug
- P. Newspapers
- S. Cardboard Box

Container 3

- D. Motor Oil
- K. Nail Polish
- L. Aerosol Can
- O. Paint Cans
- T. Propane Tank

Container 2

- A. Biodegradable Takeout Container
- B. Potato
- C. Broccoli
- J. Apple Core
- Q. Banana Peel
- R. Carrots

Container 4

- E. Meat
- F. One-time Use Plastic Cup
- H. PPE Mask
- M. Styrofoam Cup
- U. Plastic Bags

Word Scramble

The 7R's of Sustainability are:

1. RESPECT
2. REDUCE
3. REUSE
4. RECYCLE
5. REPAIR
6. REGIFT
7. ROT

For Mother Earth

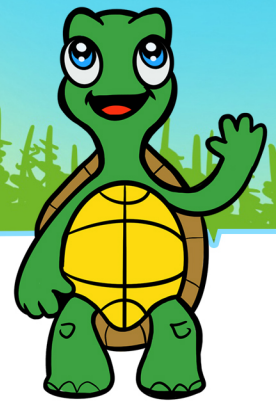


I PLEDGE TO MAKE POSITIVE CHANGES
IN MY EVERYDAY LIFE TO PROTECT MOTHER
EARTH FOR THE NEXT SEVEN GENERATIONS.

I WILL LEARN HOW TO REDUCE MY IMPACT
ON THE LAND, AIR, AND WATER. I COMMIT
TO SHARE WHAT I'VE LEARNED WITH OTHERS
AND ENCOURAGE THEM TO DO THE SAME.

Signature: _____ Date: _____

THERE IS ONLY ONE MOTHER EARTH AND WE ARE ALL RESPONSIBLE FOR TAKING CARE OF HER.



ORGANIZATION

Green Action Centre is a non-profit, charitable organization based in Winnipeg and serving all of Manitoba. We promote greener living by sharing practical solutions and advocating for change. Our primary areas of focus include healthy and sustainable transportation, composting and waste reduction, sustainable living, and resource conservation.

The First Nations Waste Minimization team at Green Action Centre supports First Nation communities to reduce, divert, and safely manage waste. We provide assistance with landfill/transfer station operations, community engagement, and school presentations for First Nation schools, educators, and divisions around Manitoba.

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