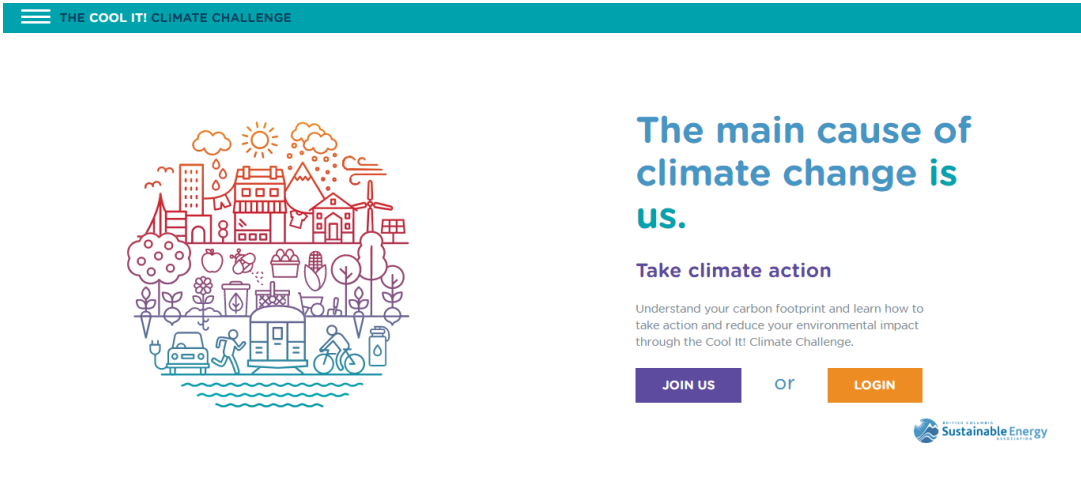



Cool It! Climate Challenge Instructions

Step One: Register as a student on www.climatecool.org



THE COOL IT! CLIMATE CHALLENGE



The main cause of climate change is us.

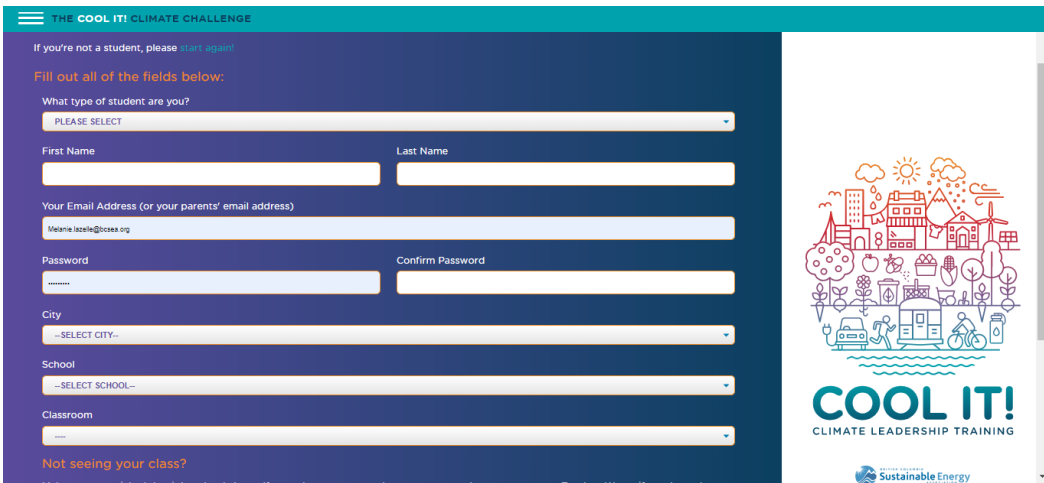
Take climate action

Understand your carbon footprint and learn how to take action and reduce your environmental impact through the Cool It! Climate Challenge.

JOIN US OR LOGIN

BRITISH COLUMBIA SustainableEnergy

1.



THE COOL IT! CLIMATE CHALLENGE

If you're not a student, please [start again](#)

Fill out all of the fields below:

What type of student are you?
PLEASE SELECT

First Name Last Name

Your Email Address (or your parents' email address)
Melanie.lazelle@cocea.org


Password Confirm Password

City
--SELECT CITY--

School
--SELECT SCHOOL--

Classroom

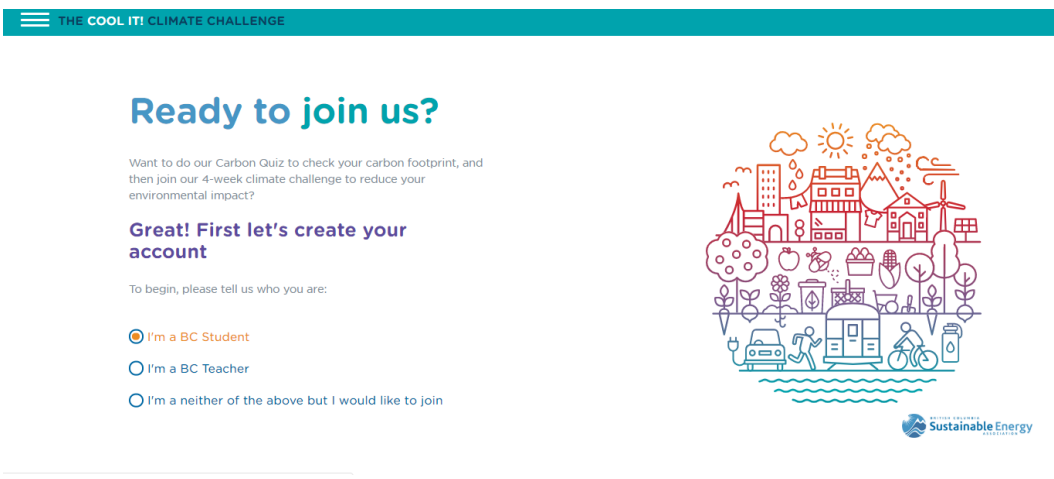
Not seeing your class?



COOL IT!
CLIMATE LEADERSHIP TRAINING

BRITISH COLUMBIA SustainableEnergy

2.



THE COOL IT! CLIMATE CHALLENGE

Ready to join us?

Want to do our Carbon Quiz to check your carbon footprint, and then join our 4-week climate challenge to reduce your environmental impact?


Great! First let's create your account

To begin, please tell us who you are:

I'm a BC Student

I'm a BC Teacher

I'm a neither of the above but I would like to join



BRITISH COLUMBIA SustainableEnergy

3.

4. **THE COOL IT! CLIMATE CHALLENGE**

If you're not a student, please [start again](#)

Fill out all of the fields below:

What type of student are you?
PLEASE SELECT

First Name Last Name

Your Email Address (or your parents' email address)
Melanie.acelele@cocea.org


Password Confirm Password

City
--SELECT CITY--

School
--SELECT SCHOOL--

Classroom
--

[Not seeing your class?](#)



Step Two: Do the Carbon Quiz

5. **THE COOL IT! CLIMATE CHALLENGE**

Welcome back, Melanie


Did you know:

Canada has one of the highest carbon footprints per person?

Let's find out your carbon footprint and how you compare to the average person in British Columbia. Answer each question as accurately as you can, and check with your family if you aren't sure. *You will do this quiz one time.*

After this you'll be invited to join the 4-week Climate Challenge. We'll use the information that you provide in the quiz to figure out how your carbon footprint improves as you take climate action.

[TAKE THE CARBON QUIZ](#)



Some are tricky, work with your parents...

6. **THE COOL IT! CLIMATE CHALLENGE**

GETTING AROUND
CARBON QUIZ: QUESTION 1 OF 18

QUESTION #1

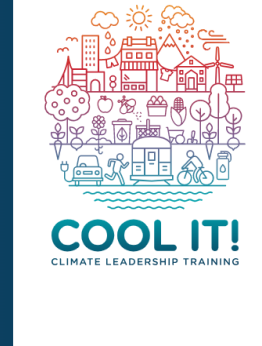
How far away do you live from work/school?

Select Distance

0 km 50 km

0 km

[NEXT](#)



7. **THE COOL IT! CLIMATE CHALLENGE**

GETTING AROUND
CARBON QUIZ: QUESTION 3 OF 18

QUESTION #3


For other activities, such as recreation and shopping (excluding vacations), I typically travel:

Indicate distance (km) per week

0 km 500 km

0 km

PREVIOUS NEXT



8. **THE COOL IT! CLIMATE CHALLENGE**

GETTING AROUND
CARBON QUIZ: QUESTION 5 OF 18


QUESTION #5

My/my family's vehicle is:

Facts about different vehicles

- None - we don't have a car
- An electric car
- A hybrid car or gas small car
- Gas or diesel minivan, truck or SUV

PREVIOUS NEXT



9. **THE COOL IT! CLIMATE CHALLENGE**

HOME HEATING
CARBON QUIZ: QUESTION 8 OF 18

QUESTION #8

The size (floor area) of my house is:


Need help converting?

Floor area m2

20 m2 400 m2

0 m2

PREVIOUS NEXT



10. **HOME HEATING**
CARBON QUIZ: QUESTION 8 OF 18


Home Heating

Did You Know:

The size of your home has a large influence on how much energy it uses, as heat loss is proportional to the total exposed surface area of your home.

Enter your home's square footage in the "Feet" field below to see the equivalent in square metres.
Be sure to apply the figure to the slider on this screen.

Feet:	Meters:
<input type="text" value="500"/>	46.45



11.

THE COOL IT! CLIMATE CHALLENGE

HOME HEATING
CARBON QUIZ: QUESTION 10 OF 18

QUESTION #10
My home is heated using:

The importance of heat sources

- Electricity
- Natural gas or propane
- Oil
- Wood

PREVIOUS NEXT

12.

THE COOL IT! CLIMATE CHALLENGE

FOOD CHOICES
CARBON QUIZ: QUESTION 16 OF 18

QUESTION #16
How much of the edible food you buy ends up being thrown away?

Did you know?

- Less than 5%
- 5-15%
- 15-30%
- more than 30%

PREVIOUS NEXT

Last Question... Ready to finish the quiz?

13.

THE COOL IT! CLIMATE CHALLENGE

QUESTION #18
On average, my family spends ___\$ per month on buying things and products (e.g. clothing, furniture, toys, electronics, gear, etc)

Did you know?

- \$100 or less (low)
- \$100 - \$300 (average)
- \$300 - \$500 (high)
- over \$500 (very high)

PREVIOUS FINISH QUIZ

Step Three: The Climate Challenge

14.

THE COOL IT! CLIMATE CHALLENGE

Great Job, Melanie!

Carbon Footprint Quiz Complete

Well done! Now you know your carbon footprint

There are many things you can do to reduce your impact on the environment and climate! Join the 4-week Climate Challenge to learn how you can further reduce your energy consumption, your resource use, and your waste.

START CHALLENGE

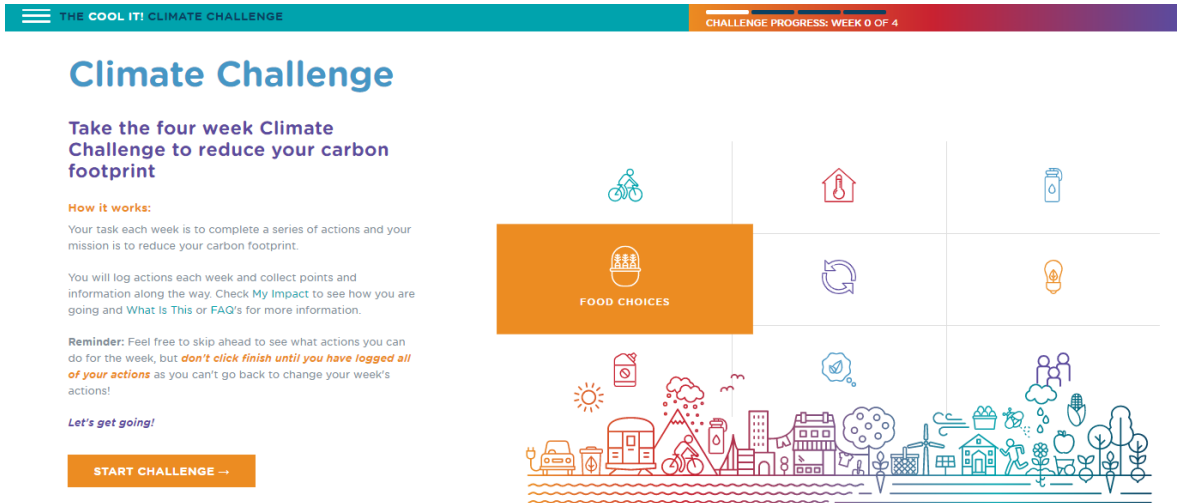
YOUR CARBON FOOTPRINT VS. BC AVERAGE

Tons CO₂e/year

Category	You (Tons CO ₂ e/year)	BC Average (Tons CO ₂ e/year)
Transportation & Travel	~1.5	~1.5
Home Energy	~0.5	~0.5
Consumption & Waste	~2.5	~3.2
Total	~4.5	~5.2

This is the challenge home screen. Click Start Challenge or select a specific category from the 9 categories (Getting Around, Home Heating, Water Wise, Food Choices, the 5 R's, Lighting and Appliances, Toxic, Your Own Idea, Community Actions)

Do your best, you don't have to do all actions. Only select the ones that you do. Try something different every week!



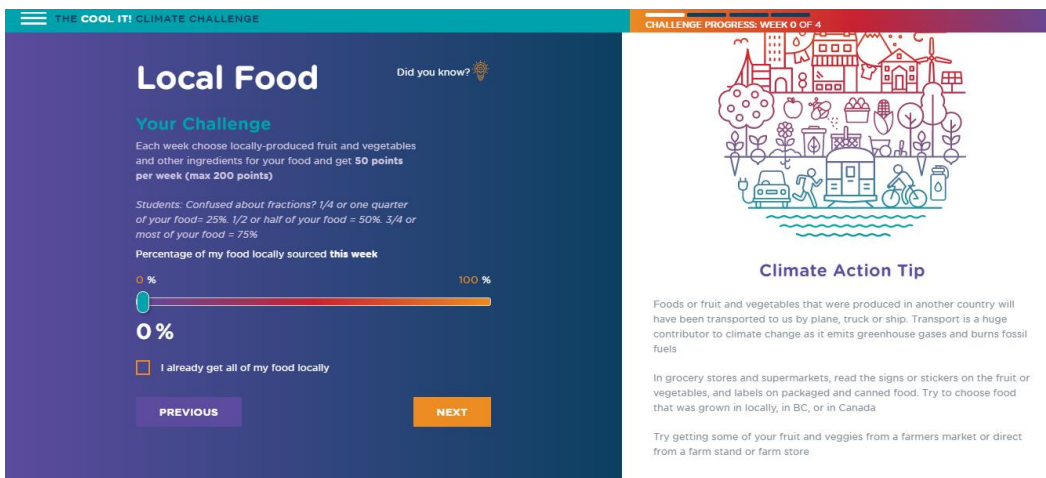
15. _____

Skip to different categories by selecting the different icons on the top



16. _____

Some questions have percentages



17. _____

Some have lots of options

18.

THE COOL IT! CLIMATE CHALLENGE

ACTION 18 OF 25
LIGHTING AND APPLIANCES

Turn it Off Did you know?

Your Challenge
Turn off lights and electronics in rooms at night and when noone is using them to reduce your energy use and save on hydro bills.

Choose some actions to do each week (80 points per action, max 440 points)

Select the actions that you did this week

- I turned off the TV at the wall each day
- I turned off computers and game consoles at the wall each day
- I installed a powerbar and used it to shut off electronics
- I installed an outlet timer
- I turned off the lights at home when not in use

CHALLENGE PROGRESS: WEEK 1 OF 4

Climate Action Tip

Disconnect your wifi router and other electronics and turn them off at night, or use a powerbar with an automatic timer that will shut off at night.

In winter use outlet timers to shut off exterior christmas lights, car block heaters

Only click Finish each week once you've entered your actions

19.

THE COOL IT! CLIMATE CHALLENGE

- I organised an event, speaker, workshop, presentation or site visit
- I participated in a local event related to the environment (cleanup day, volunteering, charity activity)
- I asked my/my family's bank to invest in renewable resources and divest from fossil fuels
- I organised a clothing, toy, furniture swap
- I organised a school/community waste audit or improved the waste system
- I organised a community picnic, meat free day, or Earth celebration
- I did something else

Are you ready to finish this week?

Once you click *finish* you cannot go back! Your data will be saved and you'll be moved to the next week (or end of the challenge if you're on week 4). Now is your chance to go back and add any actions you have forgotten.

PREVIOUS
FINISH WEEK

CHALLENGE PROGRESS: WEEK 0 OF 4

Climate Action Tip

A huge part of taking climate action is spreading the information that we learned, and inspiration to take action!

We'll regularly update our [Community Action](#) page with ideas and examples. We encourage you to keep up to date with different events, actions, and organisations on social media, and don't forget to post and share everything you enjoyed throughout this challenge, and any action that you do in the future to spread the word about how to take action!

#bcseacimatecool

Each week see how you are going compared to other weeks, and compared to the average person in British Columbia

20.

THE COOL IT! CLIMATE CHALLENGE

CHALLENGE PROGRESS

Week #2

Status: Not Started

CONTINUE CHALLENGE

CHALLENGE PROGRESS: WEEK 0 OF 4

YOUR CARBON FOOTPRINT BEFORE VS. THIS WEEK VS. BC AVERAGE

Tonnes CO2e/year

Category	Before	After	BC Average
Transportation & Travel	~1.2	~1.2	~1.2
Home Energy	~1.2	~1.2	~1.2
Consumption & Waste	~1.2	~1.2	~1.2
Total	~3.6	~3.6	~3.6

Click on the bar at the top to see other pages, My Impact, and My Classroom

21.

Click My Classroom and compare your score to everyone else in your class

22.

Name	Points	+ CO2 Savings
Melanie L.		0.00
Bubby S.		0.00
Jasmine C.		0.00
Taylor P.		0.00
Jenica M.		0.00

Click My Impact to see your points, your progress each week, and your carbon footprint (use the arrows to scroll left and right)

23.