



**1 GET MOVING**  
BIKE OR WALK INSTEAD OF TRAVELLING IN A CAR, TO CUT THE AMOUNT OF MOTOR POLLUTION BEING ABSORBED INTO WATERWAYS.



**2 NEVER RELEASE PETS**  
... such as fish or snakes into rivers, lakes or streams. Non-native animals can mess up the ecosystem. Plus, it's cruel to the pet!



**3 KEEP YOUR DOG ON A LEASH**  
... at rivers, lakes or beaches. Dogs running wild can scare or harm creatures that live there.



**16 DRINK TAP WATER**  
... not bottled, to help keep water free of pollution from bottle-carrying delivery trucks.



**17 WATER YOUR GARDEN OR WINDOW BOXES IN THE EARLY MORNING**  
Water doesn't evaporate as fast when the air is cool, so you won't need as much.



**18 Recycle**  
... that way, your rubbish won't end up in water sources.



**4 BE A WATER MONITOR**  
Look out for leaks and drips at home and school.



**5 TURN OFF THE TAP**  
... while brushing your teeth.



**6 TAKE SHORT SHOWERS**  
... instead of baths. Set a timer to see how clean you can get in five minutes!



**19 VOLUNTEER**  
... at a local aquarium. You'll learn lots about marine creatures – and how to protect their watery homes in the wild.



# 25

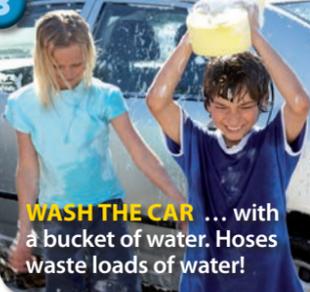
# ways you can be a WATER HERO

You can make a BIG difference when it comes to protecting the planet. These 25 tips help conserve water; keep pollution out of oceans, rivers and streams; and protect the animals that live there. Here's how being blue can be green...

**7 DON'T LET BALLOONS FLOAT AWAY IN THE AIR**  
If they land in the water, animals can mistake them for food and choke.



**8 WASH THE CAR** ... with a bucket of water. Hoses waste loads of water!



**9 MAKE YOUR OWN SOAP**  
... out of leftover soap bits to keep them from going down the drain – and into waterways. Squish the slivers of soap into cool shapes when they're wet!



**10 THINK BEFORE YOU FLUSH** Pouring things, like medicine or paint, into the toilet could contaminate water sources and harm wildlife.



**20 SCRAPE LEFTOVERS INTO THE BIN** ... not down the sink. And save water by cleaning dishes before food gets stuck on them.

**21 BECOME A BEACHCOMBER**  
To find out how you can help beautify a beach near you, head to [adoptabeach.org.uk](http://adoptabeach.org.uk)



**22**



**12** If your family stays at a hotel, **REUSE TOWELS, FLANNELS AND SHEETS** just as you do at home.

**13 LOOK OUT FOR FISH-FRIENDLIER LABELS** Ask your parents to buy fish with the Marine Stewardship Council's blue 'Fish tick' label. This means that the fish has been caught in a sustainable fishing area. The Ocean Wild label is another fish-friendlier label to go for.



**14 DRINK FROM A REUSABLE WATER BOTTLE**  
Plastic bottles take water to produce, and often end up floating about in our rivers, lakes and seas.



**15 COLLECT RAINWATER IN A BUCKET** ... and use it to water the plants.



**23 COLLECT TAP WATER**  
... while you're waiting for it to get hot, and use it to soak or rinse dishes.

**24 DON'T FEED WATER ANIMALS**  
They need to find their own food to keep themselves – and their environment – healthy.



**25 SHARE these blue tips with FRIENDS AND FAMILY!**

**TWO FOR ONE**  
When you need to give your dog a wash, do it outdoors on a part of the lawn that needs watering – then you've done two jobs in one! And if you're cleaning out a fish tank or goldfish bowl, let the plants in your garden have the old water.

