

# Sustainable Carlisle Activity Pack



This pack belongs to:

What is the "climate crisis"?

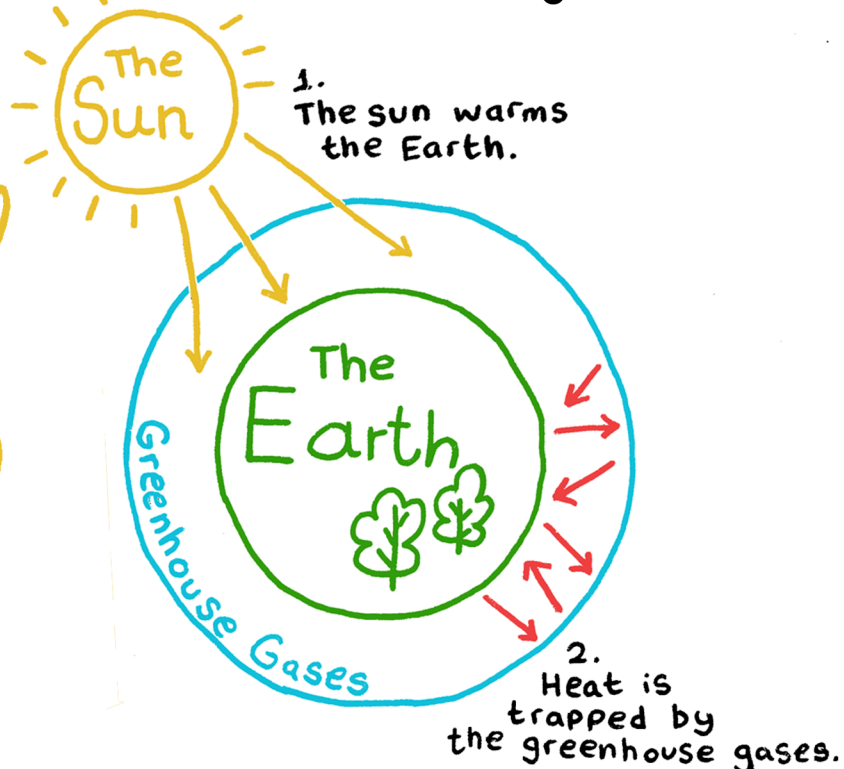


You may have heard in school or on the news about **climate change**, or the **climate crisis**. But what does that actually mean?

This is about the negative impact of humans on the Earth. It is changing many things about how we live and making other parts of nature, such as the weather, animals and our air, not be able to function properly.

One of the main causes of the climate crisis is burning fossil fuels (oil, gas, coal) for energy. This releases **greenhouse gases** which makes the Earth hotter than it should be as the **ozone layer** around the planet becomes too thick and traps the heat. As shown in the diagram here:

But you have the power to help! As a young person you are very important in shaping the future of the Earth. In this activity pack you can learn the skills to be able to make good changes and have your voice heard.



# what can happen because of the climate crisis?



the air we breath becoming dangerous



animal's habitats being destroyed



people's homes being flooded



bigger wildfires in hot countries

## simple ideas that can make a difference!

There are a lot of simple things we can all do to help, you may even already be doing them! Here are a few ideas, but can you think of any more?

- always put your rubbish in the bin or recycling, or in your pocket until you find a bin  
*(rubbish on the ground can often end up in an animal's habitat and make them ill)*
- help your family, friends or school with looking after a garden  
*(getting close to nature makes you feel good and gardening is fun exercise)*
- try growing your own fruit or vegetables  
*(growing your own food stops boats and areoplanes using energy to deliver to shops)*
- save electricity by turning off lights in rooms nobody is in  
*(electricity uses energy which can be from fossil fuels)*
- save water by not leaving the tap running when brushing your teeth  
*(not wasting water is good as there is only a certain amount of usable water in the world)*
- use less plastic, for example use a re-useable water bottle  
*(plastic is non-biodegradable which means it will sit in landfills for hundreds of years)*
- don't waste paper and put used paper in the paper recycling bin  
*(because paper comes from trees, and we must limit how many trees we cut down)*
- try walking or cycling to school instead of taking the car  
*(cars release greenhouse gases, walking is also great way to travel without fossil fuels!)*

**ask your teachers, friends and who you live with to do the same and work together as a team!**



There are a lot of things we can do as individuals that can help, but a really important one is telling other people about what needs to be done to look after the Earth and nature!

Starting an eco-warriors group in your school or local area is a great way to be powerful and inspire other people to make good changes to help our planet.

## STARTING AN ECO WARRIORS GROUP AT SCHOOL

- Find some friends who feel the same way as you do to join your group of activists.
- Learn! Understanding what you are talking about will impress other people and make them listen.
- Give a talk or presentation to your class or even year about what you think is most important about the climate crisis.
- See if you can be part of the school council representing the eco warriors group.
  - Encourage others to make good changes in class, such as making sure that everyone puts the right things in recycling bins.
  - Is anybody in the group handy at fixing things? If you or one of your friends is an expert at a skill think about helping others fix something, instead of letting it go in the bin. This could be sewing a hole in some clothes or repairing a bike.



## Young activist case study: Greta Thunberg

Greta Thunberg is a famous young activist that is speaking up about the climate crisis. She has spoken to powerful world leaders and organised protests that take place around the world. Greta has received honours and recognition from many people for her hard work.

Greta was born in 2003, which shows you are never too young to be able to make your voice be heard! The book of her speeches is even called "No One Is Too Small to Make a Difference"

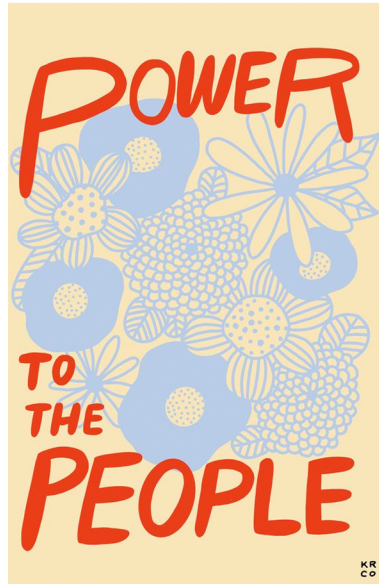
**What would you want to say to the world?**



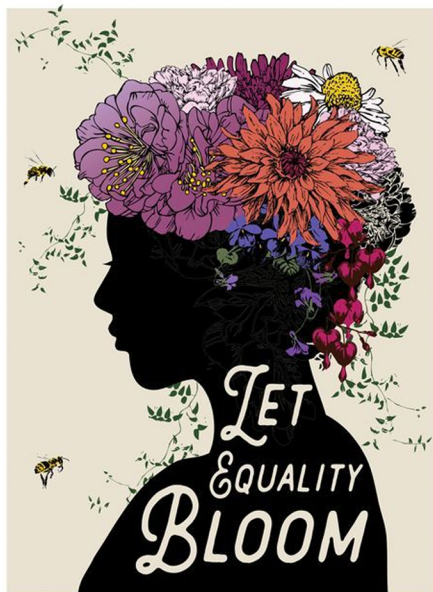
Greta speaking at a protest

# Make your own activism poster, have your say and get your voice heard!

Design your own or use the template on the next page, think carefully about what you want to say about the climate crisis to other people. You can stick up your activism poster in your bedroom window or ask at school if there is somewhere you can display it.



Here are some good  
examples to get you  
inspired:



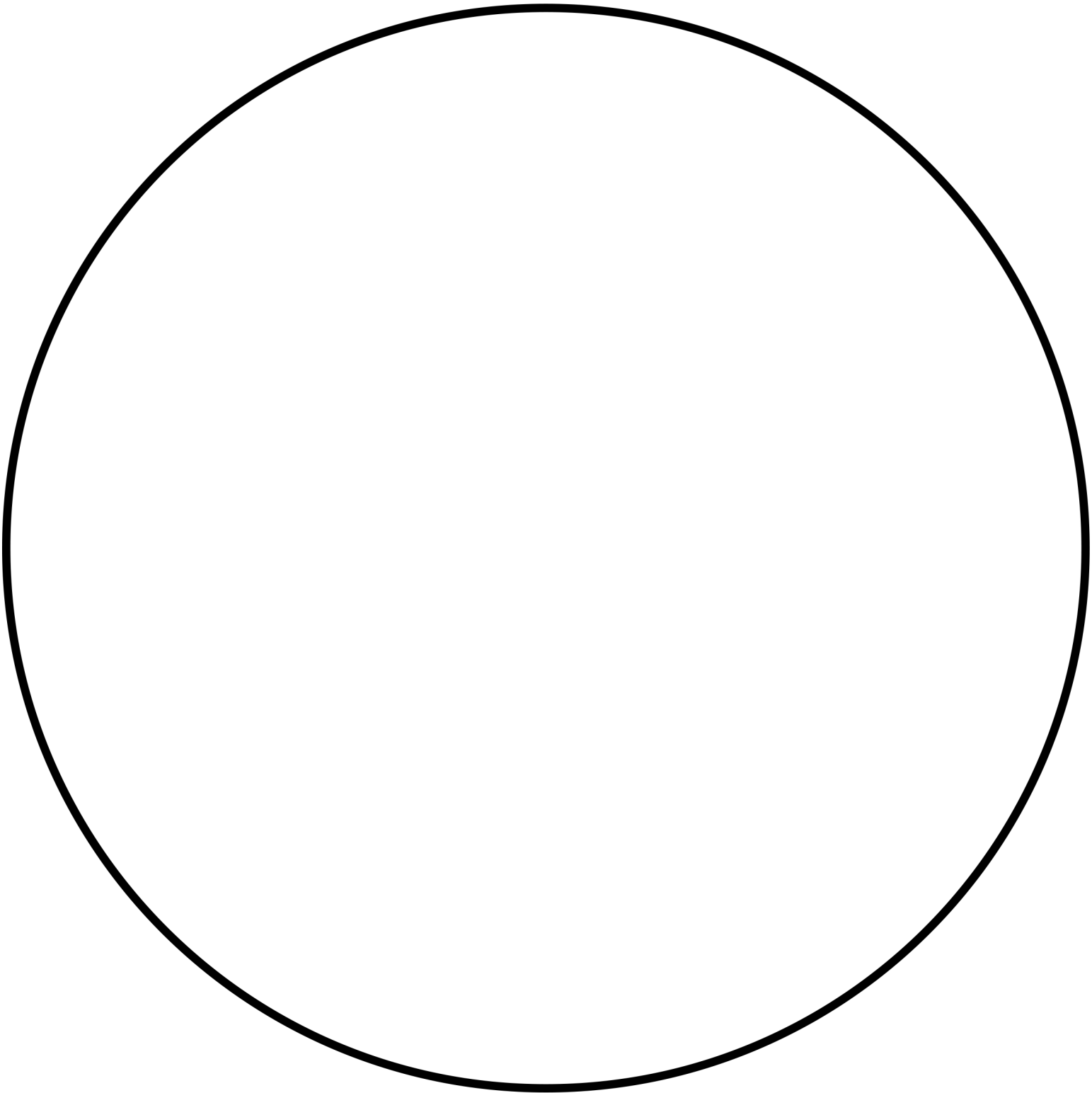
## poster designing top tips!

Keep it simple, think about high impact pictures and small phrases that will get people's attention.

Make it bold! What colours, shapes and words will make people pay attention?



**I want to see a future on  
Earth that looks like this...**



**the climate crisis is damaging everyone's future on Earth  
what are YOU going to do about it?**

poster by..... age.....

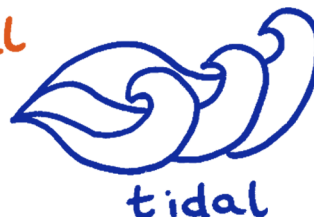
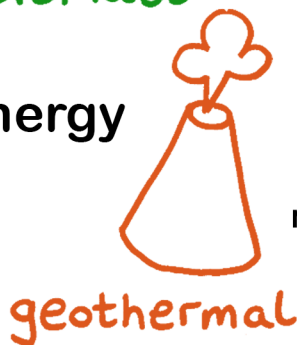
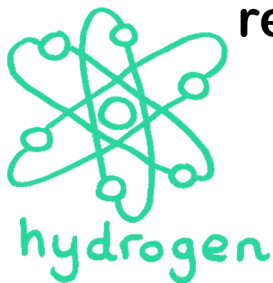


There are a lot of things being done on a big global scale to help reverse the climate crisis. One of those is the use of renewable energy. Instead of burning fossil fuels for power, we look to sources of energy from things that won't run out and don't release greenhouse gases into the ozone layer.

## types of renewable energy

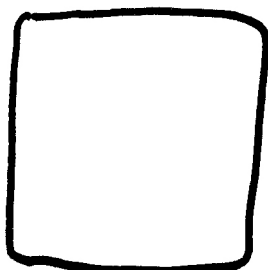
### RESEARCH TASK!

Here are some of the main sources of renewable energy, try looking online or in books to see how we are able to use nature for energy.

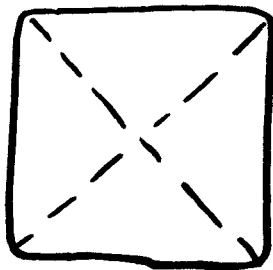


## renewable energy activity

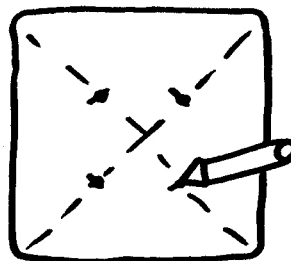
Pin wheels are easier to make and can be used in your own science experiment to measure wind at home! Your pinwheel is like a small version of the wind turbines they use to create renewable energy.



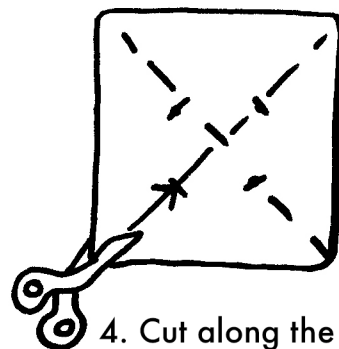
1. Get a square piece of thick paper / card.



2. Fold it in half, corner to corner, and unfold.



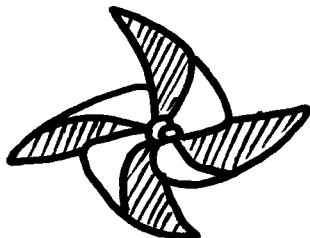
3. Mark with a pencil a third along the fold lines from the center.



4. Cut along the fold lines to the pencil mark you've made.



5. Fold each corner into the middle.



6. Push a pin through the center and through each layer of card.



7. Separate your pinwheel from a piece of dowel or a stick with a bead. Push the pin through the beads first, then into the dowel.



Keep a record of how windy it is each day for a week by writing how quickly the pinwheel spins. This can show you how powerful nature can be!





# Well done for completing this activity pack!

Sometimes thinking about the climate crisis can be worrying and scary, but you have the power to help make a difference which is something to be proud of. This activity pack is only the start of your journey and learning towards a future of a better planet. Don't forget to have fun whilst doing it and enjoy spending time in nature!

Have a go at making some nature art in the style of artist Alex Goldsworthy. He uses found natural materials, without damaging any plants or locations, to create impressive pieces of art. You could use leaves on the ground to make patterns, stack stones into interesting shapes or use twigs to make a sculpture!

