

# CARL

## GETS SOME REST



A COLORING AND STORY BOOK

# Message to Adults

This coloring book, for children in pre-school through 2nd grade, teaches a simple lesson – that there are many transportation alternatives to using a car. This lesson is important because motor vehicles (such as cars, trucks, and sport utility vehicles, or “SUVs”) cause air pollution, and air pollution can lead to health problems, such as asthma, especially in children and people with respiratory illnesses. Air pollution can also have local, regional, and global environmental impacts.

Motor vehicles are one of the main causes of air pollution today. Although emissions from each individual car are generally low, the effect of millions of vehicles on the road adds up. For many people, driving a car is probably their most “polluting” daily activity. Using your vehicle less frequently by combining trips or choosing alternative forms of transportation can help reduce air pollution.

Good alternatives to driving include using public transportation such as buses, trains, and subways. The best choices are those that don’t create any pollution at all, such as biking or walking. These alternatives also increase physical fitness.

When you do need to drive, try carpooling to reduce the number of single drivers on the road. Also, try to consolidate your trips. Plan to do several errands in the same trip (called “trip-chaining”) or park in a central location and then walk between nearby destinations. Each time you have to warm up a cold engine, you create extra pollution.

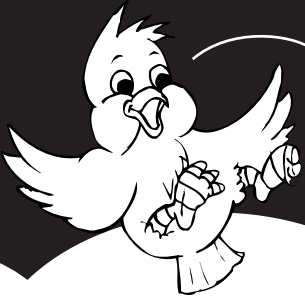
Finally, taking proper care of your car will extend its life, increase its resale value, and optimize its “gas mileage,” or fuel economy. Keeping a car in peak condition saves you money and helps protect the environment.



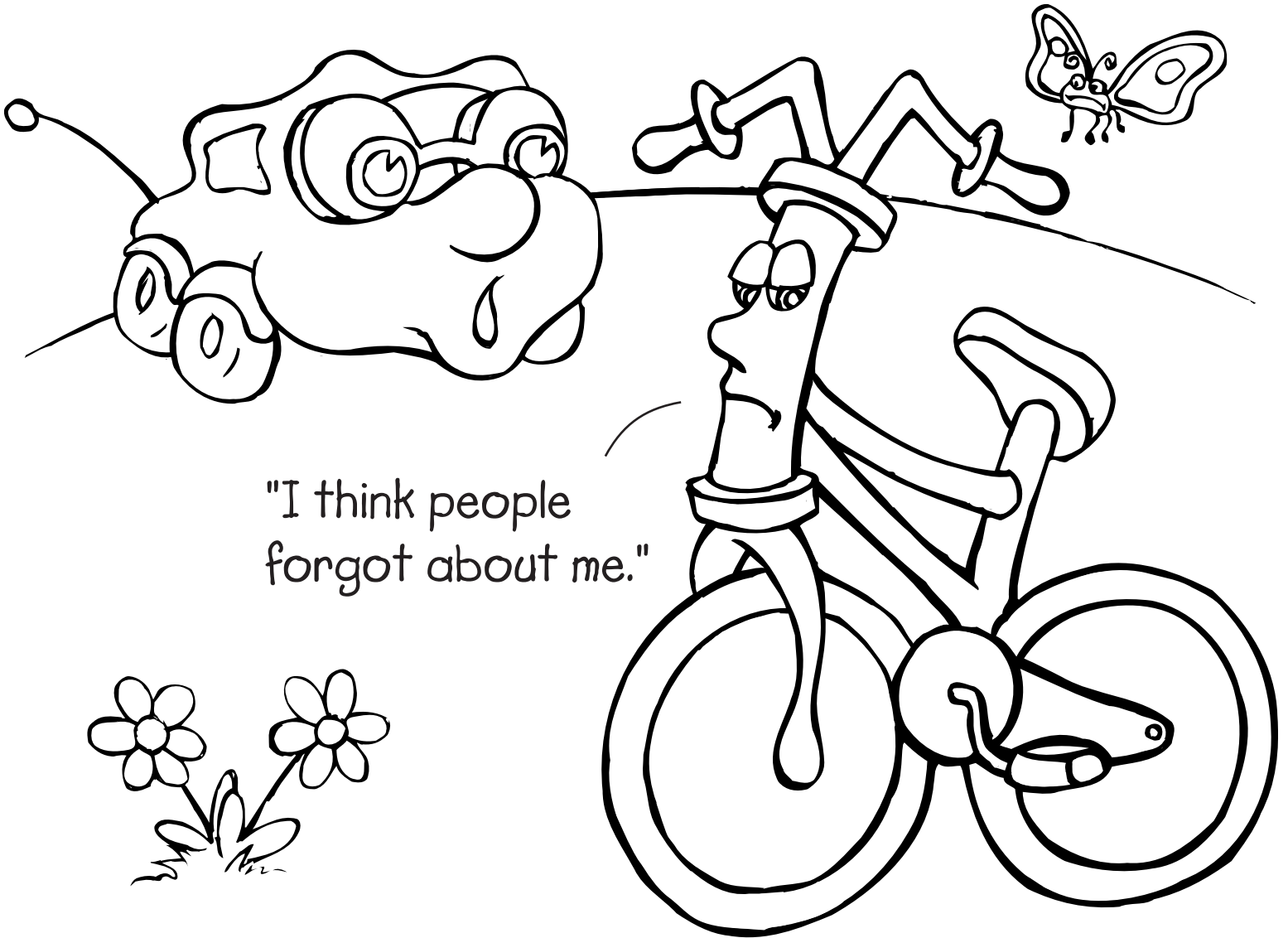
Carl also needs a rest because the more he runs, the more pollution he creates!



Carl is a car who wants some rest. His owners take him on lots of little trips—to the grocery store, the shopping mall, the bank, the video store, school, and also to work.



Bikes don't have an engine or use gas,  
so they don't create any pollution!

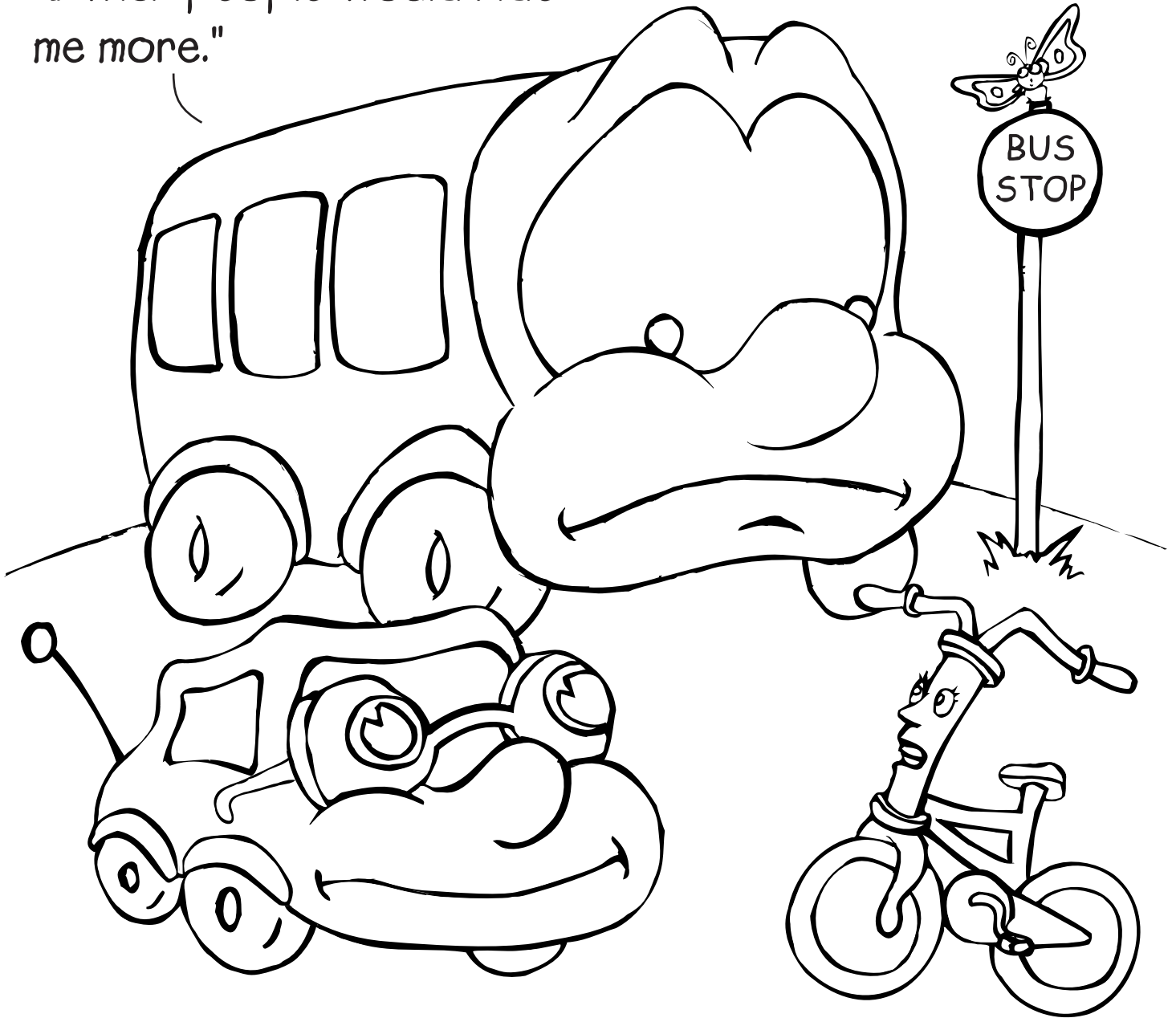


Carl drives off to get some help from his friends.  
First he finds Betsy Bike. Nobody has ridden Betsy in  
a long time. She decides to help Carl get some rest.

By riding a large vehicle like a bus, which carries many people at once, you can leave your car at home, and keep the air cleaner.



"I wish people would ride me more."

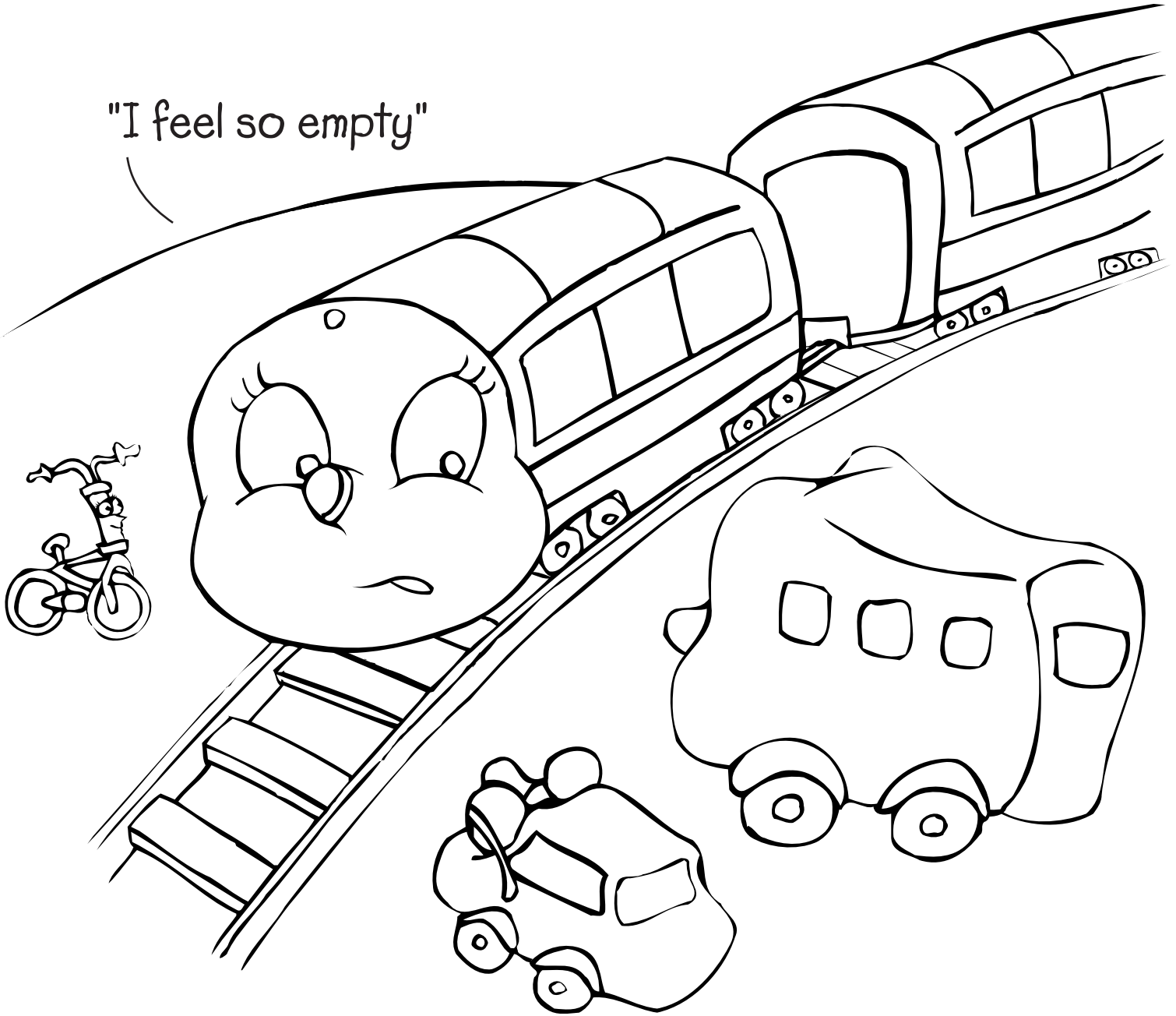


Bob the Bus also wants to help Carl. Bob is lonely because nobody rides him. Bob joins Carl and Betsy.

Trains (and subways) carry many people at one time too! Think of all those cars that get to stay home and rest!



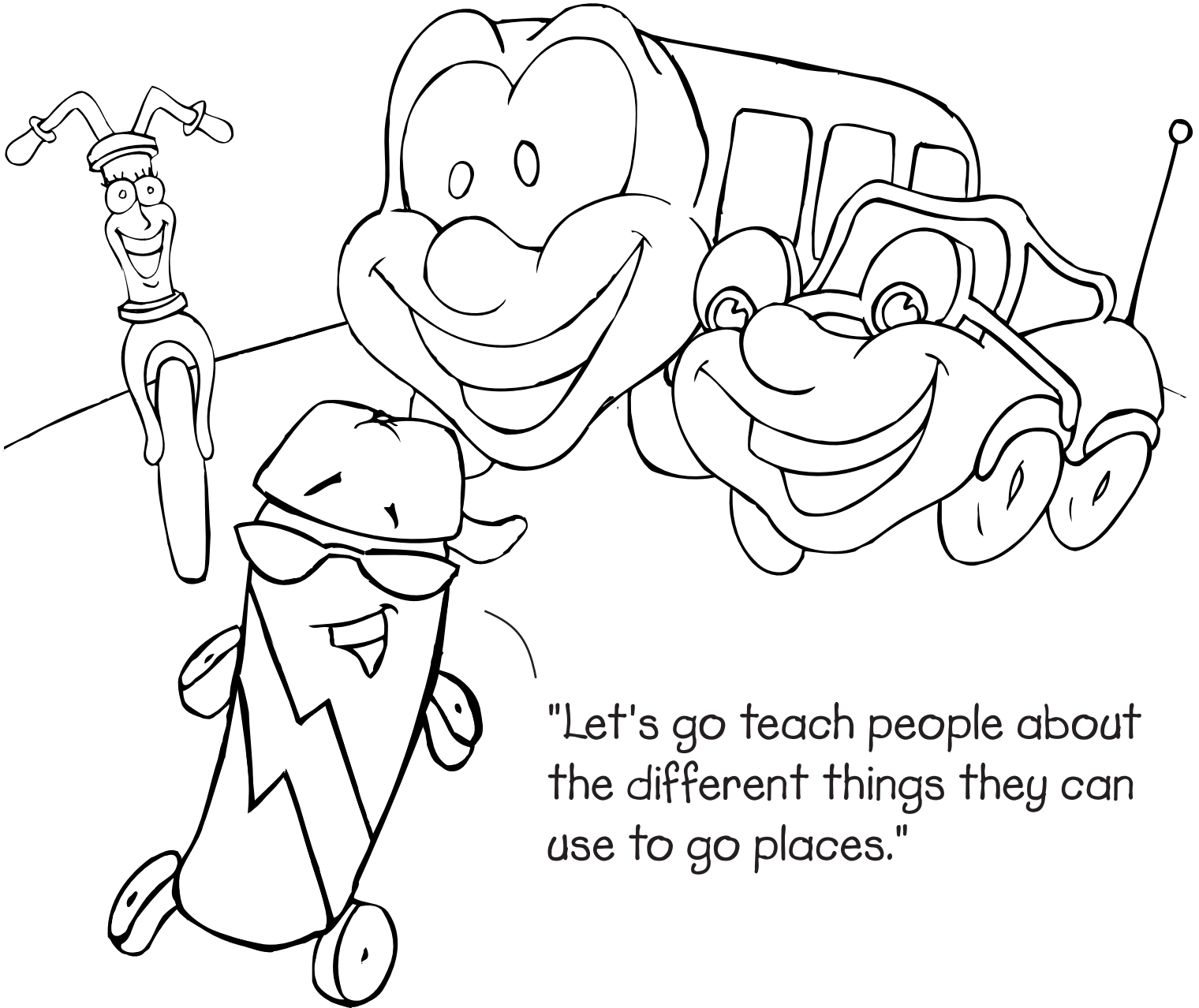
"I feel so empty"



Carl, Betsy, and Bob met Tina Train. Tina is sad because people don't take her to go places. She wants to help Carl too.



Skateboards run on "muscle power," which is good for your legs and good for keeping the air clean. So are skis!



"Let's go teach people about the different things they can use to go places."

Just then, Skateboard Skippy rides by. He joins Betsy, Bob, and Tina in helping Carl. Skippy has an idea for how they can help Carl get the rest he needs.





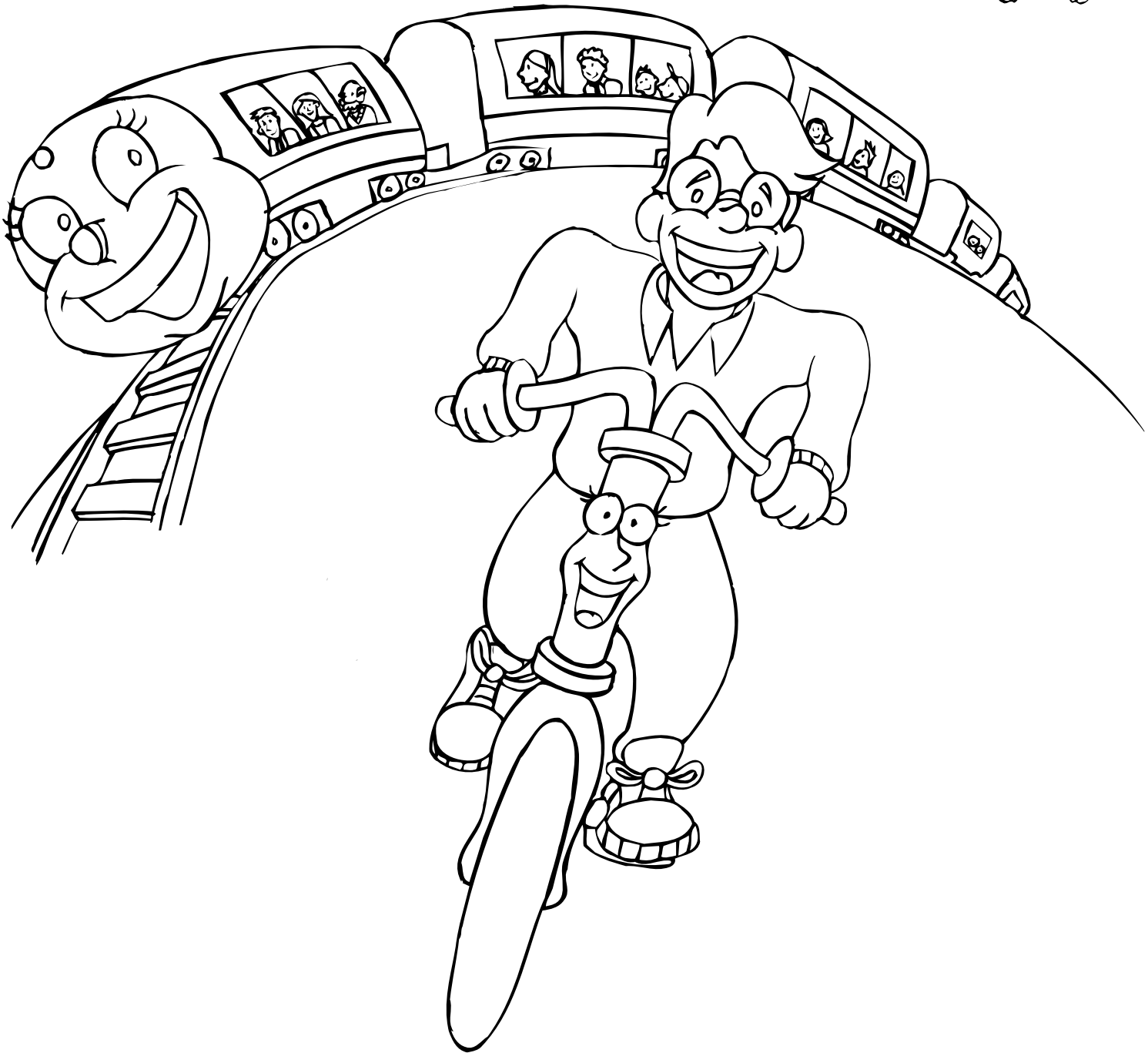
I can feel the air getting cleaner already!



Leaving Carl to relax in his garage, Betsy, Bob, Tina, and Skippy travel through the neighborhood, talking to people about giving their cars a rest.



Clean air makes breathing easier!



People decide to give it a try. Now Tina Train is busy taking people to and from work. Betsy Bike goes back and forth to friends' houses to visit.



Clean air lets you see farther away in the distance.



Skateboard Skippy makes many trips to and from the neighbors' houses. Bob the Bus happily rides throughout town, full of passengers.



Carl and his friends learned an important lesson today.  
There are many different ways to travel besides a car!  
How many have you tried?



Finally, Carl gets some rest. His friends, Betsy Bike, Bob the Bus, Tina Train, and Skateboard Skippy, gladly take people where they want to go.

# Other ideas for parents and kids to give Carl a rest:

- **Carpooling.** Three or four people can drive together in one car. That means 3 cars can rest while 1 drives.
- **Trip-chaining.** Do several errands at once in a short period of time, rather than starting Carl the Car cold each time. That helps prevent pollution!
- **Check-ups.** Be sure to take Carl to the shop for regular checkups. The healthier he is, the better he'll drive, and the cleaner he'll keep the air.

## Life after Carl...

The next time you buy a car, try one that uses electricity instead of just gas!

- **Harry Hybrid:** Hybrid cars use gas and electricity to run, which helps prevent air pollution.
- **Eric Electric:** 100 percent electric cars run by electricity alone, which keeps the air much cleaner than regular cars.



## For more information:

To learn more about the environment and transportation, visit:

- The U.S. Environmental Protection Agency's Explorer's Club Web site, which has lots of information and fun games: [www.epa.gov/kids](http://www.epa.gov/kids).
- The U.S. Department of Energy's kid's page, which offers games, puzzles, and educational information: [www.energy.gov/forstudentsandkids.htm](http://www.energy.gov/forstudentsandkids.htm).
- The U.S. Environmental Protection Agency's Office of Transportation and Air Quality Web site: [www.epa.gov/otaq](http://www.epa.gov/otaq). To learn about "green vehicles," visit: [www.epa.gov/greenvehicles](http://www.epa.gov/greenvehicles).