

# ONE STEP AT A TIME!

## REDUCING YOUR CARBON FOOTPRINT



**Grade:** K-Adult

**Month:** April

### Lesson Focus and Goals:

When learning about the environment it is important to understand that everything we do causes a carbon footprint. What does that mean? A carbon footprint is the amount of carbon dioxide, or greenhouse gases, produced as a result of our day-to-day activities. When you tally each of your emissions, you can determine the reach of your carbon footprint and begin to explore ways that you can reduce the negative impact you have on the environment each day.

### Materials Needed:

- Butcher Paper or Poster Board
- Washable Paint (preferably in black)
- Two Different Color Markers
- Your Thinking Cap for Some Great Ideas!

### Learning Objectives:

- What is a Carbon Footprint?
- Why do we need to reduce our carbon footprint?
- What are ways we can help conserve energy?

### Structure / Activity:

**Step One:** Place your poster board or butcher paper on the floor.

**Step Two:** Using the washable paint, cover your foot in the paint until fully coated.

**Step Three:** Stamp your foot into the center of the poster creating a "carbon footprint."

**Step Four:** Using one of your markers, create a list on the left side of your footprint that shows ways that you use energy and create a carbon footprint. Examples include: Driving a car, leaving lights on in the house, wasting water, using plastic water bottles, etc.

**Step Five:** After you've made your list of ways you create a carbon footprint, use the other marker color to create a list on the right side of your foot of ways you can conserve energy. Examples include: Turning the water off while brushing your teeth, riding your bike, turning off lights when not in the room, not leaving electronics running, recycling and reusing items, using a refillable water bottle, etc.

**Step Six:** Take a moment to review your list. Talk about the ideas together and make a plan for how you can put your conservation ideas into action. Remember every little step counts!

### Take Aways:

Everything we do each day has an impact, not just on the people we interact with, but on the world around us. When we emit greenhouse gases or create waste we are depleting our planet's natural resources. It is our job to be good stewards of our home, and do what we can to conserve energy and help protect our planet from harm. Using the ideas that we came up with on our Carbon Footprint Poster, we can begin to make a change in our day-to-day lives one step at a time.