





Time your shower or bath.



Turn off the lights when you leave the room.



Use natural light.



when not in use.



Spend time in nature.



Cook a healthy meal.



Keep doors/windows closed if the heat/AC is on.



Shorten your shower.



Wash a full load of laundry.



Wash a full load of laundry.



Shorten your shower.



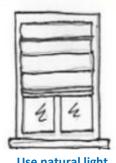
when not in use.



Spend time in nature.



Keep doors/windows closed if the heat/AC is on.



Use natural light.



Turn off the lights when you leave the room.



Don't leave the refrigerator door open.



Time your shower or bath.



| Try to do these conservation actions for the next seven days and write a paragraph about what you learned. |
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