

# MINIMIZING WASTE - SUPPORT PACKAGE



## Gift of Time

During holidays many of us head off to shop for the perfect gift for our loved ones. But what if you could give them a gift that does not come from a store and is easier on the Earth? If you take time to think of a gift your loved ones *really* want, they may love this more than anything you could purchase in a store!

Did you know that there are five love languages? Love languages are described in a [book by Gary Chapman](#), which teaches how we can show people we love them, and also how we know people love us. If you know your family and friends' love language, then you can find the perfect "gift" and package it in a way that minimizes waste! Follow the Action Plan below to make the best gifts this season!

## Action Plan

**Step 1-** Check out the [Holiday WasteLess Slideshow](#) on the Green Schools NS website to get the students thinking about the impact the holidays can have on the Earth. This should get them primed to make their green gifts.

**Step 2-** Learn the five love languages. They are: act of service, gifts, words of affirmation, quality time, and physical touch. Check out the short, kid-friendly videos below that explain each of the five languages.

**Step 3-** Each student can take time to think about the person they are giving the gift to. What is their love language? What brings a smile to their face? What is it that they like to do with them? Share some ideas from the list below after they have time to brainstorm.

**Step 4-** Collect empty cardboard toilet rolls, old fronts from Christmas cards (or just draw and color pictures), old ribbon or yarn, scrap paper, markers and glue.

**Step 5-** Write out the gift on a piece of paper, cardstock, etc. (i.e. "Breakfast in bed!"), decorate and wrap. See page two for many more ideas.



## Green Gift Ideas

- Make breakfast or supper together - like pizza!
- Volunteer together at a community meal
- Craft some Christmas gifts, or even just colour some pictures together
- Bake together and give some to your neighbours
- Visit a senior's residence together and spend time with the residents
- Explore a nearby lake/river or attend a holiday skate together
- Take a nature walk together, have an indoor or outdoor picnic
- Have breakfast in bed or watch a special show together
- Make a snowman together, have a snowball fight, or go sledding
- Play board games, cards, or even just rock paper scissors
- Dance or listen to music together, or make a fort in the house
- Look at the stars together
- Donate or volunteer together at the local food bank
- Enjoy some hot chocolate, read a book, or go to the library together
- Get dressed up and have a fancy dinner at home together
- Share stories of your childhood, or write down memories of childhood together

## Resources

[Green Schools NS - Holiday WasteLess Slideshow](#)

[Green Schools NS - Gift Coupon Template](#)

[Green Schools NS - Upcycling & Green Gift Support Package](#)

[Green Schools NS Pinterest Board - Green Christmas ideas](#)

[New Dream - Coupon book green gift idea](#)

### **Videos**

[Acts of Service by 5 Love Languages](#)

[Gifts by 5 Love Languages](#)

[Words of Affirmation by 5 Love Languages](#)

[Quality Time by 5 Love Languages](#)

[Physical Touch by 5 Love Languages](#)

[Ikea Spain researches gifts](#)

### **Books**

[A Perfect Pet for Peyton - by Gary Chapman and Rick Osborne](#)

