

# FIGHT

# THE

# LAZINESS LAZINESS

## MA CHE STAMO AR COLOSSEO?

*WHAT ARE WE DOING IN THE  
COLISEUM?*



Check that the classroom doors and windows are closed. If there is a big temperature difference between indoors and outdoors, discomfort and illness can arise... so don't complain if your back gets stiff like your grandmother's!

## STACCA LA SPINA

*UNPLUG IT*



Even switched-off appliances consume energy. Remember to always unplug or switch off the power socket... unplug it, it won't bite!

## E SPEGNI 'STO COMPUTER

*TURN OFF THIS COMPUTER*



Before you run off to take a break, turn everything off...energy is consumed even in stand-by mode!

## SMETTI DI CANTARE E LAVATI!

*STOP SINGING AND WASH YOURSELF!*



I know you want to come to school smelling nice, but a shower shouldn't take more than 10 minutes. Why does yours last an hour? You're out of tune anyway.

## NON FA 'NA PIEGA

*ADD A NEW WRINKLE*



Are you studying fashion? Set a new trend... at the tailor's workshop, turn off the iron, it uses a lot of energy!

## MA VATTI A FARE DUE PASSI

*JUST GO FOR A WALK*



Using a car for short journeys is pointless, you waste a lot of fuel and damage the environment. Go by foot, you'll save money and get fit in the process!

## TIENI ACCESO IL CERVELLO MA SPEGNI 'STA LUCE!

*KEEP YOUR BRAIN  
ON, BUT TURN OFF THE LIGHT!*



Keeping lights on when they are not needed is a waste of energy and creates light, chemical and environmental pollution... a good excuse to stop studying at night.

## PUNTA AL 18, ANCHE SE SEI A SCUOLA!

*AIM FOR 18, EVEN IF YOU'RE  
AT SCHOOL!*



The ideal temperature in the house is between 18 and 22 degrees, if you're cold listen to your mother and put a warm sweater on! Even if you're studying fashion, it won't ruin your outfit!

## ALZATI E CAMMINA!

*GET UP  
AND WALK!*



Virtual sharing leads to very high energy consumption and produces a lot of CO<sup>2</sup>... if you can, avoid sending e-mails or messages to those around you, talk to each other in person and go for a walk.

## NIENTE SBATTI

*DON'T BEAT YOURSELF UP  
ABOUT IT*



Recharging your phone when you don't need to is bad for both the environment and your battery... even if you aim for 110%, your phone's battery will still work at 30!

**#NunMullà #NonMollisi  
#MolaNo #MolaNen**

# 10 GOOD IDEAS FOR THE ENVIRONMENT

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