



Skipping Stones

GREEN CLEANING

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"Play with a purpose."

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Teambuilding Game

Title: *Stranded on a Deserted Island*

Description: This is a fun teambuilding activity that helps people get to know each other better and work together to solve problems.

Form groups of 3-8 people and give the following instructions: "Unfortunately, you will be relocated and stranded on a deserted island for an indefinite amount of time. You may only bring one item to the island, and you only have a few minutes notice. What will you bring? Share with your group your object, why you chose it, and what you plan to do with it."

Have each person briefly share their item, why it is important to them, and what they plan to do with it. After everyone has shared, instruct the groups to figure out how they can improve their chances of survival by combining the items in creative ways.

Green Cleaning

Chemicals, chemicals, and more chemicals! With commercialized cleaning products lining the aisles of our grocery stores and TV advertisements claiming the transformative magic contained in the next best cleaning product, it is no wonder we have become a society dependent on chemicals. Cleaning product manufacturers are riding an \$18 billion chemical cleaning industry that pollutes the environment, harms our health, and endangers future generations.¹

The average American household uses 40 pounds of chemicals each year for all of their household tasks—from stains, mold, and mildew to the dirty bathroom sink. These chemicals are designed to get the job done quickly, but almost never gently or safely. Chemical cleaners are associated with a number of health problems including neurodevelopmental disorders, fatigue, headaches, and respiratory, cardiovascular, and immune system complications.²

But there is good news: a simple, inexpensive "green" alternative to all those chemicals stashed away under the kitchen sink. Green simply means environmentally friendly. Green cleaning strives to limit or completely eliminate the use of chemicals and instead use natural products for household cleaning. Doing so reduces the negative impact on your family's health and the planet in small, everyday ways. Green cleaning will not only turn your home into a haven of comfort and health, but it will also promote community health by protecting the local soil, landfills, and waterways. Green cleaning will also leave you feeling good about

Helpful Hints for Maintaining A Clean Green Home

- Divvy up household chores. Daily chores should be well defined and divided among family members. For young kids, supervise their individual chores and provide encouraging feedback.
- Throw a cleaning party! Listen to music, sing songs, or make a game out of cleaning the whole family will enjoy.
- Wear comfortable clothing and take pride in your work. When you're done, take the time to admire your job well done.
- Open the windows and let in some fresh air while you work.
- Lightly scent your home by placing a cotton ball with a few drops of your favorite essential oil in an open window.
- Schedule weekly, monthly, and yearly times for cleaning. Make a routine and stick to it.

Designed, researched, authored, & edited by Heather, Rachel, Suzanne, April

Empowering, Inc.
"Play with a purpose."

It is our collective and individual responsibility to protect and nurture the global family, to support its weaker members, and to preserve and tend to the environment in which we all live.

~ Dalai Lama



Draw or write what you will do
to help protect the environment

Green Cleaning

Green Cleaning Flash

Inexpensive Green
Cleaning Supplies
For Your Home

The green way of cleaning is not only beneficial to your family’s health, but is often the simplest, least expensive way to go. You will find you do not need a pantry full of specialized cleaning supplies, just a handful or so of natural products will work just as well without all the harsh chemicals.⁴

Baking soda is an odor neutralizer, cleanser, and air freshener all-in-one. It works well on proteins, grease, animal messes, and scouring sinks and countertops.

Club soda replaces glass cleaner for cleaning mirrors and windows. For shiny, streak-free windows, replace your paper towels with black and white newspaper or coffee filters.

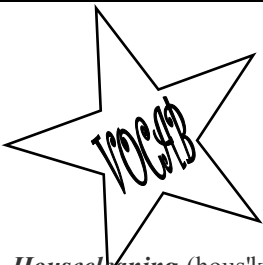
Olive oil mixed with a squirt of lemon juice is a natural and refreshing way to polish wood furniture.

Borax, a mild water-soluble salt, works well to loosen dirt and remove stains and odors.

Unscented bulk castile soap is an all purpose gentle cleanser that loosens and washes away dirt.

Lemon, lime, and grapefruit juices do more than smell great. Their antibacterial and acidic properties are a powerful addition to cleaning formulas.

White vinegar inhibits mold, cuts soap scum, and dissolves scale and stains such as grease, coffee, and rust.⁵



Housecleaning-(hous'klē'nĭng) n. The cleaning and tidying up of a house and its contents.

Green-(grēn) n. A supporter of a social and political movement that espouses global environmental protection, bioregionalism, social responsibility, and nonviolence.

Toxic-(tōk'sīk) adj. Of, relating to, or caused by a toxin or other poison; capable of causing injury or death

Chemical-(kēm'ī-kəl) n. A substance with a distinct molecular composition produced by or used in a chemical process.

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yourself knowing that you are improving the health of your family and the planet.³

Think of your house as a second skin. Just as your physical body needs to be nurtured and fed proper nutrients, so too does your house need proper cleaning products to stay healthy. It is an extension of who you are, treat it with kindness!

Natural Cleaning
Recipes for Your Home

Making your own green cleaning recipes is an inexpensive, healthy activity the entire family will enjoy!⁶

Mold killer and surface cleaner: In a spray bottle, mix 1 tsp. sodium lauryl sulfoacetate, 1 tsp. borax, 2 tbsp. white vinegar, 2 c. water, 1/4 tsp. eucalyptus oil, 1/4 tsp. lavender oil, and 3 drops tea tree oil.

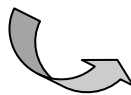
Window wash: Mix juice from one fresh lemon, 2 c. club soda, 1/2 tsp. peppermint oil, and 1 tsp. cornstarch.

Simple laundry detergent: Add 16 c. baking soda, 12 c. borax, 8 c. grated castile or glycerin soap flakes, 3 tbsp. lavender, lemon, or grapefruit oil. Use 1 1/8 c of powder per load. Recipe will make enough to last approx. 1 yr.

Powerful disinfectant: Add 2 c. white vinegar and 1/2 c. hydrogen peroxide to 1 gallon of water.

Multipurpose cleaner: Add 1 tsp. peppermint castile soap, 1 tsp. borax, and a squirt of lemon in 1 quart of water.⁷

Cut out and
keep game
on back



- Beyond Green Cleaning: Greening Other Areas of Your Life⁸**
- Watch your water waste. Save the water from boiling pasta into containers for watering your houseplants.
 - Avoid using large appliances during peak hours. Run the dish washer, washing machine, and dryer between 9 p.m.-6 a.m.
 - Buy locally. It is good for the local economy and saves energy in transportation.
 - Use compact fluorescent light bulbs. They last longer and conserve energy.
 - Show your community spirit. Help organize a neighborhood dumpster day or a trash clean up day.