K-2ND



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
Rinse & dry champion Wash out and air-dry 3 food containers so they are completely clean before recycling.	**Lights out patrol** Walk through your house before bed and turn off all unused lights and power strips.	**Litter sweep** Pick up 10 pieces of trash in your neighborhood or at a local park (with adult supervision).	**Cardboard creator** Build a toy, fortress, or usable object using only discarded cardboard boxes.
Plastic film collector Collect grocery bags, bread bags, and clean plastic wrap and drop off at the HW Ridwell box.	**Water saver** Turn off the faucet completely while brushing your teeth for 3 days in a row.	**Walk or roll** Walk, bike, scooter, or bus to school (or take a family neighborhood walk after dinner).	**Scrap art** Create a drawing or sculpture using 100% scrap paper, bottle caps, or clean packaging.
Food waste hero Help scrape dinner scraps into your green compost bin or home compost pile after dinner.	**Screen-free night** Swap 1 hour of screen time for a board game, reading, or playing outside.	**Nature observation** Spend 15 minutes observing local wildlife, birds, or native plants in your yard or park.	**T-shirt bag / rag** Turn an old, worn-out t-shirt into a reusable cleaning rag or tote bag (no sewing required!).
Know before you throw Check 5 household items against Seattle's waste guide to double-check what belongs in the black, blue, and green bins.	**Appliance helper** Help an adult run a full load in the dishwasher or load a laundry cycle using cold water instead of hot.	**Native plant helper** Water a tree, weed a garden patch, or clear away fallen debris around neighborhood plants.	**Upcycled feeder** Make a simple bird or pollinator feeder out of a milk carton or pinecone.

Parents: Please initial when your child reaches each milestone

5 ☐ **10** ☐ **16** ☐