

POWER!



CUT YOUR CARBON

WITH ECO-SCHOOLS




Why is carbon important?

If the temperature of Earth was based only on our size and distance from the sun, the average global temperature would be -18°C !

Fortunately, there are gases in our atmosphere that trap heat and stop it from escaping. This makes the global average temperature 14°C , perfect for living things.





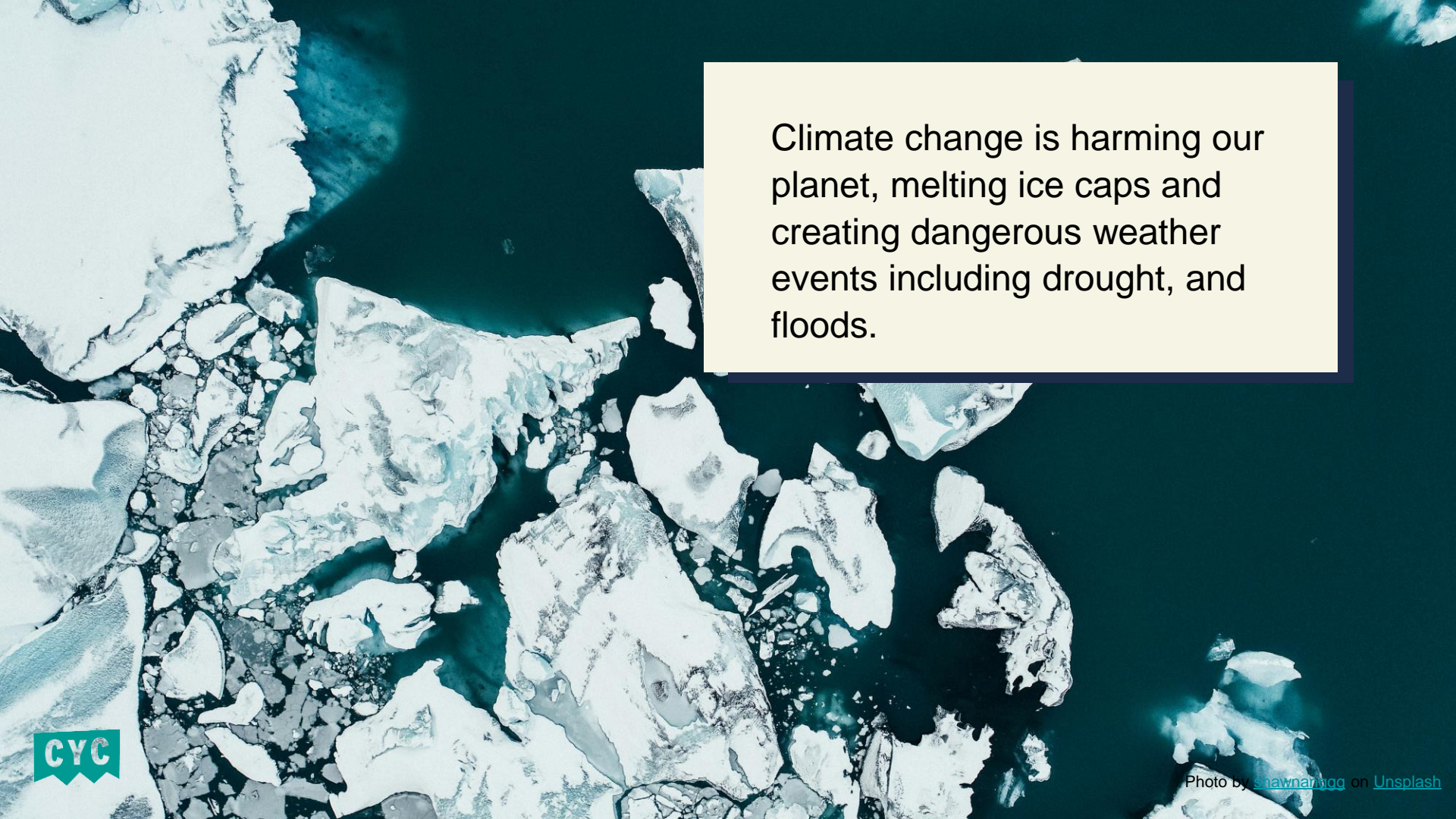
We call these gases
'Greenhouse Gases'
because like the glass of a
greenhouse, they trap heat.
Many of these greenhouse
gases contain carbon.

Why should we cut our carbon?

Every day humans generate energy, drive cars, grow food, and power factories. These activities can release huge amounts of greenhouse gases into the atmosphere.

More greenhouse gases means more trapped heat. This is making Earth warmer, creating '**climate change**'.



An aerial photograph showing a large number of icebergs of various sizes and shapes floating in a dark blue ocean. The icebergs are white and grey, with some showing signs of melting and cracking. The water is a deep, dark blue, and the overall scene conveys a sense of environmental impact and climate change.

Climate change is harming our planet, melting ice caps and creating dangerous weather events including drought, and floods.



It's time to push back against climate change.

It's time to shout loud and inspire everyone to act.

It's time to **Cut Your Carbon!**

What can we do ?

Governments must act and big businesses need to change.

But we can also play a part. Making small daily changes can add up to make a big difference.

We're challenging you to complete 6 small activities across November, at home, with friends and family. Each activity will reduce your carbon emissions and inspire others to act.



What next?

All pupils will get a Cut Your Carbon checklist.

You can take this home and use it to help guide you, your family, and your friends to cut your carbon.

At the end of November, we'll count how many pupils completed each action and celebrate our efforts together.





1. Make 5 miles of travel 'active'



2. Go plant-based for a day



3. Turn down the heating by 1° for a week



4. Buy nothing new for 1 month



5. Substitute 4 baths for 4 showers and limit them to 4 minutes



6. Switch off all non-essential electrical devices for an hour



**TRANSPORT IS RESPONSIBLE FOR
AROUND 20% OF GLOBAL CO2
EMISSIONS. SO SCOOT, WALK OR
CYCLE WHEN YOU CAN!**



Bupa Foundation

CUT YOUR CARBON



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