

Value Activity 8

1 Read and circle the answers according to your habits.

1. How often do you turn the lights off when you leave a room?
a) almost never b) sometimes c) almost always
2. How long do you spend in the shower?
a) 15 minutes or more b) 10 minutes c) 5 minutes
3. How often does your family keep the lids on pots and pans when cooking meals?
a) almost never b) sometimes c) almost always
4. How often do you turn off the water while brushing your teeth?
a) almost never b) sometimes c) almost always
5. What do you do with your computer when you're not using it?
a) leave it on b) put it on standby c) turn it off
6. How often do you recycle newspapers at home?
a) almost never b) sometimes c) almost always
7. How often do you take your own bags when you go shopping?
a) almost never b) sometimes c) almost always
8. What do you do with your trash?
a) throw it all away b) recycle some things c) recycle everything

♦ Use the code to tally your score.

Number of a's = Number of b's = Number of c's =
 x 1 x 2 x 3

Score: + + =

2 Mark (✓) the actions you can commit to.

I'll turn off my video game
if I'm not using it. ☐

I'll be careful to separate trash into
organic and inorganic. ☐

I'll take quick showers and use
moderately hot water. ☐

I'll turn off the lights in an empty
room. ☐

I'll reuse plastic bags. ☐

I'll reuse paper on both sides. ☐