

Here are a few 'cut my carbon' ideas

- Walk or ride your bike to school
- Use the bus or the train more
- Switch off electric items
- Talk with your friends about the climate
- Calculate your carbon footprint
- Grow your own vegetables
- Ask the Woodland Trust for a tree planting pack
- Wear warm clothes and turn down the heating
- Hold a 'no waste' lunch day
- Ask your parents to buy seasonal, UK-grown food
- Save and reuse scrap paper
- Turn off the tap when brushing your teeth
- Have a short shower, not a big bath.

BETHECHANGE

BE CARBON FREE



Five things we can do

My name is

BETHECHANGE

You already know the phrase 'reduce, reuse, recycle, but what else can be done to help reduce carbon emissions? Think of five things for you, your school, your family and friends to try this month. There are some ideas on the next page to get you started.

1

You can tick here when you complete your task



2



3



4



5

