



Reducing our carbon footprint: Make your life greener

There are so many ways to reduce our carbon footprint and make our everyday lives a little bit greener. If you think you can make changes, set yourself some greener life goals here!

Make sure your targets are SMART:

- **S**pecific (simple, sensible, significant)
- **M**easurable (meaningful, motivating)
- **A**chievable (attainable)
- **R**elevant (reasonable, realistic, results-based)
- **T**ime-sensitive

Name:

Date:

Being green with hobbies and interests

- Could you walk/cycle/take public transport to your club, group or training, instead of driving?
- Have you thought about helping others get greener? Volunteering can be lots of fun – look to see if there’s a local environmental group you can help with. You can find out more about how you can help us through volunteering at the end of this pack.
- Cycling, running and walking are all great ways to get fit. The waterways across England and Wales make perfect locations for all of these.

My green goals





Being green with friends

- Spending time in nature and meeting friends in green and blue spaces is a greener way to enjoy yourself, and a great way to boost your mental health and wellbeing.
- You could even challenge yourself to have a carbon-free weekend.
- Walking and talking with friends, or a cycle ride together can be lots of fun, lets you explore new places, and keeps you fit – all at the same time!
- Whatever you are doing, take a plastic-free picnic in place of buying plastic covered food, snacks and drinks. Or take it in turns to cook for each other – you'll learn a valuable life skill too!
- You could even take a flask of tea, coffee or hot chocolate to share.
- Choose a meeting point you can all get to by walking, cycling or taking public transport.



My green goals

Being green at home

- Which energy provider(s) does your family use? Is this a renewable energy provider? Would it be possible to switch? It's a lot easier than you and your family might think!
- Do you and everyone in your house turn out lights when you leave a room?
- Are all your devices unplugged or the sockets turned off at the wall when they are not being used. Leaving TVs and other devices on Standby uses more energy than you might think.
- What temperature is your heating set to? Could you reduce this? It's much better for the environment if everyone puts on an extra jumper instead of turning the heating up.
- Take a look at your lightbulbs. Could these be changed for low energy alternatives?
- Could you eat more plant-based meals? Switching out meat for just some of your meals will have a positive impact on the environment, whilst keeping your diet healthy and balanced.
- Do you ever ask for a lift when you could easily walk? Try to walk or cycle whenever you can.
- Finally, take a look at the water stewardship section of this pack, and the water survey sheet, to see how well you are doing with conserving water. Many of the ideas save energy too.

My green goals



Being green at school

- How do you get to school? Try to walk, cycle or take public transport if you can.
- What's in your packed lunch? Try to go plastic free – use reusable containers and avoid individually wrapped snacks. Aim for any waste to be composted or recycled.
- Take a water bottle to school to refill rather than buying bottles / cans of drink.
- Does your school encourage recycling? Could you do anything to encourage others to change their behaviour? Schools have to make very careful decisions about resources but they will always welcome suggestions. Share your ideas and offer to help with any changes.
- Can you reduce the amount of paper you use? Use the back of old print outs for scrap paper and submit homework electronically if you are able to.

My green goals