



TOOL

50 Climate-friendly Lifestyle Actions



Title : 50 Climate-friendly Lifestyle Actions

Developed by : NGO "Zaļā brīvība" /the green freedom/

Topics : Climate change

Website : www.zalabriviba.lv/

Description

To achieve the Paris Agreement's goal of keeping climate change to 1.5°C, both economic transformation and significant changes in household consumption are important. Together with cooperation partners in Europe, NGO "Zaļā brīvība" have analysed and determined the 50 most recognizable and frequently practised climate-saving or low-carbon lifestyle actions to achieved till 2030.

Duration

Differs depending on chosen format

Resources needed

To use the materials we need:

- Computer
- Internet connection
- Printed leaflets

Age

Middle School: 10 to 14 years old
High School: 14 to 19 years old

Relevance to CRISEPAC Objectives

The resource is relevant to the CRISEPAC objectives, because it contains suggestions on how to change a human's behaviour to mitigate climate change.

Expected outcomes

This material helps both children and teachers to understand how to implement climate saving lifestyle actions in different fields - food consumption, movement, housing and free time.

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Management

Teachers can use the most appropriate work methods depending on the situation by working groups, organising discussions and asking to make presentations about a specific topic. It is advisable to prepare and provide information about climate change and our connection to the process in advance.

Risk prevention

The resource gives students and teachers real ideas of action for developing a climate saving lifestyle.

Others

Weaknesses

- Some suggestions could be very specific and relevant for changing a state policy;
- Materials are available in Latvian only.

Strengths

Real, constructive lifestyle suggestions to mitigate climate changes.

Possible adaptations

Teachers can use these materials together with other related to the topic. For elderly students it can be a good option to provoke a discussion in depth - why, what and how we can change some politics and strategy documents in a state level or even wider - Europe.

Climate change

Our daily actions and choices, such as energy consumption, transportation methods, waste production, and dietary habits, are connected to climate change because they contribute to greenhouse gas emissions, resource depletion, and environmental degradation, ultimately influencing the health of our planet and its climate systems.

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Methodologies

The purpose of an action list is to give any person a road map of the actions they are willing to take in the near or distant future. In order to achieve the goals of 2030 and 2040, one household does not have to take all the steps, so the list can also be perceived as a tool for selecting possible and acceptable actions. It should be taken into account that obstacles to actions are often external, so wider social and political preparations may also need to be made to enable them.

The material can be perfectly integrated into such subjects as Social Sciences, Geography, Ethics, and Biology. This material can be used as one lesson material for reading, discussing, choosing possible actions in local realities and personally - at families. These topics are interesting and useful to discuss to find out what kind of actions can be implemented in school life, too.

More information : NGO "Zaļā brīvība" - info@zalabriviba.lv

