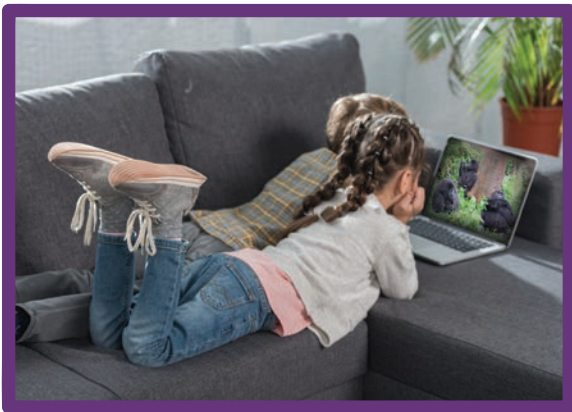


# 10 WAYS YOU CAN BE A HERO FOR GRAUER'S GORILLAS



## 1 Be a Gorilla Scientist!

There is so much to learn about gorillas, like what they eat, how they play, and where they spend their day! Visit [explore.org](https://www.explore.org) to watch the GRACE Gorillas in action. Draw pictures, write stories or take notes about what you see the gorillas doing. Track and compare your observations over time to discover what gorilla life is really like!



## 2 Tell Your Friends!

Share what you know about gorillas with friends and family. Do a school report or make a poster. With permission from your grown-up, start your own vlog or social media page. Showing how much you care will inspire and influence others to care about gorillas, too!

## 3 Start a Club!



Kids near GRACE are members of conservation clubs that teach people about gorillas, help plant trees in the community, and share messages on the radio. Get the support of an adult, gather your friends, and start your own conservation club! Teach others about gorillas, the rainforest, and conservation. You can make a difference for gorillas and wildlife in your community, too!



## 4 Recycle Electronics!

Cell phones, computers and gaming systems contain a mineral that comes from rainforests where gorillas live. If possible, wait to upgrade your electronics until needed rather than getting the "newest" model. When it's time to get a new device, ask an adult to help recycle your old one. Many stores have electronics recycling, or you can recycle through **ECO-CELL**, who donates proceeds to GRACE.

## 5 Shop Green!

Many things we eat or use daily, like ice cream, chocolate, bananas, coffee, tea, shampoo, and soap, contain products from rainforests where gorillas and other animals live. When shopping with your family, check the labels and look for logos, like the Rainforest Alliance's **green frog**, to tell you that a product is rainforest-friendly. This means the item is grown in a way that protects people, rainforests, and the planet. It's a win-win-win!



## 6 Reduce, Repurpose, Reuse!

Waste, especially from items like plastic bottles and bags, is a big problem for our environment. Reduce waste with reusable totes, water bottles, cutlery, and lunch bags. Repurpose bottle caps, twist or bag ties, yogurt containers, and juice pouches into art. You can even work with your school or community organization to repurpose items through companies like **TerraCycle**.

## 7 Visit a Zoo!

Accredited zoos help save species, including gorillas. **Visit your local zoo** to learn about animals and how you can protect them. Ask if your zoo has internships, junior docent, or volunteer programs to get involved in caring for animals and teaching others, too!



## 8 Write Right!

People use a lot of paper, which comes from forests around the world. Draw or write on both sides of the paper when coloring or doing homework to reduce paper use. When possible, buy school supplies made of sustainable or recycled materials. Look for **forest-friendly logos** on journals and notebooks. Writing right protects forests for animals like gorillas!

## 9 Race for GRACE!

Get the support of an adult and gather friends or family to race for GRACE. Walk or run and post using the hashtag **#Race4GRACE** on social media. Your posts will raise awareness for GRACE and the gorillas we are working to save. Ask if your school can host a fitness day or special event. Start a competition with others in your school or community to see who can log the most miles in honor of the GRACE gorillas.



## 10 Party for Gorillas!

Make gorillas the focus of your next party! Have everyone take or make their own pledge to be a Gorilla Hero. In place of gifts, ask friends and family to donate money to your favorite gorilla conservation organization.

You can make the party fun with a gorilla-themed art competition or electronics recycling event. Make a difference as a group while showing off your Grauer Power!