TEDDY AIR AND FRIENDS

spare the air

Activity Book
WELCOME! Take a trip with Teddy Air to learn how to help keep the air clean. There are lots of things that you can do to Spare the Air!
1. Become your family’s air quality expert! Keep track of air quality by visiting sparetheair.org.

2. Walk and bike more! If you want to go to a nearby friend’s house or activity, and it’s safe, ask if you can walk with a friend or ride your bike rather than being driven.

3. Drive less! Ask your parents to carpool, ride the bus, BART, Caltrain or ferry, rather than driving.

4. Plant a tree or some plants! Help make the air cleaner and create oxygen.

5. Ask your parents to sign up for AirAlerts at sparetheair.org so they can find out when air quality is going to be unhealthy!
TEDDY AIR cares about the air you breathe and wants to teach you how to Spare the Air! He gets gloomy when he sees pollution caused by too many cars and trucks on the road. When he sees people walking, riding bikes, carpooling or riding on trains, he's on cloud nine.
Breezy is Teddy Air’s co-pilot and an air pollution fighter. When he’s not flying through the clouds, he’s riding on Caltrain, the bus or the ferry. Breezy’s favorite game is to try to fly as fast as BART moves. Breezy and Teddy Air have been best buddies since they met at flight school.
SUNNY is Teddy Air’s friend and an Air Quality Expert. She likes to get out in the sunshine and walk, ride a bike, skateboard or roller skate. On rainy days, she loves to go outside in her yellow raincoat. Sunny carpools to school, soccer practice and dance class with pals.
Teddy Air and his friends love playing outside! Playing outside is healthy when air quality is good. But when the air is dirty, it’s better to play inside. Bad air quality can make you feel sick or make your lungs hurt. We can all help keep the air clean by riding our bikes, walking, taking the bus and carpooling!
HELP SUNNY FIND AND CIRCLE THE HIDDEN WORDS!

CARPOOL CRG TIPGL
TEUMBRELLAYBQYD
RJSLPOLLUTIONNEG
ALBILUNGSFYWALKKN
IDDKCXBXCHKSATC
NCYLEPZQTVEEAA
TKAZEBLOASSHSDDR
JBGGAIRBIKEMUDY
DUSRNKZDPWANYT
QSMNBREEZYKONAC
DPPOQEXEGQSOYIQ
JQGSPARETHAIRJ
JKHCKTRUCKJSGCK
JUAGMHQISMOKEEK
RAINKEHLHYSYFUZ

AIR RAIN
ASTHMA SKY
BIKE SMOG
BREATHE SMOKE
BREEZY SPARETHEAIR
BUS SUNNY
CAR TEDDYAIR
CARPOOL TRAIN
CLEAN TRUCK
LUNGS UMBRELLA
POLLUTION WALK

Answers:
Find things that spare the air

When people drive less, there are less cars on the road. Less cars on the road means less air pollution! Carpooling, riding your bike, riding the bus or train, walking or skateboarding are all great ways to Spare the Air.

Answers: train, bus, carpooling, bike riding
NO IDLING IN FRONT OF SCHOOL

Sunny asks her parents and bus drivers to turn off the ignition if they’re waiting more than 30 seconds. Restarting the engine does not burn more fuel than leaving it idling. Idling exposes children to air pollutants. Sunny says, “No idling for more than ___________ seconds!”

Answers: 30
If it's not too far, ask your parents if you can ride your bike or walk to school with friends instead of being driven!

What are some other ways to travel to school that help Spare the Air?

Clues:

B __ __
C __ __ __ __ __
S __ __ __ B __ __ __
W __ __ __ __ __

Answers: bus, carpool, skateboard, walking
Across
3. Pollution causes this to become unhealthy to breathe
5. We use these to breathe
6. Putting one foot in front of the other
9. Roll this by pushing one foot against the ground and one on the deck.

Down
1. Another word for summertime air pollution
2. Many children ride to school on this big yellow vehicle
3. A condition that makes it hard to breathe
4. Share a ride to school with friends
7. Something you can ride to school instead of driving a car
8. The largest source of summertime air pollution

Spare the air

Answers:
HELP BREEZY FIND HIS WAY HOME THROUGH THE SMOGGY MAZE TO CLEAN AIR!
There are lots of things that you can do to keep the air clean and healthy!

Draw your ideas here!
CIRCLE FIVE THINGS THAT HELP SPARE THE AIR AND KEEP IT CLEAN!
Sunny loves to grow vegetables, flowers and trees in her garden. Plants make oxygen for people to breathe. They make the world healthy and beautiful. Gardening is another great way to Spare the Air.
Now that you’re an *Air Quality Expert*, you can help keep the air clean! Teddy Air, Sunny and Breezy want you to Spare the Air!
For more info visit: sparetheair.org

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