



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.



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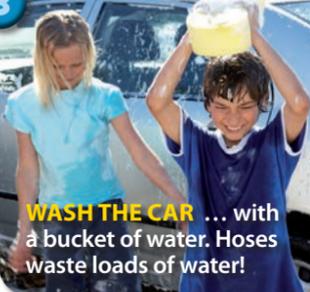
ways you can be a WATER HERO

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



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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.

