

The 6Rs

Reduce, reuse, recycle, refuse, respect and replenish

The 6 Rs are a great way to track your environmental impact. Use this checklist to ask yourself, what else could you be doing to help protect our wonderful environment?

reduce

Can you reduce the amount of rubbish or waste you are using?

reuse

Before you throw it out, can you reduce or reuse your item?

recycle

Could recycled materials be used for your activity?

refuse

Only accept things that are the best option for the environment. For example, is the packaging really needed?

respect

Think twice about our great planet. Is there a better way to solve this problem that is less damaging to the environment?

replenish

Walk the talk! Are you replacing what you use so there are enough of the world's resources for everyone?

