



SHAMPOO HAIR IN 4 EASY STEPS

Keeping your hair clean can make it easier to manage and style. Here are some steps to take.

- 1. Wet your hair.** When you get in the shower, get your hair soaking wet with warm water, from the roots all the way to the ends.
- 2. Lather up.** Squirt a quarter-sized amount of shampoo into your hands. Massage it into your hair, starting with your scalp. Use your fingertips to work the soap into your hair using circular motions. (Avoid using your fingernails, since they can scratch your scalp.) Do this for about two minutes.
- 3. Rinse it out.** Use your palm or fingertips to section off your hair so the water reaches your scalp and you remove all the shampoo.
- 4. Finish with conditioner.** If you use a conditioner for detangling, squirt a dime-sized amount into your hands. Apply it just to the bottom half and ends of your hair, then rinse with cool water.



Create your own family tree



FAMILY MATTERS
In a recent survey, about 66% of people said they want to know more about their family's past.

What you need

- Cardboard or a recycled cereal box
- Black marker and/or colored pens
- Craft glue
- Small parts of sticks, found outside
- Small leaves, found outside
- Paint pens
- 5 leaves

Instructions

1. Spread your fingers wide and place your hand and forearm on the cardboard. Use the black marker and/or colored pens to trace around your hand. This will become your artwork's tree trunk and branches.
2. Glue the sticks to the tree's trunk and set it aside to dry.
3. Use paint pens to create a portrait of each member of your family on the leaves. When you are finished, glue each leaf to a branch of the tree.

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ECO TIP OF THE WEEK TRY COMPOSTING YOUR FOOD SCRAPS

Instead of throwing food scraps in the trash, where they can end up in landfills that are harmful to the environment, try composting them. Composting is when people collect their food scraps so they can be used in soil to help plants grow. Ask an adult if you can buy a compost bin to keep in your kitchen. When you finish eating a meal, any uneaten food on your plate can go in the bin instead of the trash. Once the bin is full, you can take it to a local compost center to empty it out. Some people also create a compost area in their yard. To learn more about how to compost, go to [epa.gov/recycle/composting-home](https://www.epa.gov/recycle/composting-home).

Reduce trash by composting.

