

Activity:

Personal climate diary

For this activity, pupils consider how their daily lives connect to climate change.

This is a reflective exercise that generates qualitative information rather than quantitative baseline data. The purpose is to be thought provoking and encourage pupils to reflect on how our day-to-day actions might affect the climate and ocean.

What to do

Diary of a day

1. Ask pupils to write a paragraph describing what they've done in their day so far. You could provide prompts like what they did when they got up, what they had for breakfast, what they wore, how they travelled to school and what they did at break time.
2. Share a few examples of pupils' writing with the class. Discuss how the activities listed link to carbon dioxide emissions e.g. growing and packaging food, using water, making clothes, heating our houses, travelling in cars, using electricity, making toys and games, making paper and pens – all these activities release carbon dioxide into the atmosphere, leading to ocean warming and acidification.
3. Ask pupils to work individually or in pairs to review their descriptions of their days and circle the activities that link to climate change. Add activities that were forgotten to get a full picture of the day.

Responsible consumption

1. Display the [Waste Funnel](#). Explain that the funnel is designed to show importance and impact, with the actions that make the most difference placed at the top. If we follow the 3Rs – Rethink, Refuse and Reduce – we can reduce the amount of products being manufactured, reducing carbon emissions from manufacturing and supply processes.
2. Can pupils think of one thing they could Rethink, Refuse and Reduce each day? *Continued on next page*

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What to do (continued)

3. It's important that pupils are not left with feelings of eco-guilt or anxiety as a result of this activity. Stress that no one is perfect – trying to do the best we can and making small changes will make a difference. The aim is to be responsible and consume only what we need.

Preparing for Step 3

In Step 3 you'll take action to fight climate change. You could choose to hold a 3R challenge to encourage your school community to reduce their consumption, and therefore carbon emissions.

To prepare for this challenge, discuss the steps that can be taken during a typical day to reduce consumption. The activities listed in pupils' descriptions are essential – we can't stop getting up, eating or going to school.

As a class, ask pupils to suggest how they could generate less carbon dioxide for each of the daily activities listed e.g. walk to school instead of drive, take a shorter shower, turn off lights in empty rooms, turn down the heating thermostat. Tease out that the aim is to be responsible and consume fewer resources.

You can carry out your Step 3 project in the way that best suits your school's circumstances. Our [workbook for The 3R Challenge](#) provides one possible approach.

Daily activity	How can we Rethink, Refuse or Reduce?