

Our Climate

DO THE FIRST OR THE SECOND ACTIVITY IN THIS SECTION DEPENDING ON YOUR AGE GROUP. THEN CHOOSE THREE MORE ACTIVITIES FROM THE LIST BELOW.

Let's take care of our environment

LEVEL

1 2 ▲

Discuss with your family, your teacher or leader how you consume energy in your everyday life. Make a list of all the ways you can reduce the amount of energy you use. *Make a plan and follow your plan for at least a month.* Then *share* your experience with your friends, class or group and encourage them to follow your example.

environment

Reduce your climate change footprint

LEVEL

● ■ ▲ 3

Consider how your daily life has an impact on your environment. How much energy, water and resources does it take to produce the things you eat, wear and use? Make a list of the ways how you can reduce the impact you have and the energy you use. *Make a plan and follow your plan for a month.* Then *share* your experience with your class, youth group or friends and encourage them to follow your example. How much did you manage to reduce your impact by? Where are you finding it hard to improve?

climate change



Save energy



- LEVEL 1 ▲ Are you sometimes glued to the television or just playing around on your computer? *Commit* to using your television or computer less each day. *How many* of your friends can you convince to do the same?
- LEVEL 1 2 ▲ Is it sometimes too hot or too cold in your home – what do you do? If you have an air conditioning or heating system at home, try to *use it as little as possible*. During the winter turn down the heating slightly (1–2 degrees C) and put on an extra jumper. Make sure your windows and doors are draft proof. During the summer shade the windows and air your room in the evenings to allow heat to escape. *Find out how* people warmed up and cooled their homes back in the days before air conditioning and central heating.
- LEVEL 1 2 ▲ *Interview* a grandparent or an elderly friend to find out what it was like when they were children. What type of home did they live in? Did they have television, electricity, running water in their home? What did they do for entertainment? How is your life different? How is your use of energy different? *Draw* the things which are different and the things which are the same.
- LEVEL 1 2 3 ▲ *Walk* or *cycle* to school or to work for at least a month, if it is safe to do so and weather permits. *Otherwise use public transport or share* a car among friends or through car-sharing initiatives.



LEVEL 1 2 3 Does your family, school or group use ordinary light bulbs? Can you get energy efficient lightbulbs instead? *Replace the bulbs* in your home or school. They last longer and use less electricity than conventional bulbs. Use natural light as much as possible. Adjust your curtains or blinds to let in as much light as possible during the day. *How many people* can you get to convert to using energy efficient light bulbs?

LEVEL 1 2 3 *Ask* your parents if you have an electricity meter at home and *make an observation*: Is it still moving fast after you have switched off the lights? Have you left your TV, stereo or computer on standby? See how many units of electricity you consume a week and then see how much you can *reduce* your electricity consumption. For example, by switching off your domestic appliances, not leaving electronic equipment in standby and unplugging your mobile phone as soon as the battery is charged. *Talk* to your friends about them also changing their electricity use habits. **REMEMBER ELECTRICITY IS DANGEROUS YOU MUST BE SUPERVISED BY AN ADULT WHEN LOOKING AT THE METER.**



LEVEL 1 2 3 *Measure* your climate change footprint and *make a plan* to reduce it. You can use a number of online calculators (e.g.: www.zerofootprintkids.com/kids_home.aspx) or work it out on paper. Which of your daily activities uses the most energy?



LEVEL **1** **2** **3** Buying second-hand books, clothes and other goods saves energy and money. *Give away* the things you do not need to friends or second-hand shops.

LEVEL **2** **3** If your family is *thinking* of replacing household appliances (a fridge, a boiler, a washing machine, a TV set) or are about to buy a car, *talk* to your parents about their choices and *recommend* buying a small and fuel-efficient car and energy-efficient appliances. How can you tell which appliances are energy efficient? What labels are used in your country? *Find out* what environmental standards for household appliances are used in your country.

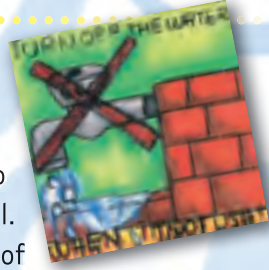
LEVEL **2** **3** Planes emit a huge amount of CO₂ into the atmosphere. When you go on holiday with your family *consider avoiding air travel if you can*. If you cannot avoid it, try to *find out about carbon offsetting*, i.e. you pay a little amount of extra money for renewable energy projects, which will compensate the CO₂ emissions from your travel. Many air companies and travel agencies offer these options. Alternatively you can participate in tree planting or similar campaigns.



LEVEL **3** *Organize* to have solar panels, photovoltaic panels or other green energy systems installed in your house, school or meeting place. Investigate available grants and government incentives that are available.



Use water wisely



LEVEL 1 ▲

Think of as *many* different ways to save water at your house and school. *Write* them down or *draw a picture* of them. *Display* them in your school, home or youth centre.

LEVEL 1 2 ▲

Save hot water and energy by taking a shower rather than a bath. Turn off the water when soaping yourself under the shower or brushing your teeth. Collect water running through the tap as you wait for it to heat up and use it for other purposes. *Encourage* your family and friends to follow your example.

LEVEL 1 2 ▲

Make cards with water-saving facts and *make them available in your school*, use them to make a quiz. Examples of possible cards could be:

- >> *A bath uses 90 litres of water. A 5-minute shower uses only 30 litres of water.*
- >> *Cleaning your teeth with the tap running uses 6 litres of water. Cleaning them with the tap off uses less than 1 litre of water.*

LEVEL 1 2 ▲

Do you help your parents with housework? *Always* fill the washing machine with a full load and hang clothes to dry on a clothes line rather than tumble-drying them. This will *save* water, electricity and washing powder. *Talk* to your class, group or friends about doing the same.

water



LEVEL 1 2 3 Make it a *habit to recycle* the water left after cooking, bathing and cleaning and *collect rainwater* and use it to water your plants.

LEVEL 2 3 If you have one, look at your water meter and see how many units of water you consume each week. Make a water use plan for your house, school or work place and put it into action. How much can you reduce the water consumption by?

Protect forests

LEVEL 1 2 3 *Design* a “No junk mail” sign and *put it* on your letter box.

LEVEL 1 2 3 *Collect* your scrap paper. *Use it* for drawing and notes.

LEVEL 1 2 3 *Buy and use* recycled paper.

LEVEL 1 2 3 For school and other activities *use as little paper as possible*: photocopy and print on both sides. Print only if really needed. You may also print two pages per page. Use e-mail.

LEVEL 1 2 3 *Learn* how to make your own recycled paper. Ask your parents, teachers or leaders to help:

www.make-stuff.com/recycling/paper.html

LEVEL 3 *Find out* how much paper and card is used in your school or at work. What is it used for? What happens to it? How much ends up in the bin? How much is recycled? *Now take action* to reduce the amount of paper and card used. What is the percentage reduction you have achieved?



Reduce – Reuse – Recycle

LEVEL 1 2 ▲ Do you, your family and friends *use a reusable bag* instead of a disposable plastic one when shopping? If not, change your habit and start to use a reusable bag.




LEVEL 1 2 ▲ *Share or re-use* your belongings when you do not need them anymore. For example, give a good book or a game to a friend. Look at the things in your room and in your wardrobe. Is there anything you do not want anymore? Can you *fix* or *reuse* anything, *give to charity* or *sell at a yard sale*?

LEVEL 1 2 ▲ *Invent a new use* for a common household rubbish item (plastic bottles, containers, cans, jars, paper, cardboard, wood, bags, boxes), which would otherwise be thrown away. For example, you could *create artwork* or *make children's toys*.



LEVEL 1 2 3 ▲ The best ways to tackle the problem of growing landfills are the three R's: Reduce – Reuse – Recycle. *Make a collage or a poster* to explain how you can reduce your waste, what you can reuse and what can be recycled. *Display* it in your school, home, church, community or youth centre.



LEVEL 1 2 3 ▲ With your parents, teacher, leader *think of all the ways* you can reduce the amount of waste you and your family produce. Can you reduce, reuse and recycle everything in your house so your rubbish bin is *completely empty*? Try and do it for a week.







LEVEL    Find out how much time it takes some common rubbish items (paper napkins, eggshells, plastic bags, sponges) to decompose in a landfill. *Share this information* with your parents, teachers and friends.


LEVEL   Learn to *sew, repair and adapt clothing*.


LEVEL   Find out which products are recyclable in your neighbourhood. Paper? Plastic? Glass? Metal? Aluminium cans? Foil? CDs? Textiles? How are they recycled? What items are made with recycled materials? *Make drawings or signs* so everyone at home or school knows which items can be recycled and in which recycle bin they should be placed.

LEVEL   *Organize a recycling swap* shop where people bring in things they no longer want. *Advertise* it in your school, neighbourhood, church, community centre or youth group.

LEVEL   *Hold a fashion show* with clothes made from items you can recycle.

LEVEL   Start your own *green diary*, where you document your efforts to live a more climate and environmentally friendly way. *Discuss* with others about it.

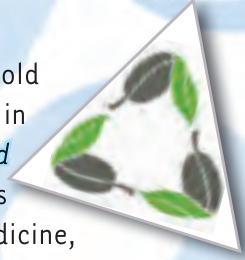
LEVEL  *Reduce* your consumption of unnecessary products by committing *NOT* to buy at least five things you can do without. Buy once but well. Buy fewer things, but ones that will last for years.

LEVEL  *Research* products and textiles made from local natural fibers. *Encourage* your family and friends to buy them.

LEVEL ● ● ●



Did you know that some household items are not allowed to be thrown in the regular rubbish bin? *Collect and recycle* in a proper way items such as batteries, paints, mobile phones, medicine, chemicals, fertilizers, tires, ink cartridges, etc.



LEVEL ● ● ●



If you have access to the internet *join* one of the platforms of people who try to live more sustainably and want to reduce their impact on the environment. For example see: www.uniteforclimate.org, www.unep.org/tunza or www.fao.org/climatechange/youth



