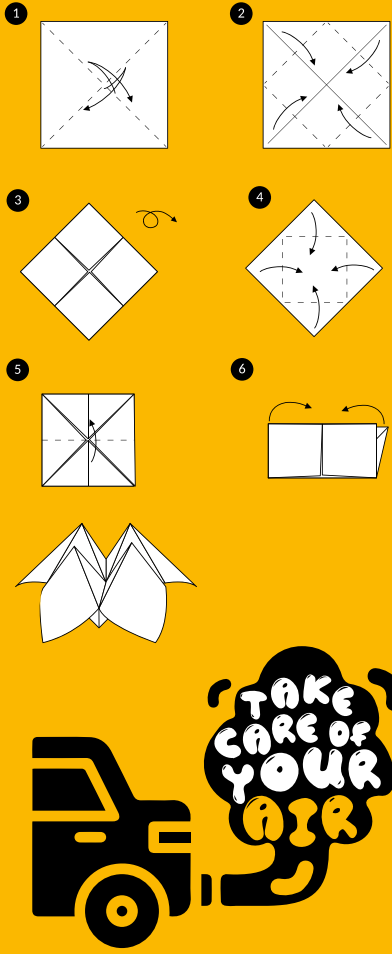


Air pollution chatterbox

These instructions show you how to fold this chatterbox.



With thanks for the chatterbox idea to St George Breathing Better.

Cut along the dotted line 

© Colchester City Council



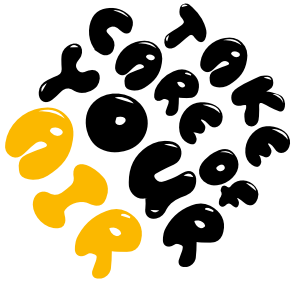
Spin around 5 times and then run in a straight line

Do the people who drive you to school off their engine every time they wait? If they don't ask them to.



Count backwards from 10 as fast as you can

Sitting with the car engine running for 10 seconds uses more fuel than switching on and off.



Make the noise of your favourite animal

Breathing bad air can lead to heart disease, cancer and lung problems.



Stand on one leg and count to 30

Switching off car engines when they are stationary would cut air pollution in Colchester by 30%.



Sing your favourite song

Breathing the air pollution in cities and towns is the equivalent of smoking 1.5 cigarettes a day.



Pretend to be riding on a bicycle

Two-thirds of all car journeys are for less than 5 miles. It would take just 20 minutes to cycle instead.



Do 7 star jumps

Pollution is 7 times higher inside a stationary car with the engine running.



Lie on the ground and pretend to be asleep

Vehicle exhausts produce nitrogen oxide a toxic gas which is harmful to the environment and human health.

