

Five simple actions



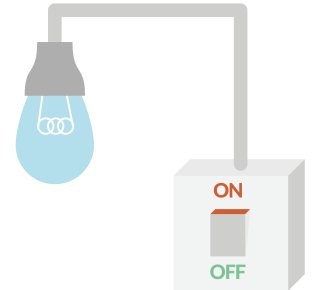
We can all play our part in fighting climate change, working together and being more aware of how our actions affect the amazing world we live in. If we each take small steps it will make a **BIG** difference.

Here are 5 simple actions we can all take.

1. Turn off lights...

...as well as TV's, computers or other electronic gadgets when you are not using them. And check your home has energy saving lightbulbs!

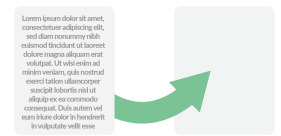
Cool tip: why not turn the water off while you brush your teeth too?



2. Paper.

Use **both sides** when writing, drawing or coloring - double the fun!

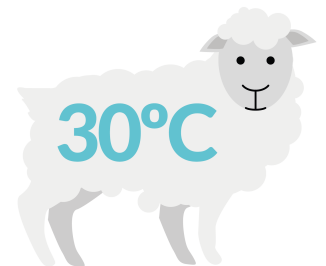
Cool tip: set aside a place for scrap paper so it doesn't immediately go into the recycling bin.



3. Woolies = Warmth!

Wear a jumper and turn down the heating when it's cold! Sweaters, blankets, and socks are good for you and better for the planet.

Cool tip: wash clothes at 30°C and don't use a tumble dryer! Washing clothes in cold water reduces a typical washing machine's electricity usage by 90%!! Save more energy and water by only washing full loads or reducing water levels for small loads.



4. Grow your own.

It is surprisingly easy and fun to grow fruits and vegetables at home, even in small spaces. It teaches kids the importance of taking care of the earth around us and as the food travels a much smaller distance to get to the table, less CO₂ enters the air from fossil-fuel-burning trucks, planes, and ships that transport food from far away. It also means fewer car journeys to the supermarket!

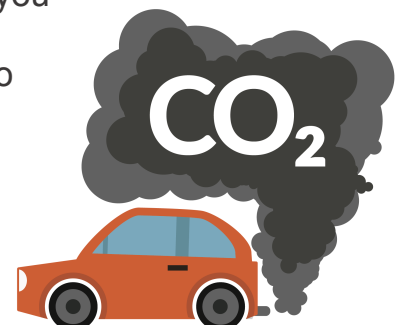
Cool tip: if you can't grow your own, try to buy local, organic, seasonal produce and drink tap water.



5. Leave the car at home.

A 2-mile car trip puts 2 pounds of CO₂ into the atmosphere so when you can, walk, ride your bike or scoot instead of taking a car.

Cool tip: while you're walking, talk about the fumes that cars emit into the air, and how walking is a way to keep the air clean and clear.



**A big carbon footprint is bad for the planet.
Your choices can make a difference.
Show you care about our future.**

Reducing our Carbon Footprint

Five simple actions



Want to do even more?

Here are more ideas for your school and at home.

School Green Teams / Energy Monitors.

Why not set up a Green Team, with a representative from each class, that ensures lights aren't used unnecessarily in the daytime and that everything is turned off each time the class leaves the classroom?

School Solar panels.

If you don't have them already, maybe your school could consider installing solar panels to reduce their energy usage? Many companies/organisations such as evoenergy.co.uk and solarforschools.co.uk help schools with affordable schemes or to raise funds for panels.

The three R's - Recycle, Reduce, Reuse - are activities we can all think about as we go through our everyday lives.

Plant a tree.

Plants and trees help to remove the harmful greenhouse gas CO₂ from the air. Why not encourage your school to plant some new trees or plant one in your garden at home?

What is a 'carbon footprint'?



Unlike your footprints in wet sand, your carbon footprint can't be seen. However, we all leave a carbon footprint, which impacts our planet, leaving a mark, just like our footprints in wet sand.

When we talk about our 'carbon footprint' we mean the amount of carbon dioxide (a greenhouse gas also known as CO₂) we release into the air because of our own energy needs. For example, every time we use energy that comes from fossil fuels - such as coal, oil and natural gas - to heat our homes, drive a car, journey by plane on holiday or eat food that was grown overseas, we create carbon dioxide and make our carbon footprint bigger.

Most scientists believe that greenhouse gases such as carbon dioxide are one of the biggest causes of global warming and climate change.

Calculate
your schools
carbon
footprint!

Use **The
Carbon
Detectives**
website to see
your school's
footprint.

www.carbonpartners.org.uk

Find out
more!

NASA's
ClimateKids
website has
lots more
information on
energy and
climate
change

<https://climatekids.nasa.gov>