WALK & CYCLE MORE

And if you need to go far, share your journey

WHY?

Cars produce a lot of carbon dioxide. We get happier and healthier when we walk and cycle too. If we share the car or use buses and trains, we pollute the world less.

BUY LESS & LOOK AFTER WHAT YOU'VE GOT.

WHY?

A lot of modern things are made of oil. For example, all plastic and many of the clothes you wear come from oil products. But one day, the metal and oil will run out. Think before you buy. Do you really need that new thing? It is better to mend things and swap or share with your friends than to throw them away and buy new.

TURN DOWN THE HEAT & PUT ON A JUMPER

OFF OFF OFF OFF OFF
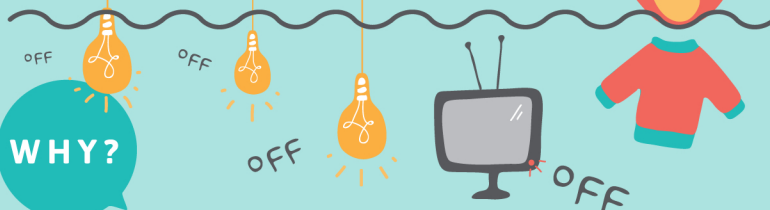
WHY?

Heating houses produces a lot of carbon dioxide. If we feel cold, we can put on an extra jumper. We can also turn off the radiator and lights when we are not using a room, and turn the TV off standby when we are not watching it.

PROTECT NATURE & PLANT MORE TREES

That includes us!

WHY?

Many plants and animals could die because of climate change. We need trees because they suck in carbon dioxide and give out oxygen, which we need to breathe! Planting trees and looking after the animals around us that are struggling to live, like hedgehogs and swifts, is a good thing - and can be a lot of fun!

EAT LESS MEAT & DAIRY & BUY LOCAL FOOD

WHY?

In many parts of the world, people are cutting down or burning trees so that they can raise animals for meat. Also, cows, sheep and pigs burp and fart a lot. This produces methane, which is a powerful greenhouse gas! If we buy locally grown and locally produced food, it does not need to be brought to our supermarket by a polluting plane.

TALK ABOUT YOUR FEELINGS & TAKE ACTION

WHY? **WHY?** **WHY?**

A lot of us feel scared about climate change, as well as sometimes feeling sad, confused, excited... all sorts of feelings; so, talk to your families and friends about it. Maybe they'll want to make some changes too! You could make notices for the playground, ask your parents to walk you to school or write to your MP.