

WASTE



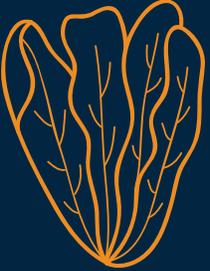
TRANSPORT



RESEARCH + REFLECTION



HOME ENERGY



FOOD



GO GREEN



WATER



CLIMATE CHALLENGE



BRITISH COLUMBIA
Sustainable Energy
ASSOCIATION

COOL IT!
CLIMATE LEADERSHIP TRAINING

CLIMATE CHALLENGE

Name:

Teacher:

Parent/Guardian signature:

1. FOOD 2. HOME ENERGY 3. WASTE 4. TRANSPORT 5. WATER 6. GO GREEN 7. RESEARCH + REFLECTION

1.1 TASTY LEFTOVERS

Re-use leftovers 3 times I ate:

-
-
-

4.1 CAR SMART

Learn about cars and how to reduce your GHG's and complete one of the actions in the information page below.



6.1 GO BIO

Make a biodegradable cleaning or bath product

I made:

7.1 GAMING FOR NATURE

Watch two videos or do two of the games and complete the actions in the information page below.



7.2 CLIMATE ACTION

Research your city and the positive things happening to reduce climate change and complete one of the actions in the information page below.

7.3 COMMUNITY EXPLORATION

Map your community and think of ways to make it more sustainable and complete the actions in the information page below.

6.2 GREEN YARD CARE

Reduce pollution by planting a tree or greening your yard

I did:

3.1 REUSE AND REPAIR

Reuse/swap/repair/upcycle instead of throwing stuff away or buying new

I did:

7.4 LOCAL ACTION

Our sponsors have chosen a special action for you, check 7.4 to see what it is! and complete one of the actions in the information page below.

5.1 COOL LAUNDRY

Wash laundry in cold water at least once per week



6.3 GROW YOUR OWN

Plant garden veggies, balcony or windowsill plants

I planted:

3.2 DIY CRAFTING

Make home-made, upcycled gifts, decorations, cards, or toys

I made:

from:

7.5 FOOTPRINT

Use an online carbon footprint calculators to see what GHG you produce daily

My carbon footprint is:

1.2 MEATLESS MONDAYS

Have two meat-free Mondays (or another day) I ate the following two meat free meals:

-
-

2.1 EARTH HOUR

Have an Earth Hour at home and turn off all lights and electronics



7.6 CLIMATE REFLECTION

Write a short reflection on the future and complete the actions in the information page below.



2.2 COOL DRYER

Hang-dry your laundry each week to save energy



2.3 STAY SNUG

Turn down the heat in your house and shut your curtains four times each week



4.2 TRAVEL SMART

Swap the car for public transit, walking or biking

I will go to:

by:

1.3 LOVE VEGGIES

Give up eating beef and lamb or go vegetarian for a week

vegetarian

didn't eat beef/lamb

5.2 SHORTER SHOWERS

Aim for at least 4 showers of 4 minutes or less

My showers are

minutes shorter now.

7.7 YOUR OWN IDEA

Come up with your own activity for reducing our environmental footprint

I did:

7.8 LIFE CYCLES

Sketch a life cycle of a household item and complete the actions in the information page below.



3.3 HOME WASTE

Do an audit of your garbage bins at home and complete the actions in the information page below.



2.4 ENERGY SOURCES

Find out which energy you use at home and complete the actions in the information page below.



CLIMATE CHALLENGE

INSTRUCTIONS:

1. Download the Climate Challenge pack and save it to your computer. If you would rather have a paper version, print it out or hand-draw it on paper
2. Fill in your name and teacher at the top
3. Look at all of the activities and choose the ones you would like to do over the next **4 weeks**
4. The aim challenge is to complete **5 or more challenges** and the more you get, the higher your chance of scoring PRIZES!
5. Choose an action on the challenge card and use the number to find the section in the next pages with full instructions and a space to complete the task.
6. Once you have done the action **mark that square as complete**, if there is a space, **write the answer** if there is an answer required (or if you've printed or hand-drawn the challenge card, put a cross through the square and write your answer)
7. Remember to save the document
8. Once you have finished get your parents/guardian to enter their name in the parent signature box to confirm you completed the actions
9. Email your challenge card (either the saved version or a photo of your paper version) to your teacher at the end of the 4 weeks

We have **PRIZES** for top students and every challenge card we receive back will be entered into a special prize draw! So enter your card no matter how many squares you completed

 = Lower climate impact

 = Medium climate impact

 = High climate impact

BONUS POINTS

We would love to see what you did! Share some photos with the BC Sustainable Energy Association and there will be a special prize for the best photo! cool-it@bcsea.org



FOOD

1.1 TASTY LEFTOVERS



Across the world, half of all food is wasted every year. We buy too much and food spoils, and we waste leftovers. Decomposing food in landfill emits methane, a powerful greenhouse gas that traps heat in the atmosphere.

- Instead of throwing away leftovers from meals, put them in the fridge or freezer and eat them the next day, or use them in a different meal
- Plan your weekly meals and buy only enough for what you plan to make

These were the leftovers I ate / added in a new meal:

1. _____
2. _____
3. _____

1.2 MEATLESS MONDAYS



Animal products make up 27% of the North American diet. Meat and dairy production are responsible for 18% of global greenhouse gases, especially methane - a powerful greenhouse gas.

- Choose a day of the week
- On those days swap all meat for alternatives like beans, peas, chickpeas, lentils, tofu, tempeh, falafels, mushrooms, quinoa, peanuts, nuts, seeds, and veggie meat.

Check out these resources for great recipes for you and your family to try:

- [Meat Free Monday's meal recipes](#)
- [Chef Jamie Oliver's Meat Free Monday resource and cookbook](#)

These are the meat-free meals my family and I cooked:

1. _____
2. _____

1.3 LOVE VEGGIES



What you put on your plate has a large impact on the environment. Agriculture is a large contributor to climate change, particularly beef and lamb.

Give up eating beef and lamb for at least one whole week

- Or even better, become vegetarian for at least once whole week
- Instead of meat, try beans, peas, chickpeas, lentils, tofu, tempeh, falafels, mushrooms, quinoa, peanuts, nuts, seeds, and veggie meat.

If you are already vegetarian you get these points for free!

Check out these resources for great recipes for you and your family to try:

- [Meat Free Monday's meal recipes](#)
- [Chef Jamie Oliver's Meat Free Monday resource and cookbook](#)

	FOOD	IMPACT	COST
LOW	Wheat	█	\$
	Corn	█	\$
	Beans, chickpeas lentils	█	\$
	Rice	█	\$
	Fish	█	\$\$\$
	Soy	█	\$
	Nuts	█	\$\$\$
	Eggs	█	\$
MEDIUM	Poultry	█	\$\$
	Pork	█	\$\$
	Dairy (milk, cheese)	█	\$\$
HIGH	Beef	██████████	\$\$\$
	Lamb & Goat	██████████	\$\$\$



HOME ENERGY

2.1 EARTH HOUR



Earth Hour is an event which millions of people around the world participate in by switching off their lights and shut off appliances to show their support of solving the problem of global warming by way of reducing light pollution, and energy usage.

Do you own Earth Hour at home (e.g. 6pm - 10pm):

- Turn off all lights, electronics and appliances for at least 1 hour (for example between 7 - 9pm one night).
- Put on a sweater and lower the thermostat.
- Have a candle-lit dinner, tell stories, play board games and have flashlights available.

Each week have an Earth Hour. How many Earth Hours did you do?

1. We had _____ Earth Hour(s) in our home the evening of _____
2. We had _____ Earth Hour(s) in our home the evening of _____
3. We had _____ Earth Hour(s) in our home the evening of _____
4. We had _____ Earth Hour(s) in our home the evening of _____

The best thing about our Earth Hour was _____

Next year join the [Global Earth Hour](#).

2.2 COOL DRYER



About 10% of your home's CO2 emissions come from lights and appliances, mostly from appliances that create heat, refrigeration and air conditioning. Your dryer uses a lot of energy to dry clothes, but particularly in summer it is easy to dry clothes using the sun.

Instead of drying your washing in a dryer hang them on an indoor clothes rack or clothesline at least once each week.

I saved _____ loads of clothing from using energy by hanging by clothes instead of using the dryer.

We already hang-dry most of our clothes

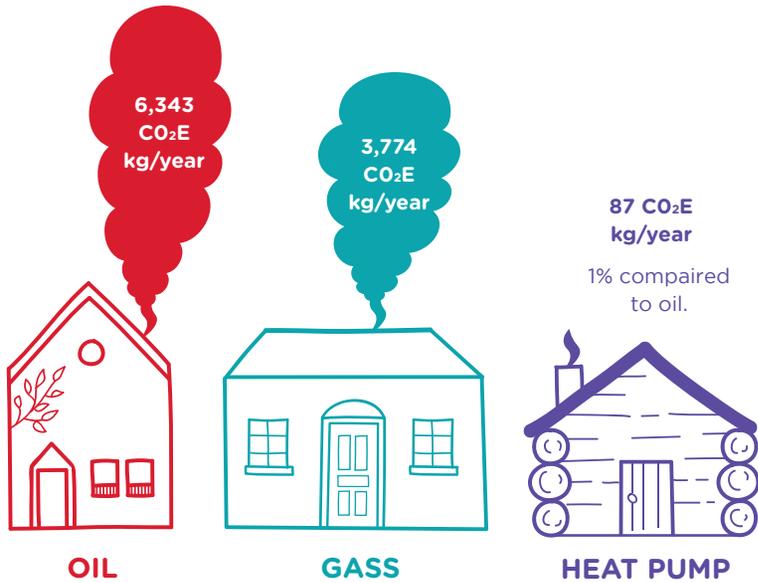
2.3 STAY SNUG



How we heat our homes has a huge impact on our environmental footprint. In BC we often use fossil fuels to heat our homes (gas or oil), or inefficient electrical heating which is expensive.

1. Turn down your thermostat to:
 - 20°C** while you are at home,
 - 18°C** while you are asleep at night
 - 16°C** when no one is home.

According to BC Hydro, heating costs rise about 5% for every degree above 20°C that you set your thermostat. This can save your family's home heating bills. Put on some more clothes if you're cold.
2. Close your curtains each night when it's cold to keep it warm, and during the day in summer to keep it cool.
3. Do these actions at least four times a week, or even better - every day, for the whole 3 weeks.



2.4 ENERGY SOURCES



About a third of our greenhouse gas pollution comes from our homes!

- Find out which energy sources are used in your home and list them below. Put an F beside them if the source is a fossil fuel or an R if the source is renewable - Tip:
 - Higher Greenhouse gas emissions (these are fossil fuels/ non-renewable) = Natural gas, heating oil, propane
 - Lower greenhouse gas emissions (these are renewable resources) = Electricity from BC Hydro, solar, wood, biogas

List some of the energy sources in your home and record if they are F or R :

- _____
- _____
- _____
- _____

- Once you know what sources of energy you have at home check the resources below to find out how you can make your home more energy efficient:

- Research [CleanBC Better Homes](#) - information about reducing your home greenhouse gas emissions, and financial support for making your home more energy efficient
- Use the free Energy Coach Service available if you have any questions or want to see what you can do with your home: ask@betterhomesbc.ca or 1-844-881-9790.

List three things you can do to make your home more energy efficient:

- _____
- _____
- _____





WASTE

3.1 REUSE & REPAIR



By volume, 80% of everything we buy ends in the landfill or recycling facility within 18 months. Most of this is plastic or styrofoam packaging, bottles and single-use items (take-out containers, straws, cups, lids, utensils). Decomposing plastic emits methane and plastic litter pollutes water, shores and animals eat them by mistake. A lot of waste is sent to other countries for recycling.

Choose one/some of these actions:

- Repair an item instead of throwing it away and buying a new one
- Borrow or rent something instead of buying something that you need for a short time (such as tools, cooking equipment). Remember to sanitise it carefully!
- Upcycle something that you were going to throw away. This means make it into something else.



Tell us more about what you did:

Get inspiration on upcycling online, such as these [15 fun upcycling projects](#), or these ideas about [how to recycle common household items](#).

3.2 DIY CRAFTING



Everything that we buy has used up resources and created greenhouse gas emissions in the way it was made and transported to you. One important thing we can all do to reduce our environmental impact is buy less stuff!

Upcycle something from your home that you were going to throw away and instead make it into a gift or card for someone instead of buying something or make a pet or children's toy, or craft project. Make your own gift wrap as most gift wrap is not recyclable

Research the following links to get ideas about your own project:

- Get ideas for [environmentally friendly gift-giving](#)
- Get inspired to craft with these [15 fun upcycling projects](#)

Tell us more about what you did:

3.3 HOME WASTE



About 80% of everything we buy (by volume) ends up going to landfill or a recycling facility in under 2 years. Most of this is plastic or styrofoam packaging, bottles and single-use items (take-out containers, straws, cups, lids, utensils). As plastic breaks down it creates methane, which is a greenhouse gas that traps 30 times more heat in the atmosphere than carbon dioxide.

Do an audit of your garbage bins at home:

- Do you have 3 bins to separate your waste - a garbage/landfill bin, a composting/green waste bin, and a recycling bin?

Yes or No

If your answer is no, ask your parent/guardian if you can you start separating your waste like this.

What did they say? _____

Have a look through your bins. What items are in the wrong bins?

- I Put them in the correct bins.
Not sure? Check the resources below to find out where things should go.

Research these links to learn more about how to recycle properly in your area:

- Want to throw something away but not sure which bin it should go in? Visit [Myrecyclopeda](#) if you are on Vancouver Island, and [Waste Wizard](#) if you are in Vancouver.
- Try the [CRD's recycling game](#) to boost your waste knowledge

- Think about where most of your waste goes - does it go to landfill? Think about some ways you can reduce your waste such as choosing items with less packaging, using your own reusable bags when shopping. List 3 ideas below:

1. _____

2. _____

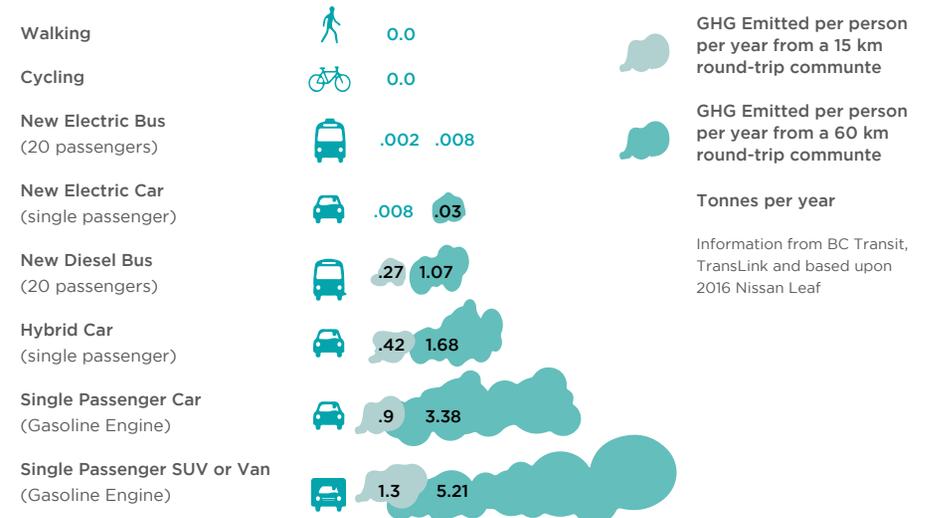
3. _____

TRANSPORT

4.1 CAR SMART



Driving cars is the main way that most people contribute to climate change and cars are a huge source of pollution and greenhouse gases. Many of the routes that we drive are only a few minutes away and we could walk or bike instead. Older cars, large trucks, minivans and SUVs create more emissions than newer, more efficient cars, and now there are many different types of electric and hybrid vehicles that have a far smaller environmental footprint.



Choose two of the actions below:

- Research how [efficient](#) your car is and ensure your next family vehicle is efficient. List three things you learned below:

1. _____
2. _____
3. _____

- Learn about electric vehicles: In BC, by 2040 all new vehicles sold will be electric so someday we will all have to make the switch. Did you know there are [programs](#) to help reduce the cost of buying an electric vehicle? What program do you like best and why?

- Don't idle - turn the engine off if you're going to be stopped for more than 60 seconds. Tell us a short story/draw a picture that represents when and how you asked someone in your family to stop idling:

- Pump up your tires-Next time you're at the gas station help the driver check the tire pressure. Tires that aren't inflated enough make your car use more fuel than it needs and can cause a flat tire. Tip: the correct pressure is usually on the driver's door frame, gas car, tire or owner's manual

What is the correct tire pressure for this car? _____
Confirm that each of the 4 tires are at this pressure or fill them up with air. Did you do this? Yes or No

- Instead of taking short trips by car, walk or bike, or plan trips to do everything all in one go and tell us short story/draw a picture of how you or your family took a short trip using a bike, walking or some other form of human powered transport:

4.2 TRAVEL SMART



Half of your family's carbon dioxide pollution comes from how you get around - like driving a car or catching planes, trains and ferries. Your family can make its climate impact much smaller by walking, biking, skateboarding, scootering, public transit or carpooling instead on short routes.

1. Make a map of a route that you normally go by car using [google maps](#)
 2. Plan how you can go by public transit, walking or biking
 3. Once COVID-19 is not a problem, try out your new route!
 4. For long drives, such as holidays check out how many emissions are created from driving that route. However, driving is better than flying so plan trips closer to home <https://mapmyemissions.com/home>
- In the CRD? Learn about where your [community's emissions](#) come from
 - Check what online bike maps and public transport resources your municipality has to help you plan your journeys, such as [Translink's Travel Planner](#) if you are in Vancouver, or [BC Transit](#) if you are on Vancouver Island or other BC locations.

Check out these bike maps for routes:

- [Capital Regional District](#)
- [Vancouver](#)
- [Penticton](#)
- [Nelson](#)



WATER

5.1 COOL LAUNDRY



A lot of our household greenhouse gas emissions come from heating water. Heating hot water uses a lot of energy and creates greenhouse gas emissions. Plus water is an important resource we don't want to waste!

Every week, wash your laundry in cold water instead of warm or hot and reduce your hot water use by 90% and save money on water heating.

I washed _____ loads of clothing in cold water

5.2 SHORTER SHOWERS



About 11% of our emissions are from heating hot water. Showering quickly can save lots of water and energy. Reduce your hot water and lower both your bills and environmental impact.

- Time yourself in the shower and each time you shower aim for less time in the shower
- Aim to have a shower in 4 minutes or less at 4 times during the challenge
- Also turn the tap off when you are brushing your teeth, and only heat up the correct amount of water that you need for cooking and drinks

Each week, record your time and try to keep improving that time!

My showers are now _____ minutes

My showers are now _____ minutes

My showers are now _____ minutes

Learn more about [other things you can do](#) to reduce your water use at home.



GO GREEN

6.1 GO BIO



Many cleaning products contain harmful chemicals that cause pollution inside and outside the home, threatening water quality, our wellbeing, and wildlife.

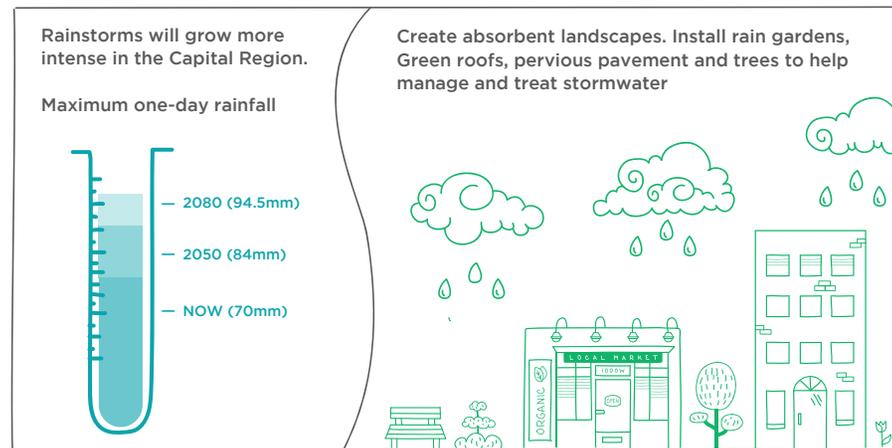
Did you know that you can easily make non-toxic cleaning and beauty/bath products like shampoo and soap at home with a few cheap ingredients? Making your own products saves money, and reduces toxic chemicals in our environments, and reduces your plastic trash as you can keep reusing the containers!

1. Choose a recipe from the resource list below
2. Make a biodegradable, nature cleaning product or bath/beauty product

I made: _____

Check out this resources for ideas of what you can make:

- Check out some [Green Cleaning](#) recipes
- Learn about harmful chemicals found in beauty products and how you can [easily make your own alternative](#)
- Check out the [advice](#) from our friends on Vancouver Island



6.2 GREEN YARD CARE



In urban habitats there are often very few trees but trees have endless benefits: an acre of trees can provide enough oxygen for 18 people per year, and planting one tree can reduce your carbon footprint by up to 500kgs! Planting trees in your backyard or community spaces can help to reduce air conditioning bills by providing natural shade and cooling your backyard in summer, and reducing wind in winter so you don't need to heat your house as much. They also cool down our streets which are filled with heat-absorbing asphalt.

If you have a lawn, reduce your water use, and think about native plants, edible trees, or bird/bee-friendly shrubs and plants that you can plant. And only use natural compost and fertilisers to stay organic (or make your own!)

Choose one/some of these actions:

- Plant a tree in your backyard.
- Water your garden/lawn once per week in the morning or afternoon when less water will get evaporated - or let your lawn go golden and don't water it at all!
- Don't have a lawn? Research: when you are back at school is there a local clean-up day you can join to clean up the environment, or can you start a garden or plant trees at school?
- Learn about growing plants and trees that are [native to BC](#)
- Figure out [how much water](#) your lawn actually needs
- Learn how to [DIY compost](#)

Tell us what you did and what you learned :

6.3 GROW YOUR OWN



On average food travels a really long way to get to us - around 2,500 km by trucks, ships and airplanes. This uses up a lot of resources and produces a lot of pollution. Choosing local food reduces your carbon footprint, and supports local farmers and food security. Even better - grow your own veggies and you'll save money on your grocery bills as well as reduce your environmental footprint!

- If it's too cold outside, start some seeds indoors to plant in the spring or plant a seed in a container and grow it on your windowsill.
- In an apartment? try planting some flowers or pollinator-friendly plants on your porch or windowsill
- Grow herbs or a potato on your windowsill

Here are some resources to help you out:

- Find out how to grow a [windowsill potato](#)
- If you're in the CRD see [what you can grow and when](#)
- Or for everywhere in BC check out the [planting chart](#)

Tell us or draw what you planted:

RESEARCH AND REFLECTION

7.1 GAMING FOR NATURE



Learning about climate change doesn't have to be all facts and data! There are so many fun and interesting online resources to help us learn about sustainability and climate change.

1. Choose some games/videos from the links below.
2. Watch at least two videos or play two of the games below and learn about nature, climate change, energy and waste.

Games:

- If you're on Vancouver Island check out the amazing resources, including games and activities: <https://www.crd.bc.ca/education/school-programs/for-k12-students>
- Play the [Energy Saving Game](#) and learn about reducing your energy use
- Learn about recycling with [Recycle City games](#)
- Play [Coral Bleaching](#) and learn about how climate change is affecting the oceans
- Play [Power Up](#) and learn about renewable energy
- Play [A Tale of Two Soup Cans](#) and learn about where your waste goes
- Play [Wild City Search](#) and learn about biodiversity in cities

Videos:

- Learn about energy and watch [The Surprising Places We Waste Energy](#)
- Learn about plastic waste and where it goes and watch [What really happens to the plastic you throw away](#)
- Learn about how you can take action and watch [I'm only a kid, I can't do anything about climate change.... Right?](#)

I played/watched the following two games/videos:

1. _____
2. _____

I learned the following three new facts:

1. _____
2. _____
3. _____

Now, I want to make change by taking the following actions:

7.2 CLIMATE ACTION



Declaring a climate emergency is an action taken by governments and scientists to acknowledge that climate change is an urgent emergency. Over 1,400 local governments in 28 countries have made climate emergency declarations. In declaring a climate emergency, a government admits that global warming exists and they then make many actions and targets to tackle climate change.

Find out if your city has declared a climate emergency.

Has it? Yes or No

If they haven't, email or write to your local council and leaders and ask them to commit to climate action

Go to your city's website and do some research on the initiatives they have in place to address climate change.

What are some of the initiatives your city is taking to address climate change?

How can you or your family get involved in one or more of these initiatives?

- Explore these resources to learn more about climate change and it's impact in BC
- Check out [The Climate Mobilisation](#) to find out if your city has declared a climate emergency
 - Or find your municipality's website, or google your city and climate emergency
 - If you're in the Capital Regional District check out their [Climate Action Strategy](#) and their [climate projections](#) to learn what is projected to happen from climate change in the region
 - For the rest of BC check out [how our temperatures are rising](#) with climate change

7.3 COMMUNITY EXPLORATION



Make a map of your surroundings to figure out what assets (useful, valuable things) you have around you, and where the gaps may be, and how your community could be more sustainable. You would do this so that you can learn about community gardens, bike lanes, local stores, people with gardens you may be able to swap veggies with; and so that you can ask your local leaders to improve things in your neighbourhood to help tackle climate change. Use the prompts below and draw your map here or attach a bigger version to your final challenge form:

1. Draw a simple map of your neighbourhood above. Add in the main things in your community, such as your house, school, the local store, the main road etc
2. Add everything you think that is related to climate change and the environment:
 - a. Think about transport - are there bike-lanes and places to park your bike; is it pedestrian-friendly; are there enough buses? We want people to be able to get around without having to drive as driving is a huge source of greenhouse gases.
 - b. If you're interested in food - do people have space to do their own veggie gardens, is there a community garden, are there farmers markets or local grocers?
 - c. If you love nature are there enough trees, are many of them native, are there many birds, bees and biodiversity?
 - d. If you're interested in sustainable homes are there any solar panels, do people recycle, do they water their lawns a lot, are there many trees around for shade and natural air conditioning?
3. On your map in a different colour sketch 3 ideas for improving your neighbourhood and making it more sustainable and list your three ideas below:
 1. _____
 2. _____
 3. _____
4. Why not email or write a letter to your local leaders with a copy of your map and some of your ideas?
 - Check out the [Climate Atlas of Canada](#) and learn how climate change is affecting Canada

Learn about what amazing technologies are out there to improve the sustainability of our communities with the [Student Energy Systems Map](#)

7.4 LOCAL ACTION



District of Central Saanich

Electric Vehicles: Visit www.plugshare.com and enter your home or school address to see electric vehicle (EV) charging stations near you.

- Find the closest EV charging station to you and add the location here:

City of Delta

The Corporation of Delta has curb-side organics pick-up. Go to their website at www.delta.ca/greencan. What are two items you can put in your Green Can?

1. _____

2. _____

What are two items to keep out of your Green Can?

1. _____

2. _____

BC Hydro

Winter is coming so why not check out BC Hydro's Winter home heating tips. Tell us two energy saving tips that you can try this winter:

1. _____

2. _____

Port of Vancouver

The oceans surrounding the Port of Vancouver are home to an amazing array of marine wildlife. Check out Vancouver Aquarium's aquafacts to learn more about some of the beautiful animals that call our oceans home.

7.5 CHECK YOUR FOOTPRINT



A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions. Everything that we do, every trip we take, everything we buy contributes to our carbon footprint. The BC average carbon footprint is just over 5 tonnes per year which is lower than the rest of Canada, partly because most of our electricity is clean energy.

To know where you can reduce your carbon footprint and contributions to climate change the most, or where you are doing particularly well, calculate your carbon footprint using one of the carbon footprint calculators below.

- For a local BC footprint calculator try the [Saanich Carbon Footprint Calculator](#)
- Or try this one with fun graphics from the [Global Footprint Network](#)
- Or try the [BCSEA one](#) and compare yourself to the average person in BC (sign up as a citizen NOT a student for this challenge)

My footprint is _____

7.6 CLIMATE REFLECTIONS



Sometimes we can feel overwhelmed by climate change and what a huge, daunting problem it is. Rather than getting overwhelmed and choosing to do nothing at all, it is better to focus on the things that we can change, no matter how small.

Young people can be particularly influential as you are the future leaders and your decisions will shape the future. Just look at how powerful the global Youth Climate Strikes have been!

1. Write a short reflection: How do you feel about the future, do you think the future is looking good or bad?

2. Write down 5 problems that you think we need to solve.

1.

2.

3.

4.

5.

3. Think about your future career and job that you want to have: what can you do through this job to tackle climate change and some of the problems you listed above?

Learn about how you can take action and watch [I'm only a kid, I can't do anything about climate change.... Right?](#)

7.7 YOUR OWN IDEA



We want to know what you think other people or communities can do to reduce their greenhouse gases and help tackle climate change.

Come up with your own idea or share an activity that you did that is NOT on the bingo card

Tell us what you did:

BONUS POINTS: send us a photo of what you did! - cool-it@bcsea.org

7.8 LIFE-CYCLES



Everything that we buy is a part of our carbon footprint. It takes lots of resources to make the things we buy - like plastic is made from oil, a non-renewable resource. It also takes energy to manufacture things, and trucks, planes and ships to get them to us. All of this creates carbon pollution. Many things we buy have to go somewhere once we are finished using them - and lots of these items end up in landfill.

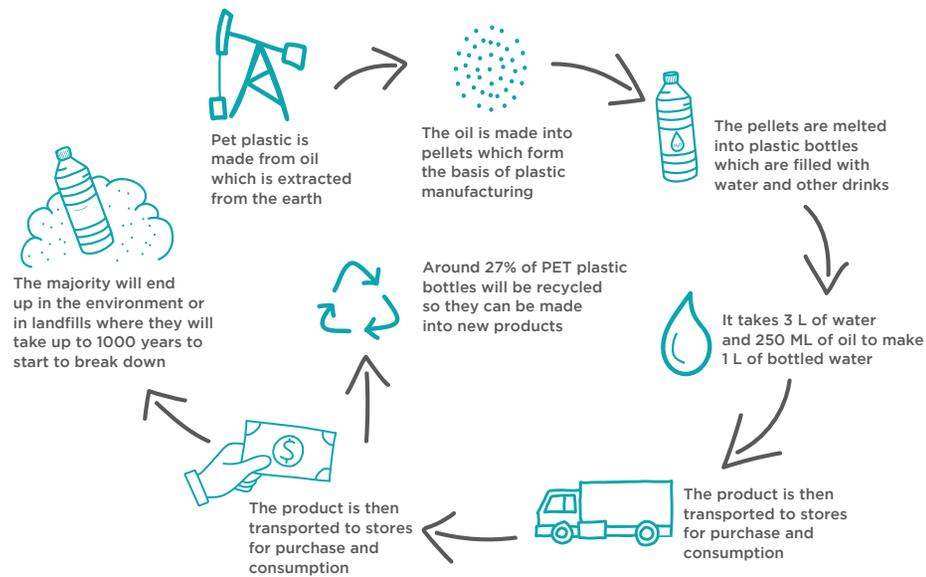
1. Watch the videos below to learn more about life cycles and tell us one thing you learned from the video

2. Choose one item in your household and figure out where it was made (look at tags on clothing, look at labels on packages, do a google search)
3. Find out/guess what it's made from - plastic, cotton, metal etc
4. Think about how your item has contributed to climate change
5. Think about something you can do to reduce contributing to climate change through the things that you buy and use - could you buy something locally, or choose a product made from wood or natural materials instead of plastic/oil? Instead of throwing it away could you use it for something else or make it into something else? Can it be recycled?

Learn about the [Life Cycle of a Plastic Bottle](#)

Learn about the [Life Cycle of a Tshirt](#)

Here is an example of a life cycle:



Draw your life cycle image below:

