

Meet Emily the Eco-Friendly Polar Bear

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



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Arlington Heights
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Meet Emily the Eco-Friendly Polar Bear



This book belongs to

**Hi, I'm Emily and I'm a polar bear.
I live in the Arctic on an ice floe.**



Ever since I was a tiny cub, I've tried to do everything to be eco-friendly. You can do lots of things to help the planet.

It doesn't matter what age you are, you can do a lot to be more eco-friendly.



It's easy and it's fun, too! Let's explore!



**One of the best ways to be eco-friendly is to recycle.
Did you know that it takes 100 years for one
plastic bag to go away?**



It's also important to recycle glass, tin cans and paper. Play a recycling game! Whoever collects the most items to take to the recycling center wins a prize.

Saving water is very eco-friendly.



Turn off the water when you're brushing your teeth and take shorter showers. In the kitchen, wash fruits and veggies in a bowl instead of holding them under the faucet.

Saving energy is easy. Instead of using the heater or the A/C, wear a sweater if you're cold or open a window if you're hot.



And don't keep the refrigerator door open when you're hungry for a snack.

It's totally eco-friendly to plant a garden!



Grow fresh veggies and fruits – tomatoes, lettuce, beans and strawberries.

Ride your bike or walk instead of asking to go in the car. And take the school bus to cut down on carbon emissions.





Save trees – use both sides of paper. And cut up old mail for scratch paper.

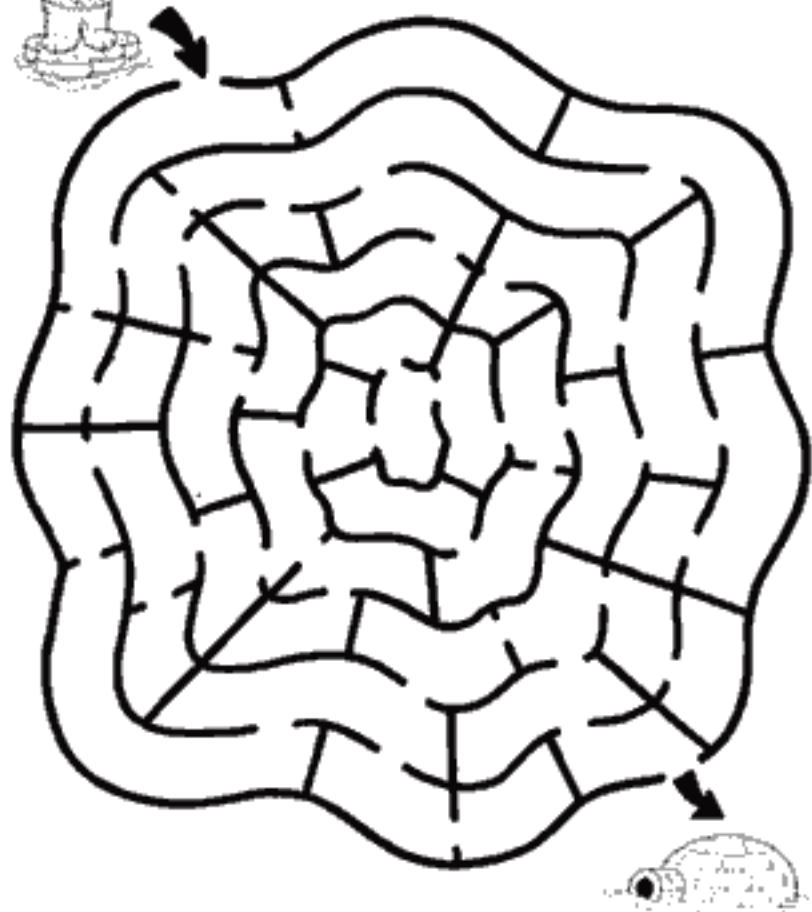
Kids today have a big responsibility. It's up to us to be aware of our environment and help protect the planet.



We can do it! We can make a difference! We can all be eco-friendly!

A-MAZING!

Help Emily find her way from the ice floe to her igloo.



Can you decode this secret message?



Match the letters of the alphabet
to the number to find the answer!
(The fourth word has been done for you)

- 1=a
- 2=b
- 3=c
- 4=d
- 5=e
- 6=f
- 7=g
- 8=h
- 9=i
- 10=j
- 11=k
- 12=l
- 13=m
- 14=n
- 15=o
- 16=p
- 17=q
- 18=r
- 19=s
- 20=t
- 21=u
- 22=v
- 23=w
- 24=x
- 25=y
- 26=z

19 8 21 20 15 6 6

20 8 5 w a t e r
23 1 20 5 18

23 8 5 14 25 15 21

2 18 21 19 8 25 15 21 18

20 5 5 20 8

THE WORDS ARE ALL MIXED UP



Can you unscramble the words?

HINT: The word begins with the letter in black.

1. **h**rtae _____
2. tr**w**e _____
3. pr**p**ea _____
4. gise**v**ge _____
5. ang**i**sv _____
6. ycree**c**l _____
7. n**p**elta _____
8. il**s**pcat _____

WHICH ONE IS DIFFERENT?

What's different about Emily – the Eco-Friendly Polar Bear?



Favorite Funnies

QUESTIONS:

1. What animal do you look like when you get into the bath?
2. What time is it when three polar bears are chasing you?
3. Why is a polar bear cheap to have as a pet?
4. What do polar bears like to eat in the cold?
5. Why do polar bears have fur coats?
6. How do you keep a polar bear from charging?
7. What is white and goes RRRRG! RRRRG!
8. What are polar bears called when they get caught in the rain?



ANSWERS:

1. A little bear!
2. Three after tea.
3. It has no cost.
4. A 'sm'-'gm'!
5. Because the wash laughed when they were perched.
6. Inevit that I per cash!
7. A polar bear walking backwards.
8. Dirty bears.

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*I promise to help Emily
and become more eco-friendly
to help save the planet.*

Sign your name here



Conforms to ASTM D-4176
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