THINKING KIT

ACTION BOOK

SPECIAL MISSION!

{TOWARDS NET ZERO}

Let's get to 10%

THIS YEAR, PLEASE!

THE GREAT IMAGINING
Greener · Fairer · Wiser

Handsworth Association of Schools

Why is **10%** important?

Imagine our Earth snuggled under a giant, cozy blanket. This blanket keeps us warm, which is important, but lately, we've been adding extra layers to the blanket, making the Earth too warm! These extra layers are made of gases like carbon dioxide, and they're trapping too much heat which is damaging the Earth

We need to take away 10% of the gasses we create that are trapping too much heat, that's what this booklet is all about! 10% might sound small, but if everyone does their part, it will make a HUGE difference.

Taking away 10% of these unwanted gases each year until 2030 will help stop the Earth from getting too warm. This means less melting ice, safer weather, and a healthier planet for all the plants, animals, and people. This booklet is your guide to becoming an Earth-saving superhero!

How this book **helps** you!

This **Special Mission Action Book** comes with your very own Carbon Calculator poster where you will be able to track your Carbon Footprint. The aim here is to try and reduce your carbon footprint and get the highest score possible with our interactive points system!

The poster will help train you to become the sustainable superhero that the Earth needs to be a healthier and happier place.

Follow this booklet carefully to pick up on tricks and tips to help be the person that the Earth needs.

And look out for help from the United Nations:

CLIMATE ACTION ★SUPER★ HEROES

CO$_2$ { the **invisible** problem }

FUME FIGHTER

UN CLIMATE ACTION SUPERHERO

CO$_2$ is an invisible gas – carbon dioxide. It is one of the main gases responsible for damaging the Earth and environment. We can't see CO$_2$, but it's all around us!

Everything we do from turning on the lights to eating that tasty slice of pizza uses energy which creates CO$_2$. Understanding how energy creates CO$_2$ can help us understand how our actions are impacting the Earth.

This booklet will help you to understand CO$_2$ and how different activities create different amounts of CO$_2$, making you a CO$_2$ detective! For example, did you know that watching the TV for an hour uses the same amount of CO$_2$ as driving a mile in a car?

Just a normal day: our CO_2e Adventure

CO_2e = the carbon dioxide equivalent to the weight of a food item

Everything we do uses energy, leaving a '**carbon footprint**.' We often don't think about this when we shop or make choices.

The carbon footprint (the lasting effect) of an action, or the act or using or consuming something, is measured in CO_2e – the equivalent weight of carbon dioxide produced.

For example, 250g of lentils (**0·53 CO_2e**) = **132·5g** of CO_2e whereas 250g of beef (**27 CO_2e**) = **6,750g** of CO_2 – that's more than 50× more carbon dioxide!

Here are some more examples:

- **Washing dishes**
  Washing by hand in cold water uses almost no CO_2e.
  A dishwasher at high temperatures uses much more.

- **Making tea/coffee**
  Boiling only the water you need for a single cup uses far less energy than boiling a full kettle.
  Lattes and cappuccinos have a bigger footprint than a simple black coffee.

By just boiling the right amount of water, one person can save 30kg of CO_2e a year – that's like a 40-mile car trip!

- **Washing yourself**

Short showers with an efficient showerhead use less energy than long ones, especially electric showers.

A bath with solar-heated water has no CO_2e. A bath with electric heating has a much larger footprint.

- **Mobile phone use**

Even scrolling on your phone uses energy!

Less phone use means a smaller carbon footprint.

Deleting unused apps can help.

Challenge

List your typical day and see where you can make changes to use less energy!

Draw or make notes here

Reduce, Reuse, Recycle:
The **Superpower Trio**

These three words are like a superhero chant for the planet!

- ## **Reduce**
  This means using less stuff in the first place.
  For example, …

- ## **Reuse**
  Find cool new ways to use things instead of throwing them away – an old t-shirt can become a cool cleaning rag!

- ## **Recycle**
  Turn old things into new things.
  Recycling paper can make new books!

These three words help slowly reduce CO_2 in the environment. This means that by doing these three things you will be helping make the Earth a healthier and happier place for all!

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FASHION FIXER

UN CLIMATE ACTION SUPERHERO

RECYCLE RANGER

10%

Food: delicious but with a footprint!

10%

Did you know the food you eat has a CO$_2$e footprint?

Some foods have a much higher **CO$_2$e** than others, with meat taking lots of energy to produce!

Here are a few tips to reduce the **CO$_2$e** of your food:

- **Meatless Mondays**
  Try having at least one meal a week with no meet as this can make a huge difference to your **CO$_2$e**!
  (BONUS POINTS FOR MORE THAN ONE!)

- **Seasonal food**
  Eating fruit and veg grown locally and in season is so good for the environment. Think crisp apples in the autumn and juicy strawberries in summer!

- **Say No to processed food**
  Processed foods come in lots of packaging and take lots of energy to make. Try eating more fresh foods instead!

Changing what we eat can have huge benefits for the environment and is an easy way to reduce **CO$_2$e**!

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VEGGIE VINDICATOR

Seasonal **Food Guide**

Eating food in season is not only delicious but is a massive help for the environment!

- **Winter**
  Yummy root vegetables like carrots and potatoes, plus leafy greens like kale.

- **Spring**
 Asparagus, rhubarb and fresh spinach!

- **Summer**
  Berries, corn, tomatoes, and so much more!

- **Autumn**
  Apples, pumpkins, and squash!
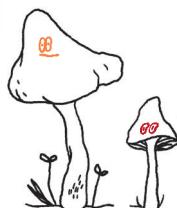
On the move: CO_2e style

How we travel makes a huge difference to our CO_2e **footprint**. Short car journeys are often the worst culprit!

- **Walking, biking, scootering**
  These are some of the best ways to travel.
 Not only are they great for the environment but they are also so much fun!

- **Public transport**
  Buses and trains help carry lots of people at once – a lot more efficient than everyone driving their own car!

Choosing to walk, bike, scooter, or bus will be amazing for your CO_2e **footprint** and will help the Earth take off that blanket.
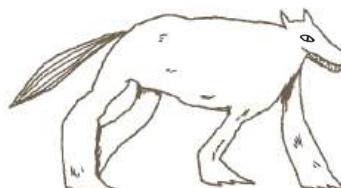
Habits: small changes, big impacts
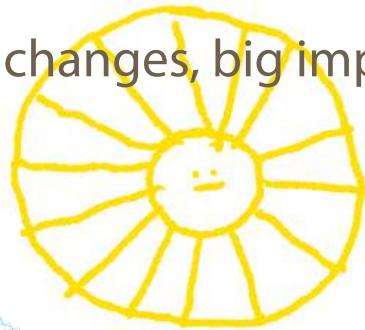
The small things we do every day can add up to a huge CO_2e footprint over time.

Not to worry! – making small *changes* can make huge *differences* too.

10%

- **Short showers**
  Try and keep your shower time to a minimum.
  Reducing your shower by a few minutes each day can help reduce your CO_2e footprint massively.

  - **Lights out**
    Remember to turn off lights when you aren't in the room.

  - **Bags for life**
    Bring reusable bags to the shop instead of buying plastic bags there.

- **Unplug**
  Always unplug chargers and appliances when they aren't being used.

Small changes like these may seem unimportant, but everyone doing them makes a big difference!

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TRUTH TALKER
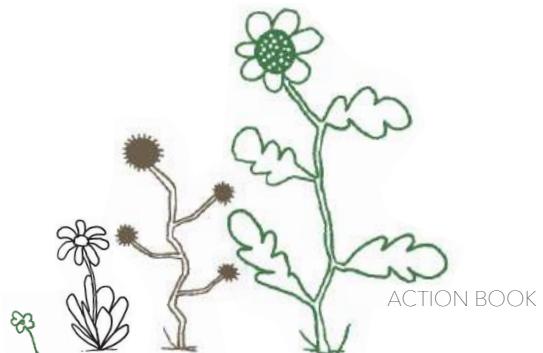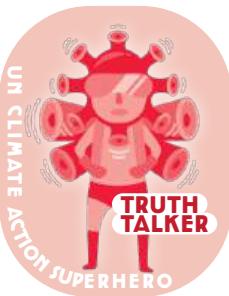
Reflective questions: Time to Think!

Answering these five questions will help you to think like a CO₂e superhero!

Try asking these questions to your family and friends and spread your superhero knowledge!

Ask yourself (and your friends and family)

What are some fun ways to get around without using the car?

How can we reduce food waste at home and at school?

What are some ways to save water?

How can we make our homes more energy efficient?

What are some other small changes we can make to help the planet?
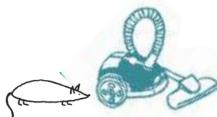
Time to Think: **Resources**

This is just the beginning of your carbon-saving adventure. These websites are full of useful information to help level up your carbon-saving ability.

- **WWF Carbon Calculator**
  https://footprint.wwf.org.uk
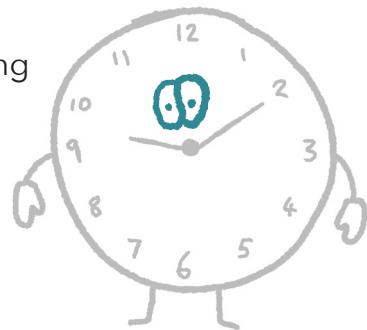
  - **Climate Clock**
    https://climateclock.world
  - **UN Sustainable Development Goals**
    https://sdgs.un.org/goals

    - **Actions for a Healthy Planet**
      https://www.un.org/en/actnow/ten-actions
    - **Carbon Footprint Organisation**
      https://www.carbonfootprint.com
    - **Let's go Zero**
      https://letsgozero.org

- **UN Climate Superheroes**
  https://www.un.org/sustainabledevelopment/climate-action-superheroes/

Who are we?

Find out more about our work and our partners and projects online:
www.thegreatimagining.org/staffordshire2025
www.haos.org.uk

Explore our resources as they are uploaded:
www.thegreatimagining.org/THINKLOPEDIAS