

# Global Goals

Climate Action





Along with the importance of little everyday gestures, social love moves us to create larger strategies to stop environmental poverty and to encourage a “culture of care” which permeates all of society.



# What Pope Francis said

If we are truly concerned to develop an ecology capable of remedying the damage we have done, no branch of the sciences and no form of wisdom can be left out, and that includes religion and the language particular to it.

# GOAL 13

## CLIMATE ACTION

Take urgent action to combat climate change and its impacts.

25 MINUTES



### PURPOSE

To find out about some of the problems caused by climate change in the UK and around the world.

### MATERIALS

Photo set for each group

see: [www.scotdec.org.uk/resources](http://www.scotdec.org.uk/resources)



THE GLOBAL GOALS  
For Sustainable Development

Go!

What can we do?

# Reducing Your Carbon Footprint

A guide to understanding your carbon footprint and what you can do to reduce it.



# What Is Your Carbon Footprint?

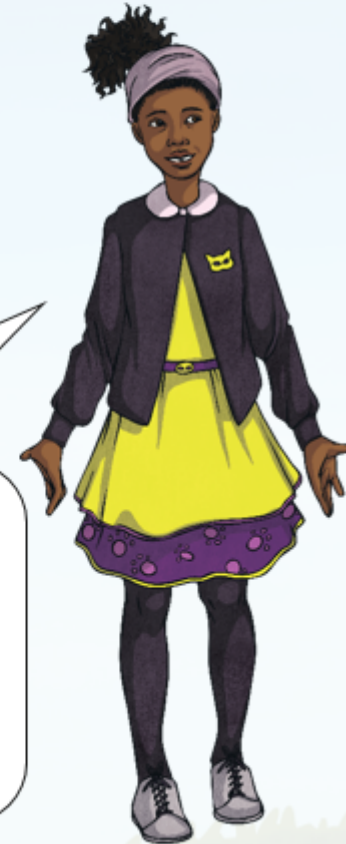
Many of your daily activities require energy.

Just think about your morning routine - what is it?



I like toast for breakfast with a glass of fresh orange juice. Then, my Mum drives me to school.

My alarm clock rings at 7am. I get up and take a shower, then brush my teeth. I have a new electric toothbrush!



# What Is Your Carbon Footprint?

Even these simple things we take for granted require energy.



**Toast** - made with an electric toaster.



**Alarm clock** - uses batteries.



**Orange juice** - made with oranges grown in Spain.



**Shower** - gas used to heat the water.



**Car** - runs on fossil fuel.



**Electric toothbrush** - uses electricity to charge up.

The energy needed for these simple routines produces a gas called carbon dioxide. This is known as a 'greenhouse' gas because it traps heat, causing the Earth to warm up. The more carbon dioxide is released into the atmosphere, the worse it is for the environment.

# What Is Your Carbon Footprint?

The amount of carbon you produce as a result of your daily activities is known as your **carbon footprint**.

Everything we do has an impact on the environment.

If we made small changes to our daily routine, we could **reduce** our **carbon footprint** and have a **positive** effect on the environment.



What small changes could you make?



### Take public transport!

If more people use buses and trains, they use less fuel per person, meaning less carbon dioxide produced!



### Go for a walk!

You will feel better for the fresh air and get some exercise at the same time.



# Travel

Can you be an active traveller?

How would each of these suggestions reduce your carbon footprint?



### Does your school have bike or scooter racks?

If so, use your own energy to get to school and reduce your **carbon footprint**!



### Do you really need to drive?

If the answer is yes, try car sharing. That way you can still reduce the amount of carbon dioxide you produce.

### Unplug!

Leaving appliances on standby continues to use electricity. If you don't need it, switch it off!



### Switch off!

Switch off lights when you leave a room. A simple way to stop wasting electricity.



## Home

Can you be energy efficient at home?  
How could you change your habits to reduce your **carbon footprint**?



### Energy-saving lightbulbs!

Invest in energy-saving lightbulbs around your house. They last 15 times longer and use 80% less energy than other lightbulbs. That's saving money as well as energy!



### Cool water washing!

Set your dishwasher or washing machine to a cooler setting. 90% of the energy needed goes towards heating the water.

### Ready, steady, cook!

By cooking meals from scratch, less energy would be used in terms of packaging.

Do you enjoy cooking? What would be your favourite meal?



### Bag for life!

You are charged for the carrier bags you use - why do you think this is? Perhaps you own a 'bag for life'. This way, you can reuse the bag again and again, therefore reducing waste and improving your carbon footprint.



# Food

Even the food you eat can affect your **carbon footprint**.

### Eat seasonally!

By eating food that is in season, there would be less fuel used to transport food from abroad and refrigerate it.



### Eat local!

Do you know where your food comes from? Can you buy food that was grown locally? That way, there would be less energy used in the transporting your food from other countries.



### Grow your own!

Try growing your own food. All you need is a plant pot, some soil, some seeds and a sunny spot. Strawberries are easy to grow in summer. What else could you try?



### Reduce!

Reduce the rubbish you create. Do you need all that packaging? Can you use that paper again? Reducing your waste means saving money too. Can you think why?



### Compost!

Even food scraps can be recycled. Compost them instead of throwing away. Create a wormery to see how food waste is broken down.



## Reduce, Reuse, Recycle

If you produce less waste, you can reduce your **carbon footprint**. You can become an eco warrior at home and at school, encouraging people to **Reduce, Reuse and Recycle**.



### Reuse!

Before throwing something away, consider if it can be reused. Plastic bags, paper, cardboard, even clothes can all be reused. You could organise a uniform 'Swap Shop' at school. You could arrange a junk modelling competition with your friends.



### Recycle!

If you can't reuse it, recycle it. Sort your waste to see what can be recycled. Recycling materials uses less energy than creating them.

### **Get gardening!**

Get out into the garden and plant! Not only will your environment look better, you'll be getting exercise and feel better too. You don't need lots of space, just a plant pot and some compost should get you started.



## **Green Fingers**

Everyone needs to use energy which means everyone will have a **carbon footprint**.

A simple act of planting a tree can help offset your **carbon footprint**.



### **Plant a tree!**

Trees absorb carbon dioxide and release oxygen. Planting a tree will help restore the balance in the atmosphere.

Now you understand a little more about your **carbon footprint**, you can start making small changes that could make a big difference to our world.



The world is in your hands. Take care of it!

Let's us make a plan of things we do in school and things we could do in school to help reduce our climate footprint

Ideas for poster...

- Foot print
- Laudato Si quotes
- Global Goal symbol 13
- Pictures of things we do in school
- A promise of what we will do.