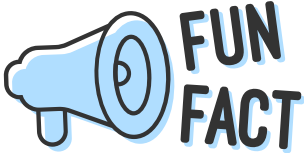


NOVEMBER

LESS PAPER, MORE PEELS!



Worms don't need paper to write essays — but they **LOVE** eating it! Shredded paper (especially plain or newspaper) is one of their favourite bedding materials. Just no glossy or colored paper, please!



Fun Time Activity:

“Wormy Paper Swap”

Can you go a whole day without using new paper?

- Using a whiteboard for notes
- Typing instead of writing
- Reusing old scrap paper for crafts

Making worm bedding from clean shredded paper!

Classroom Idea: Decorate a bin labeled “Worm Paper Bed” and let students bring in shredded paper scraps (no staples or plastic!) to donate for the compost.



“Why waste a tree when a worm can compost it?”

? Question of the month

What kind of paper do worms like best?

- A) Glossy magazine pages
- B) Wrapping paper with glitter
- C) Shredded newspaper or plain paper
- D) Sticky notes and tape

Answer: C! Worms love soft, absorbent, chemical-free paper.

NOV 2025

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- ♥ 6- Paper Free Day
- ♥ 11- Remembrance Day

Send any questions, art or inquiries to:
 The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6
 Ph: 250-561-7327 or email: thewormlady@reaps.org

REAPS READER



COLOR THE FLOWER



The 3-Day No-New-Paper Challenge

For three days, try not to use ANY new paper.

→ Use recycled, reused, or digital options only.

**Reduce
Reuse
Recycle**

Track what you avoided (new notebook pages, printed worksheets, etc.) and reward yourself with a wormy dance party!

Challenge

DID YOU KNOW?

If every office worker in Canada used just one less sheet of paper a day, we could save over 50,000 trees a year!

On World Paper Free Day, people around the world challenge themselves to skip paper for a whole day — no printing, no sticky notes, no new notebooks. It's a reminder that less paper = more trees, less waste, and happier worms!

BERTA CÁCERES

Born November 4, 1971
(Honduras)



An Indigenous environmental activist who protected rivers, forests, and communities. She believed nature has rights and fought for clean water and justice for her people.