CLIMATE CHANGE

Here are some things you might like to try

FIRST tick what you will try THIS WEEK.

NEXT WEEK, check how well you did.

Don't
worry if you
lidn't! We can't
be everything and
you can always
try again

	THIS WEEK	NEXT WEEK
ACTION	CAN YOU TRY TO DO THIS?	DID YOU MANAGE?
 Cycle, walk or take the bus to school, instead of using a car 		
2. Try a week without meat or at least a few days!		
3. Borrow something you need and don't have this week, or lend something to someone else so they don't have to buy		
4. Put on a jumper if you feel cold instead of turning up the heating – you could even ask if you could turn your heating down a little at home	•••••	• • • • • • • • • • • • • • • • • • • •
5. Enjoy nature in some way, like going for a walk in a park. Plant a seed, water it and watch it grow	• • • • • • • • • • • • •	
6. Talk about climate change to your family or friends – or write a letter to someone about it	• • • • • • • • • • •	• • • • • • • • • • •

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