


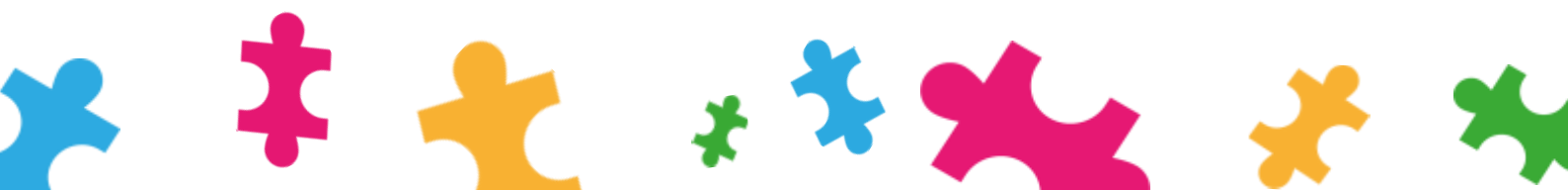


WebQuest
Advanced Level -
My Carbon Budget

elaborated by UPIT



WEBQUEST TITLE:	My Carbon budget
WEBQUEST LEVEL	Advanced level
INTRODUCTION	
<p>From using less plastic to consuming less meat, it seems like almost everything everyone is talking about these days are ways to reduce our carbon footprint. But what exactly is a carbon footprint? And how is it related to the climate crisis? Here are some answers.</p> <p>A carbon footprint is practically the total amount of greenhouse gas emissions that any person, organization, event or product has emitted. Greenhouse gases are the gases in the atmosphere that produce the "greenhouse effect" and contribute to global warming and climate change. So your carbon footprint is a way to measure the environmental impact of your lifestyle. For example, if you drive to school every day, your carbon footprint could be higher than that of someone traveling by public transportation.</p> 	
TASKS	
<p>To truly understand what a carbon footprint is and how it is influenced by our daily activities, you and your colleagues will take part in a hands-on experiment.</p> <p>You will track your carbon footprint for 2 weeks. To do this, you will need to calculate your carbon footprint and then try to reduce your carbon budget with the methods you will learn in this WebQuest.</p> <p>You may want to make some small changes in your daily activities to see if you can make a difference. Write down all these small adjustments you make and present them to the class after 2 weeks. You can write your daily progress in a notebook or on your computer. You can make as many changes as you want in your daily life and get involved with your family.</p> <p>Can you reduce your carbon footprint by taking small steps, changing some habits in your daily life? Let's find out!</p>	



To begin this activity, you will first need to do some research to understand what a carbon footprint is, what influences it, and how you can calculate your own carbon footprint.

In this WebQuest you will be guided through a series of tasks that will help you learn about the carbon footprint and how you can reduce your carbon footprint by changing small things in your daily life. When you complete this task, you can present the results to your colleagues and help others learn more about how to reduce their carbon footprint. You know that this is definitely a good way to make a positive contribution to saving the environment.
Let's begin!

PROCESS

Step 1: Let's find out

The first step is to start with some research.

Discover the concept of carbon footprint, greenhouse effect, what impact our modern way of life has on the environment.

For more information on carbon footprint, click the following links:

What is the carbon? <https://climatekids.nasa.gov/carbon/>

What is a carbon footprint: [Carbon footprint Facts for Kids \(kiddle.co\)](https://www.kiddle.co/carbon-footprint-facts-for-kids)

Factors influencing the carbon footprint: <https://www.gokid.mobi/carbon-footprint-for-kids-some-facts-a-quiz-and-also-a-worksheet/>

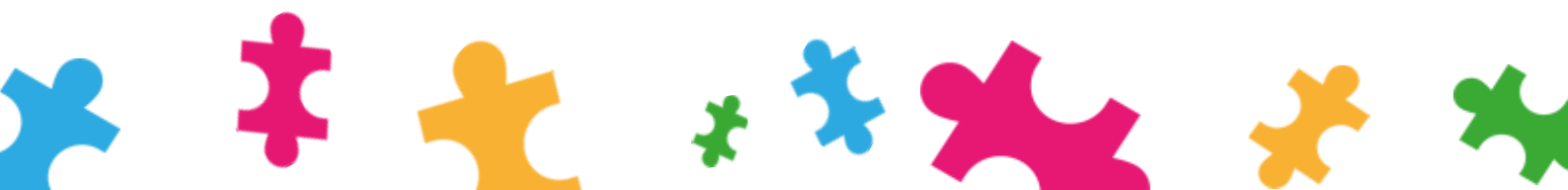
What is the greenhouse effect:

What is the greenhouse effect?: [What Is the Greenhouse Effect? | NASA Climate Kids](https://climatekids.nasa.gov/what-is-the-greenhouse-effect/)

Greenhouse effect explained: <https://www.youtube.com/watch?v=SN5-DnOHQmE>

Step 2: How to reduce your carbon footprint

I know that reducing your carbon budget seems like a big, complicated problem, and you're probably wondering if you can change anything at your age. The answer is yes! Each of us can make



a difference by changing a few things in our life and thinking more about how our actions impact the planet.

To learn more about how you can reduce your carbon footprint, visit the following links:

How to reduce your carbon footprint at school and at home

<https://www.tristategt.org/kids- conserve-energy-for-home-school>

How to reduce your carbon footprint at home:

<https://www.earthava.com/10-ways-to-go-green-at-home/>

How to reduce plastic consumption:

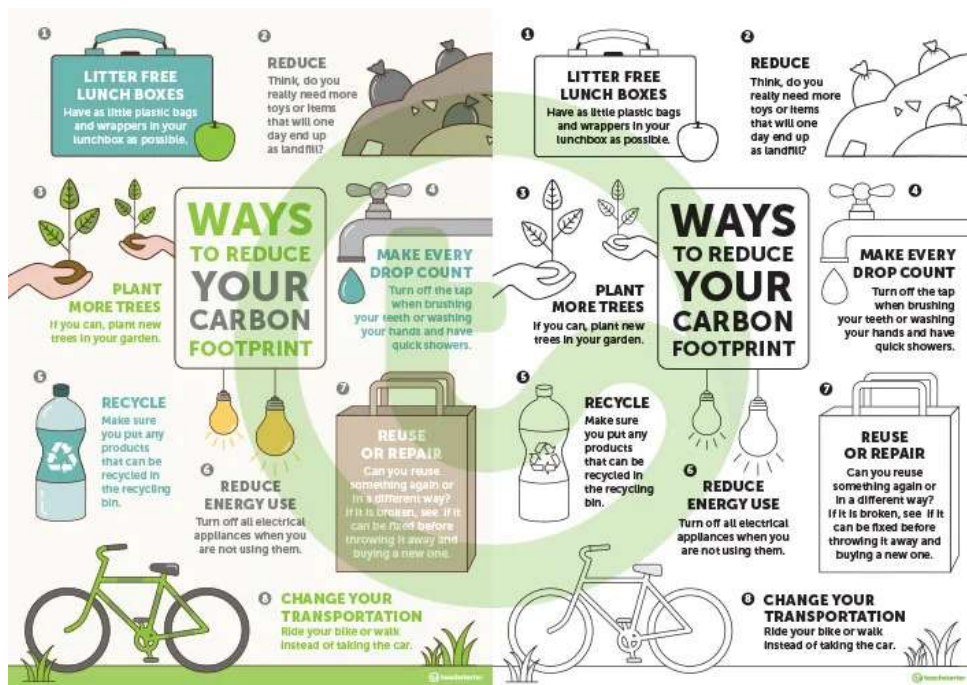
<https://kids.nationalgeographic.com/explore/nature/kids-vs-plastic/10-tips-to-reduce-your-plastic-use/>

How to save energy:

<https://www.youtube.com/watch?v=1-g73ty9v04&feature=youtu.be>

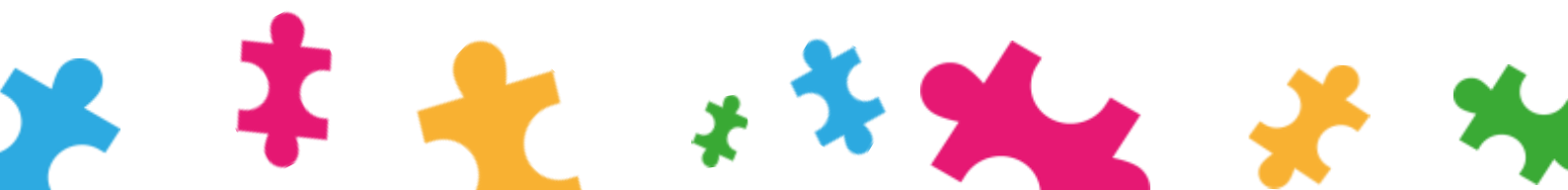
How to save water:

<https://www.omo.com/za/sustainability/sustainability-for-kids/water-saving-facts-for-kids.html>



Step 3: Calculate your carbon footprint!

Now that you've found out, it's time to take action. Now you need to calculate your carbon footprint using the computer below. This will give you an idea of how much carbon your household produces and help you identify areas of your daily routine where you can make some changes.



Computer: <https://footprint.wwf.org.uk/#/>

Are you paying attention to your energy / heat / water / food consumption? If not, don't worry, many of us aren't ... In this modern world, it's easy to get distracted by all the choices we have about food or entertainment. But all our actions, no matter how small, have an impact on the environment.

Look for another way to calculate your carbon footprint!

Step 4: Track your progress!

Once you've found out what your carbon footprint is, you may want to make some changes. Every day, you can change your habits by applying all the information you just have on how to reduce your carbon footprint.

Make a note of each of these changes.

Here are some topics you should focus on:

- how you use your electronics
- your water consumption
- means of transport
- where does your food, meat intake, food waste come from
- recycling, packaging, waste reduction

Here are some suggestions for tracking your progress:

9 effective ways to track progress:

<https://www.influencive.com/nine-effective-ways-to-track-your-progress-toward-a-goal/>

Pursue your goal:

<https://stunningmotivation.com/track-your-goals/>

Now you have several options to choose from to track your progress. You can just write down all the changes you make in a notebook just like you would write in a journal, or you can make a weekly planner. The planner can be digital or you can make it yourself on paper.

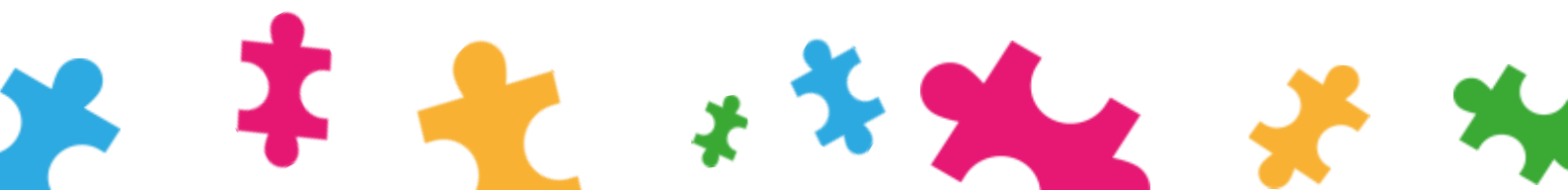
Here are some ideas on how to design your planner using different methods:

How to make a planner: <https://www.youtube.com/watch?v=lirJ2XLSq3s>

Weekly / monthly schedule: <https://www.instructables.com/DIY-WeeklyMonthly-Planner/>

Weekly planner models: <https://onplanners.com/templates/free-weekly-planner-templates>

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Step 5: Present your results!

The day has come! It's time to show your classmates how you managed to cut your carbon budget and inspire others to do the same.

In addition to showing the results and what steps you have taken to reduce your carbon footprint, you can also try to explain how your 2-week life went, how the experience went, and most importantly, give your colleagues advice and tips on how to succeed in reducing their carbon budget.

You can include things like:

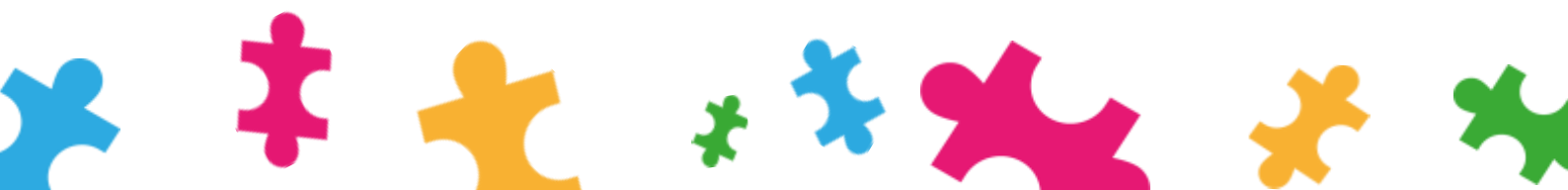
- Was it difficult to make those changes?
 - Do changes get easier over time? Have they become a habit?
 - Will you continue to apply them after the experiment is over?
- "What do you think of your new routine?"
- Why is it important to make such changes in our daily lives?

Success!

EVALUATION

Perform a self-assessment by answering the following questions:

- What did you like most about this activity? And why?
- Mention 3 things you learned through this activity that you did not know before?
- Do you think that this activity helped you to think about how our daily activities affect the environment?
- Do you think it is important to take measures that are good for the environment? Why yes? Why not?
- Do you think it's a good idea for others to think about their carbon footprint and how they can reduce it?

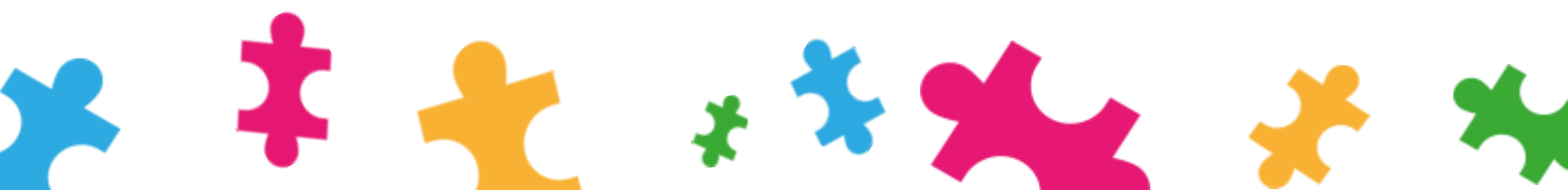


CONCLUSION

Congratulations!

You completed the activity and had a positive experience for the environment. Be proud of yourself! By sharing your experience, you have shown others how easy it can be to make some changes if we stop and think about how our lifestyle has a negative impact on the Earth. You have shown that not only adults can act on environmental issues, such as reducing their carbon footprint, but also children like you can make a contribution.

By completing this WebQuest, you learned a lot about carbon footprint, its causes, how to calculate and reduce it. We hope that your 2-week activity has shown you that anyone can make small changes with great results and will motivate you to keep up with new green habits to reduce your carbon budget.





GRETA

Challenge-based Learning in Primary Schools for Climate Change Awareness



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