




Week 3: Empower Climate Action

Congratulations - You made it to the third and final week of the campaign! Let's now take climate action!

Fun fact: Did you know that Tundra is one of the biggest carbon sinks on Earth? Tundra ecosystems are treeless regions found in the Arctic and on the tops of mountains, where the climate is cold, windy, and dry. This is another reason why it is important to keep the Earth's temperature down!

Day	Action
1	 <p>Action 1: The Changing Climate</p> <ol style="list-style-type: none"> 1. Time for some fresh air! Go outside for 5 minutes. What is the weather like today? Take your time and engage each of your senses one by one - what do you see, feel, hear, smell? What is one thing you are thankful about this weather? 2. Is this typical weather for your area at this time of year? Come back inside and ask your parents or a teacher if they have noticed a change in weather in your country the past 10 years.

3. Can you explain the difference between weather and climate? Watch this short video to learn the basics: <https://youtu.be/EtW2rrLHs08>
4. Carbon footprint is a measure of a person's or event or organization's or product's total direct or indirect emissions of CO₂ and other greenhouse gases, measured in carbon dioxide equivalents. Have you ever wondered what your carbon footprint is? Follow this link and take this quiz to find out: <https://www.carbonfootprint.com/calculator.aspx>
5. Share your footprint and reflections on FB/Instagram with #MyActionsMatter

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Action 2: Food Miles!

1. Find seven food products in your kitchen (e.g. fruits, vegetables, rice, beans, nuts) that have a label telling where the product was produced.
2. Do some of these products grow naturally in your country during certain times of the year? Or are they transported to your supermarket from other countries? Consider how this might impact the weather and our environment overtime and give appreciation to the environment that we are currently living comfortably in.
3. Be inspired by this YRE video from Sweden and find out what local and seasonal food products you have in your country: <https://yrecompetition.exposure.co/sweden-13>
4. Repeat the following affirmation, "I care for my health and about what I eat"



Action 3: SOS - It's an Emergency

1. Together with your parents or guardians, imagine that your home is threatened by a natural disaster (e.g. a forest fire, flood, or hurricane). Pick one that is a potential risk in your area.
2. Discuss - What would be important for you as a family to do (and not to do) in this situation? Where would you go? What would you bring with you? Who would you contact? How do you feel as you envision yourself in this situation? Select the emotions that resonate with you at this moment in your Treasure Earth app diary and log it down. Take three deep breaths before moving on.
3. Write down or draw the most important steps on a piece of paper and hang it somewhere visible. For inspiration to create an emergency plan, you can watch this video: <https://youtu.be/QtM3fkbQ-U>
4. Share a picture of your planned steps in your community on the app or on FB/Instagram with #MyActionsMatter

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Action 4: Wonderful World of Chocolate

1. Think of your favourite chocolate treat. If you have one in your kitchen, find it, and look at the label. Make a list of its ingredients, find out where it was produced and its packaging.
2. Find a blank piece of paper and draw every step of this chocolate's journey all the way from producing the ingredients to arriving in your kitchen. You can find some inspiration in this video: <https://youtu.be/-5U6xMoL0Ls> Consider how many different countries/people/tools helped make this chocolate. Take a photo of your drawing and share it in your community on the app.
3. Next time you are in the supermarket buying chocolate, consider if you can choose one that was produced sustainably, considering people and the environment.

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Action 5 - What's on Your Feet?

1. Find all the pairs of shoes you own (any kind of footwear counts: Sneakers, sandals, rubber boots, rollerblades, stilettos, flip flops, etc.)
2. Divide them into two piles: ones you use daily (during different seasons) and ones you only use once in a while.
3. Take a photo of the two piles and discuss with your family/friends the number of shoes you rarely or never use - why did you buy these? Could someone else use them? How can you avoid buying shoes in the future that will only collect dust in the closet? Why do you think it is so hard to change our consumption/shopping habits?
4. Upload the photo of your footwear together with your reflections in the community group and/or on FB/Instagram with #MyActionsMatter

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Action 6: Travel Tactics

1. Did you ever wonder how much CO₂ you save by taking the train instead of the plane to your favourite destination? Find out by using the CO₂ Calculator here: <https://www.gff.global/> (Donations are not required).
2. Share in your community what travel option has the lowest CO₂ emission. You can also post it on FB/Instagram with #MyActionsMatter
3. For one whole day, choose to only walk or bike anywhere you need to go. Discuss your plan for the day with your parents. Make a plan for the future: e.g. "every Thursday, I will walk or bike to school".
4. You are now only one day away from the end of this campaign! Help us understand your journey, so we can improve future campaigns by filling this survey: <https://www.surveymonkey.com/r/QM276HC>



Action 7: Reflect and Celebrate!

Thank you for joining us in this 21-day Journey! Thank you for your efforts!

- 1) Pause for one minute and be present in the now and here. Close your eyes and focus on one breath in, and one breath out. Repeat this three times. Place your hand/s on your heart, pay attention to the warmth and contact of your hand. Recall the intentions that you had set as well as the practices and acts that you have completed.
- 2) Taking a big deep breath, how do you feel in this moment, without any judgement? In your Treasure Earth app diary, select the emotions that resonate with you and log it down.
- 3) Acknowledge your efforts and celebrate with your friends and family. Take a photo of your celebration and upload it in your community in the app and share it on FB/Instagram with #MyActionsMatter



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Would you like to continue your Climate Action efforts?

Join us for the youth-led, online event on Earth Action Hub on 21-23 May! Registration is open here: <https://www.earthactionhub.org/> (Anyone over the age of 16 can register). We look forward to seeing you!