



STEP 1

Pick a challenge on page 15 or take a Show the Love challenge on our website



STEP 2

Fill in the left side of the heart on the postcard on page 15



STEP 3

Cut along the cut line, attach a crafted green heart if you've made one - don't forget to add the name of your community group!



STEP 4

Send the card to your MP. Either pop it in an envelope and post it to House of Commons, London SW1A 0AA, addressed to your MP or why not deliver your crafted heart in person at their constituency surgery?



STEP 5

Keep an eye out for their response

Dear MP,

I'm joining The Climate Coalition's campaign to #ShowTheLove for everything I want to protect from climate change.

Make this heart whole by writing how you will champion climate solutions.

#ShowTheLove by wearing this heart and sharing a photo of this completed postcard on social media. Don't forget to use the hashtag!

I'm doing my bit by committing to:

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I MP pledge to champion the solutions to climate change by:

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*Here are some things you can do to reduce your contribution to climate change.
Choose one (or more) and write it on your postcard:*

THINK ABOUT WHAT POWERS YOUR HOME



You could switch to a renewable energy provider, buy energy-efficient appliances when older ones need replacing, or insulate your home so it loses less heat.

THINK ABOUT HOW YOU GET AROUND

You could commit to walking or cycling more instead of driving, making your next car electric, or using public transport more.



THINK ABOUT WHAT'S ON YOUR PLATE



You could commit to cooking at least one more plant-based meal every week, buying more seasonal, local fruit and veg or reducing the food you waste.

THINK ABOUT HOW YOU LOOK AFTER NATURE

You could commit to planting a tree or wildflower area in your garden to capture carbon, or buying only peat-free compost.

