3RD-5TH



On my ESTEM Quest, I

_____

Student name & grade

pledge to take small actions every day for a big green impact!

Waste Reduction	Energy & Conservation	Neighborhood & Nature	Upcycling & Innovation
DIY cleaning prep Make a non-toxic household cleaner using simple ingredients (vinegar, water, and lemon peels or baking soda) in a reusable spray bottle.	**Home energy audit** Identify 5 devices in your house drawing "phantom power" while plugged in and create a turn-off checklist.	**Neighborhood clean sweep** Conduct a 20-minute litter sweep in your neighborhood; categorize the trash (plastic vs. paper vs. landfill).	**Structural engineering** Design and test a bridge or tower using only discarded household recyclables; test how much weight it holds.
Specialty recyclables scan Find 3 items in your household that cannot go in the blue bin (batteries, film, electronics) and locate their drop-off points.	**Water audit** Time a family member's shower or record faucet run-times; brainstorm 3 ways your household can cut water use.	**Low-carbon commute** Track your family's daily trips for 3 days; choose to walk, carpool, bus, or bike for at least 2 errands/commutes.	**Product redesign** Take a clean, single-use package (like a tissue box or cereal box) and re-engineer it into a permanent organizer or storage box.
Food waste investigator Weigh or estimate dinner food waste for 3 nights; create a plan to reduce leftover waste or increase composting.	**Natural light day** Rely entirely on natural sunlight in your study area or bedroom for one full day instead of turning on lights.	**Biodiversity mapping** Spend 20 minutes mapping and drawing 5 native PNW plants or insects found in a local park or yard.	**Upcycled utility** Construct a useful household tool (like a watering can, pencil holder, or planter) out of discarded plastic.
Local waste guide designer Look up Seattle's recycling and composting guidelines with an adult, then draw a "What Goes Where" mini-poster to tape on your fridge or above your trash cans.	**Energy audit assistant** Check 3 household appliances with an adult to ensure doors seal tightly, lint filters are clean, or eco-mode settings are switched on.	**Habitat protector** Remove invasive plants (like ivy or blackberries, with supervision) or clear a storm drain of fallen leaves to prevent runoff.	**Wildlife feeder design** Build a weather-resistant bird or solitary bee shelter out of upcycled wood, cardboard, or plastic bottles.

Parents: Please initial when your child reaches each milestone

5 ☐ **10** ☐ **16** ☐