

What's Your Footprint?



Learn what a carbon footprint is and what factors determine a personal carbon footprint. Brainstorm ideas for adapting your lifestyle to reduce your carbon footprint.

Ages: All ages

Time: 30 – 60 minutes

Materials Needed:

Internet access, presentation software (ex. PowerPoint)

Instructions:

1. Introduce a discussion of carbon footprints. Some potential questions to lead with include:
 - a. What is a carbon footprint?
 - b. How do you measure a carbon footprint?
 - c. Why is a carbon footprint an important measurement?
2. Use at least one of the following calculators to approximate personal carbon footprints. (Amounts may vary depending upon variables included in calculations.)

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Ages 6-12 www.zerofootprint.net

Ages 13+ www.nature.org/initiatives/climatechange/calculator/
www.climatecrisis.net/takeaction/carboncalculator/
www.carbonfootprint.com/

3. Members work together in small groups to brainstorm lifestyle choices that affect carbon footprints and create a list of 3-5 lifestyle changes members and their families can do to reduce their footprint. Encourage members to research and site evidence supporting their chosen lifestyle changes.
4. Groups then create a short slide show presentation of their “To Do” list.

Extension Activities:

If you have digital cameras available, groups can take photos of their ideas in action and add a personal touch to their presentations. Additionally, groups can narrate their presentation using the audio features of the presentation software.

Created By:

Elizabeth Tiegs
Boys & Girls Clubs of Southwest Washington