



Carbon calculator

Take Action 20 minutes

This activity has been adapted to complete at home.

Intro - We all need to cut down on the carbon dioxide we're releasing into the atmosphere as it's damaging the environment. Carbon dioxide is released in lots of ways. But the most damaging are through burning fossil fuels to create electricity and power transport, as well as deforestation to clear land for food growing, and energy tied up in food production. These include processing, packaging, retailing, storing and the transportation of food. Look at your own carbon footprint to find out how you can make small changes with big impacts.

Copy the following diagram onto a piece of paper:

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Below are a list of actions. If you think the action often applies to you, colour in 2 boxes, if the action sometimes applies to you, colour in 1 box and if the action doesn't apply to you at all don't colour any boxes. After reading each action make a few notes about why the action increases your carbon footprint and has a negative impact on the environment.

Actions:

- I leave my bedroom light on even when I am out of the room.
- I leave items switched on at the plug.
- My showers last longer than 5 minutes.
- I never check where my food comes from and if there are local alternatives.
- I waste food that I then throw away.
- I never sort my rubbish for recycling.
- I eat a lot of red meat and dairy products.
- I never take reusable bags shopping.
- I turn up the heating instead of putting on a jumper.

Come up with some small changes you can make to reduce your carbon footprint and tell your Leaders about them.

