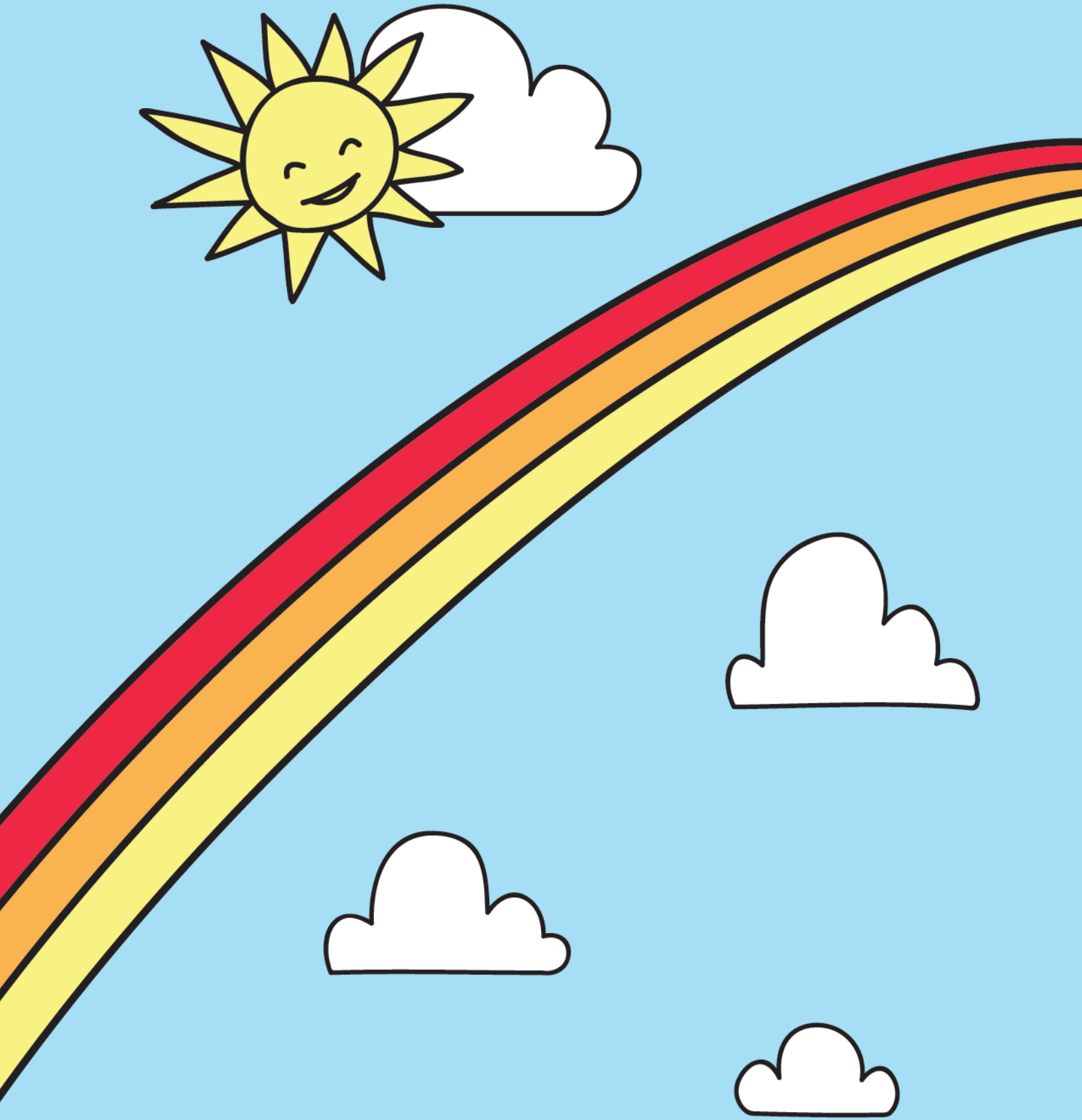


TEDDY AIR AND FRIENDS



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!



CAN HELP KEEP THE AIR CLEAN!



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.

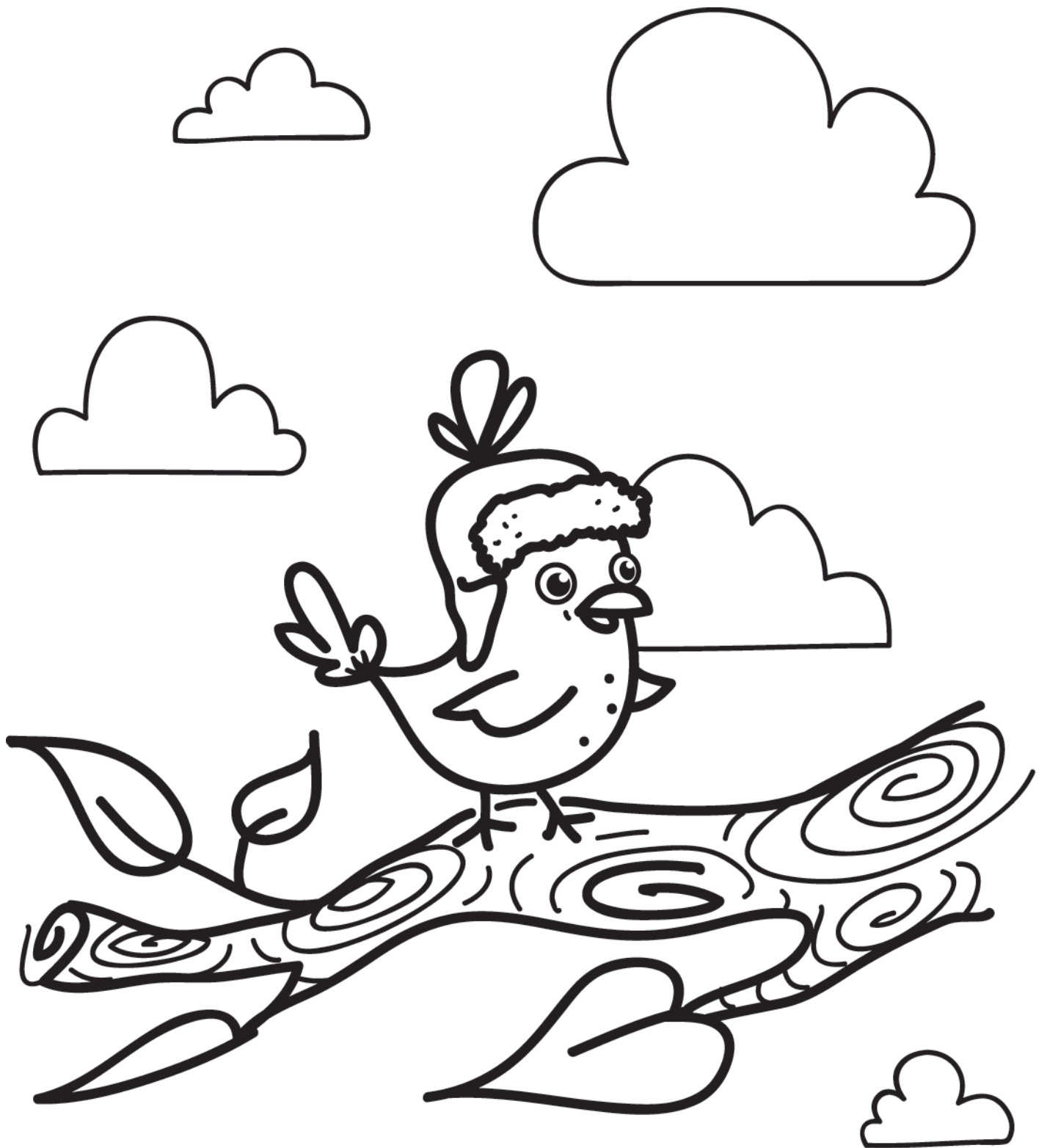


5. Ask your parents to sign up for AirAlerts

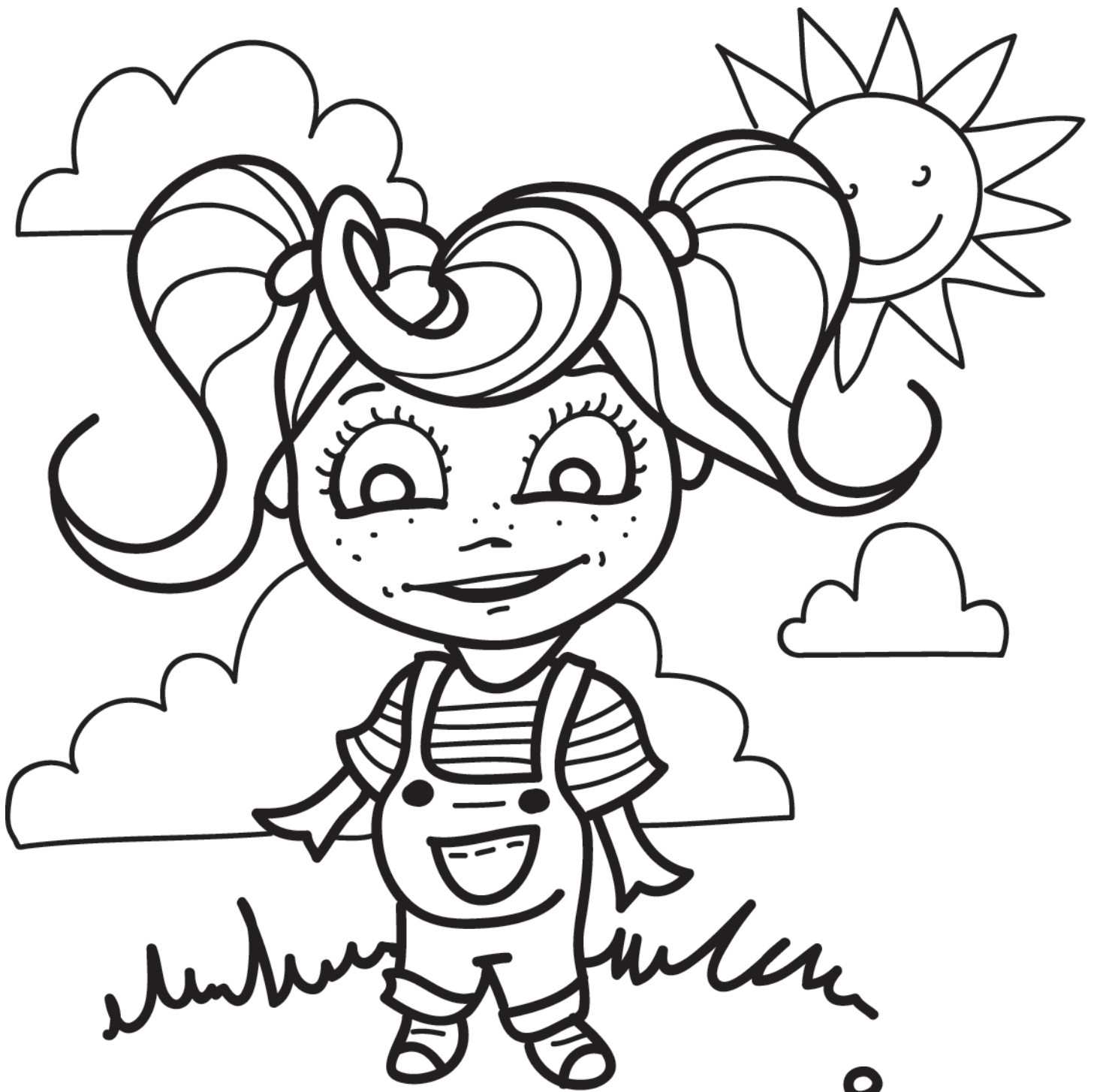
at sparetheair.org so they can find out when air quality is going to be unhealthy!



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 carpool 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!

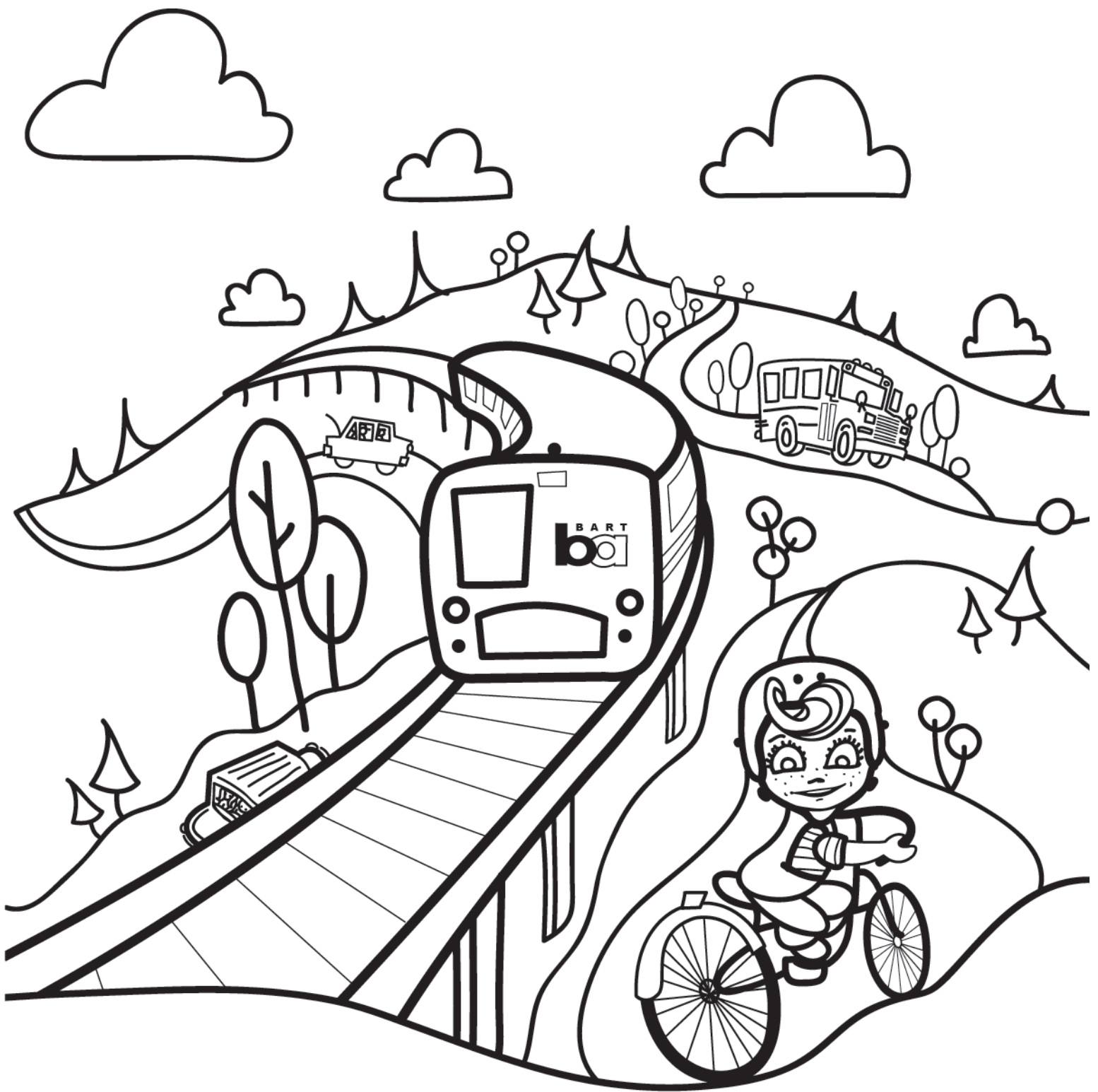
C A R P O O L C R G T I P G L
T E U M B R E L L A Y B Q Y D
R J S L P O L L U T I O N E G
A L B I L U N G S F W A L K N
I D D K C X B X C H K S A T C
N C Y T L E P Z Q T V T E E A
T K A Z E B L O A S S H S D R
J B G G A I R B I K E M U D Y
D U S R N B K Z D P W A N Y T
Q S M N B R E E Z Y K O N A C
D P O P Q E X E G Q S O Y I Q
J Q G S P A R E T H E A I R J
J K H C K T R U C K J S G C K
J U A G M H Q I S M O K E E K
R A I N K E H L I H S Y F U Z

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



Z F U Z
 R A I N K E H L I H S Y
 J U A G M H Q I S M O K E E K
 J K H C K T R U C K J S G C K
 J O G S P A R E T H E A I R J
 D P O P Q E X E G Q S O Y I Q
 Q S M N B R E E Z Y K O N A C
 D U S R N B K Z D P W A N Y T
 J B G G A I R B I K E M U D Y
 T K A Z E B L O A S S H S D R
 N C Y T L E P Z Q T V T E E A
 I D D K C X B X C H K S A T C
 A L B I L U N G S F W A L K N
 R J S L P O L L U T I O N E G
 T E U M B R E L L A Y B Q Y D
 C A R P O O L C R G T I P G L

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.

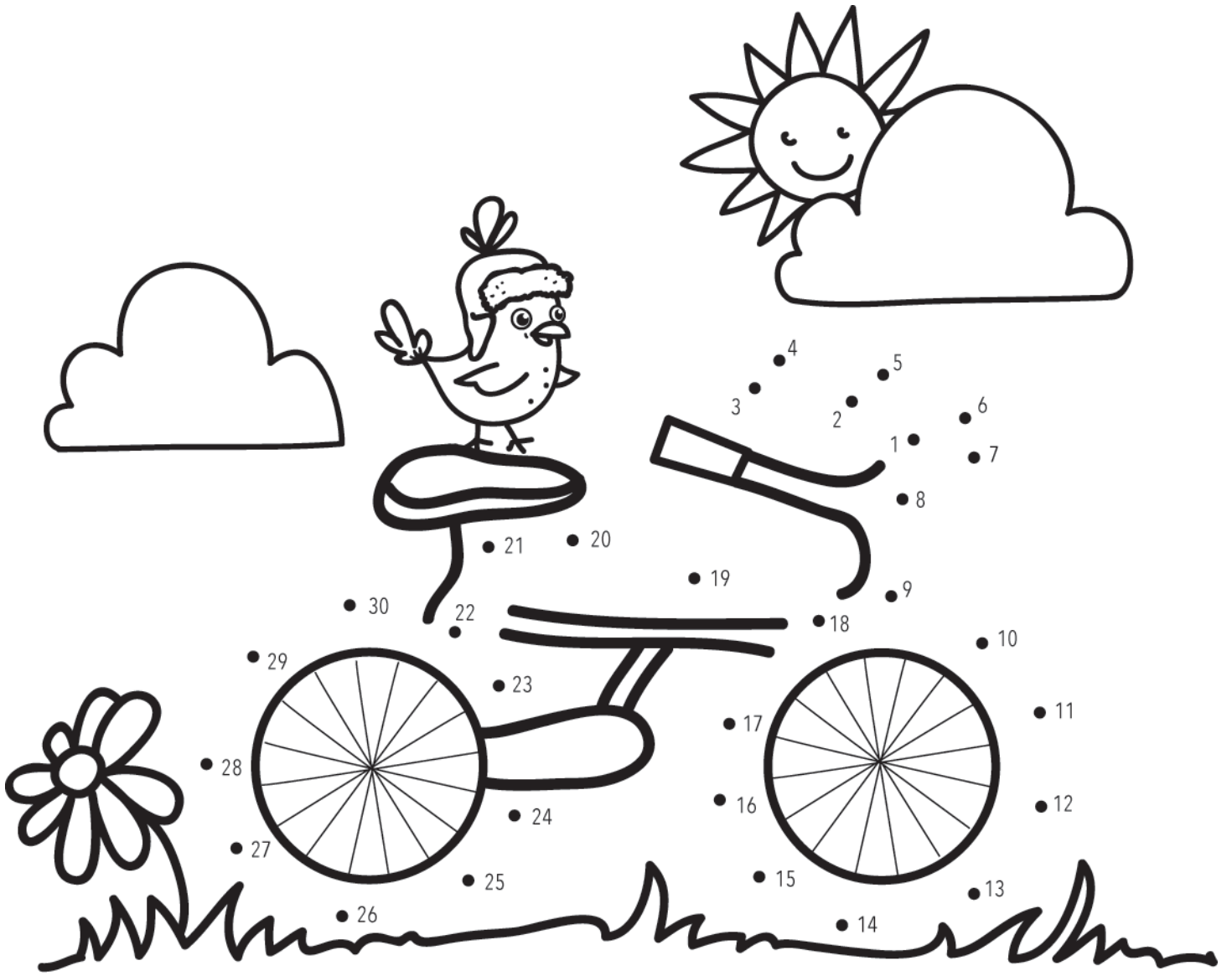
Answers: train, bus, carpooling, bike riding



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?

B _____

C _____

S _____ B _____

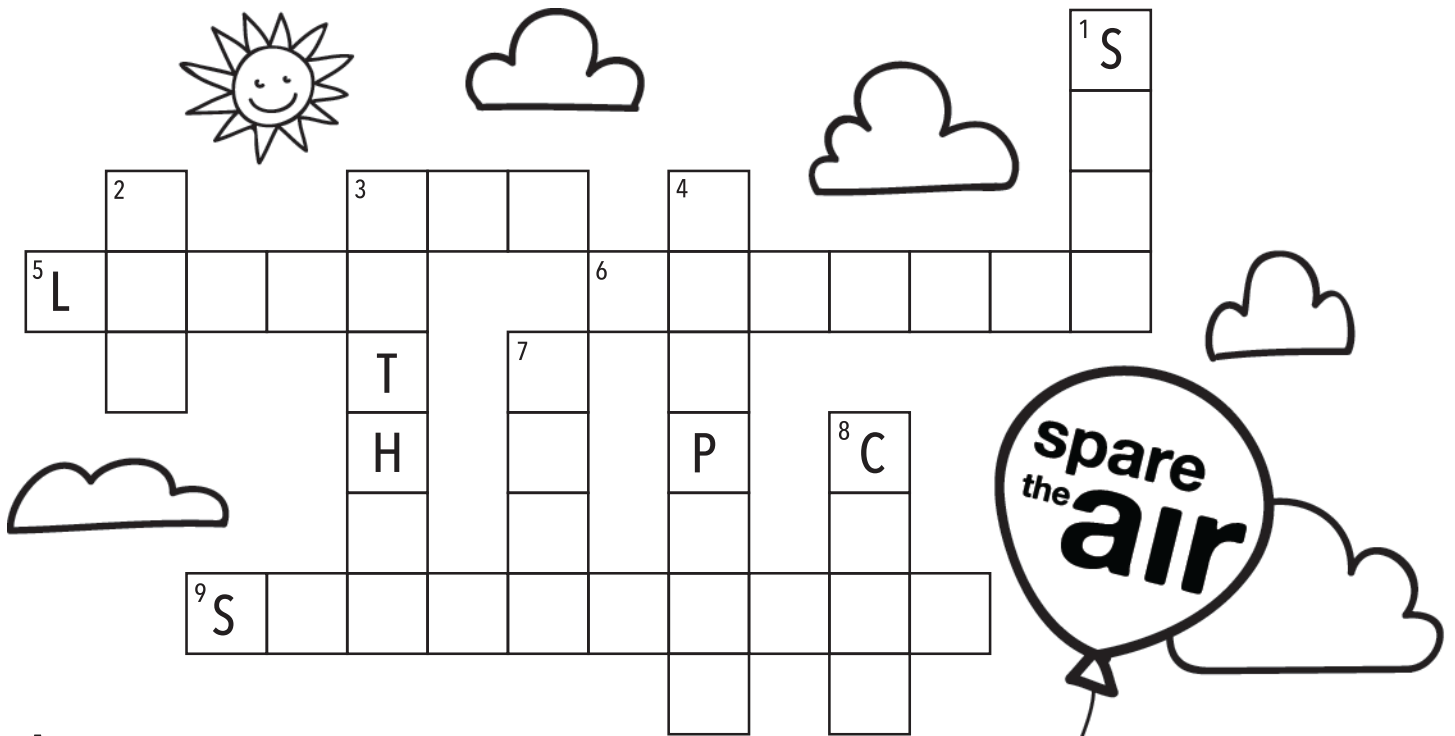
W _____

Clues:



Answers: bus, carpool, skateboard, walking

TEDDY AIR'S CROSSWORD PUZZLE

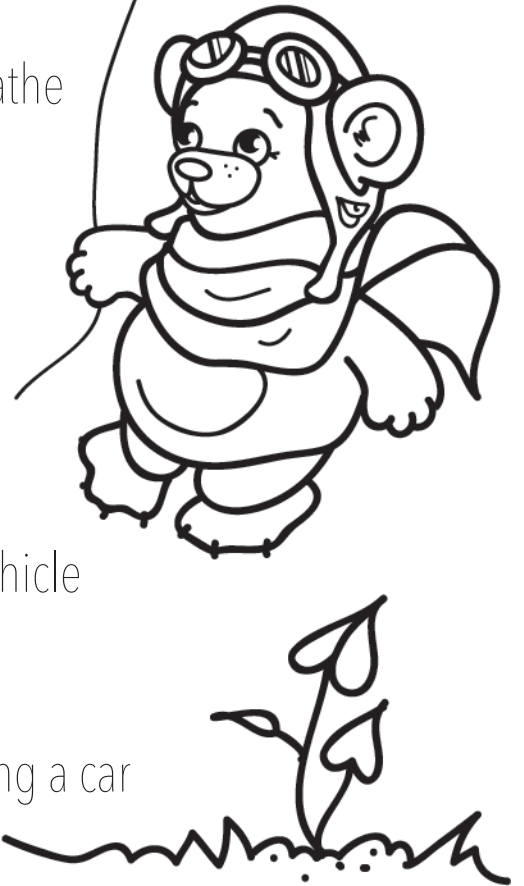


Across

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.

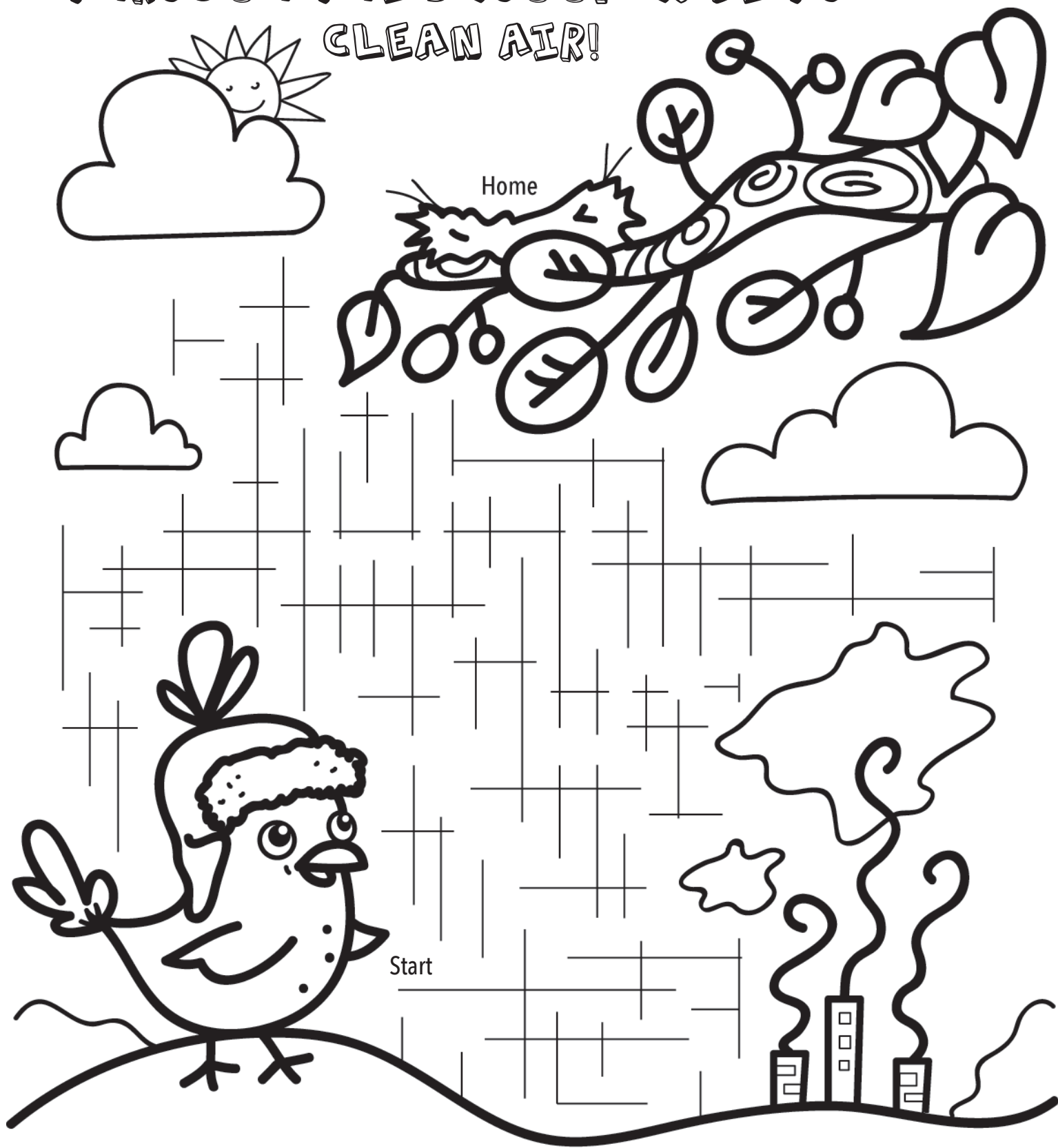
Down

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



Answers:
 Across: 3. Air, 5. Lungs, 6. Walking, 9. Skateboard
 Down: 1. Smog, 2. Bus, 3. Asthma, 4. Carpool, 7. Bike, 8. Cars

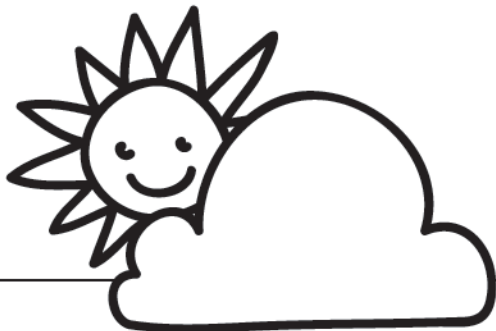
HELP BREEZY FIND HIS WAY HOME
THROUGH THE SMOGGY MAZE TO
CLEAN AIR!



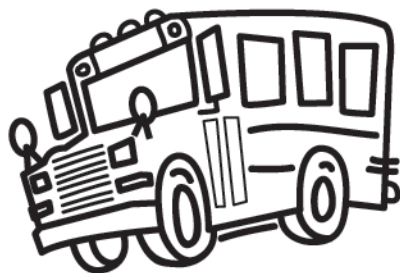
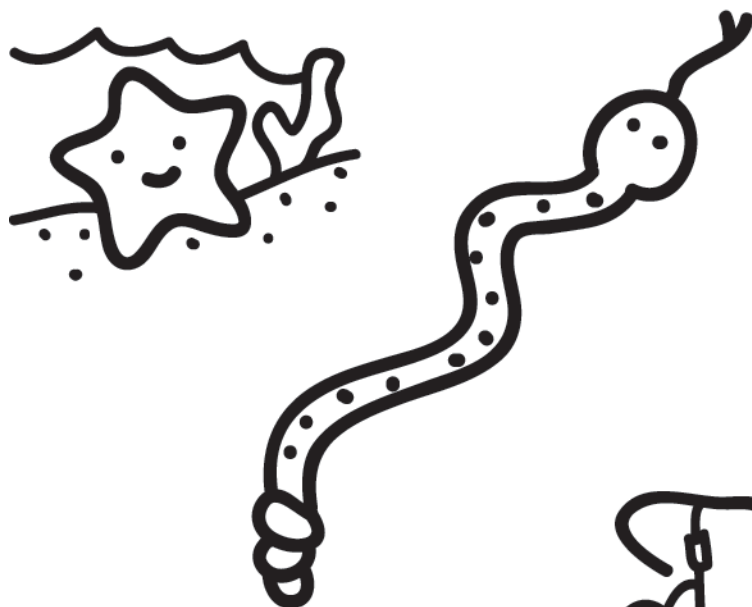
THERE ARE LOTS OF THINGS
THAT YOU CAN DO TO KEEP THE
AIR CLEAN AND HEALTHY!
DRAW YOUR IDEAS HERE!



A large, empty rectangular box with a thin black border, intended for drawing ideas to keep the air clean and healthy.



CIRCLE FIVE THINGS THAT HELP SPARE THE AIR AND KEEP IT CLEAN!



Answers: skateboard, train, bike, bus, walking



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



BAY AREA
AIR QUALITY
MANAGEMENT
DISTRICT

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