

**Earth Day Network
and the
Environmental Education Program**

Founded by the organizers of the first Earth Day in 1970, Earth Day Network's (EDN) mission is to broaden the environmental movement worldwide and to educate and mobilize people, governments, and corporations to take responsibility for a clean and healthy environment. EDN works in 174 countries with more than 12,000 network members helping to build alliances, and facilitating information exchange and collaboration. In addition, EDN supports a network of 85,000 K-12 environmental educators, providing them with supplemental materials, classroom and community activities, and opportunities for civic learning and participation.

For more information, please visit Earth Day Network's Web site at www.earthday.net. For additional information concerning EDN's Environmental Education Program and to download educational lessons and resources, visit the Teacher's Corner of EDN's homepage.



www.earthday.net

Environmental Jeopardy *Sustainability Edition*

Earth Day Network (EDN) is proud to present the Inaugural Edition of *Environmental Jeopardy*. EDN's Environmental Education Program creates and promotes many valuable classroom resources and lessons, like *Environmental Jeopardy*, designed to encourage civic responsibility and environmental awareness in students of all ages. If you have not done so already, please visit the Teacher's Corner of the EDN Web site, www.earthday.net, and register on the Educators Network to find out more about EDN's free classroom resources. Registrants of our Educator's Network have access to all of our educational resources and will receive notice of future editions of *Environmental Jeopardy* available for download. In addition, teachers and their students can submit questions for the next edition of *Environmental Jeopardy*, which will be available in the spring of 2005: "What's in Your Food, What's in Your Body."

The theme for the Inaugural Edition of *Environmental Jeopardy* is "Sustainability." Understanding the importance of living a sustainable lifestyle is more important today than at any time in our history. The questions included in this edition encourage students to consider how they – as individuals, as community members, and as part of the human race – can live within the constraints of Earth's limited natural resources. The questions place an emphasis on renewable energy, conscientious consumer habits, and general environmental awareness, and are positively framed to encourage students to take an active role in improving the environment.

Environmental Jeopardy is easy to implement in your classroom. First, cut out the question categories (three for elementary level and five for middle school) and the questions in this booklet. Place the category cards at the top of the columns (dark blue spaces) with the question cards below in the appropriate 'diagonal cuts' in the *Environmental Jeopardy* poster board. The side of the question card with the point value of the question should be visible. Then, simply divide the class into small groups (between 3 and 5 students) so they may learn the value of collaboration. Each group will pick a question according to its point value in a specific category. The teacher will read the question from the back of the card and the group will have thirty seconds to agree on an answer. If they answer the question correctly, they can choose another question. Each group can answer up to three questions in a row before allowing another group to have a turn. If a group does not answer a question correctly, the next group will have a chance to answer the question. The team with the most points at the end of the game wins!

To help make the subject matter of this game more relevant to your students, we have included "Did you know?" facts with some of the answers, Web sites with additional information regarding different aspects of sustainability, and an additional classroom exercise at the back of this booklet.

We hope you and your students enjoy *Environmental Jeopardy*. We thank you for making EDN and environmental education a regular part of your curriculum. We believe that environmental education can be an integral part of education in all subject areas and grade levels. Again, please register on EDN's Educators Network to learn about other classroom resources as well as future editions of *Environmental Jeopardy*.

Further Research on the Web

Environmental Jeopardy questions are designed to pique your class's interest in environmental issues. In this edition issues are related to sustainability. This list of Web sites will serve as a good start for conducting research and learning more about various aspects of sustainability.

1. Earth Day Network, <http://www.earthday.net/> - You and your students will find valuable information throughout EDN's Web site, but here are some useful pages to begin with:
 - a. Teacher's Corner - <http://www.earthday.net/howto/teachers-corner.stm>
 - b. Measure Your Ecological Footprint - <http://www.earthday.net/footprint/index.asp>
 - c. Ecological Footprint Kids' Quiz - <http://kidsfootprint.org/>
 - d. About the Ecological Footprint - <http://www.earthday.net/goals/footprint.stm>
2. The Department of Energy
 - a. Fuel Economy.gov, <http://www.fueleconomy.gov/> - Provides authoritative information on motor vehicle information, fuel efficiency, hybrid cars, and fuel cells.
 - b. Energy Efficiency and Renewable Energy, <http://www.eere.energy.gov/> - This site provides detailed information regarding renewable energy sources and energy efficiency.
3. The National Oceanic and Atmospheric Administration, <http://response.restoration.noaa.gov/kids/kids.html> - Find interesting information about environmental hazards such as oil and chemical spills as well as experiments that provide hands-on opportunities for students to study the effect of environmental accidents.
4. The Environmental Protection Agency, <http://www.epa.gov/> - Find interesting information about environmental and sustainability issues. Be sure to visit the link for 'global warming' (and global warming for kids) under 'Quick Finder,' and the 'educational resources' link (on the left side of the page) with Web sites appropriate for students of different age groups.
5. Good Stuff, <http://www.worldwatch.org/pubs/goodstuff/> - If you have ever wondered about the environmental and social impacts of the products you buy and use every day, *Good Stuff* can help you make informed purchases that benefit your health and the environment.
6. Power for a Sustainable Future, <http://www.sustainableenergy.qld.edu.au/html/activitiesheets.html> - Contains valuable information about renewable energy sources and useful activities and lessons for all ages.
7. Regional Environmental Center's Green Pack, <http://greenpack.rec.org/> - Learn about the environmental issues that are important to you and your community.
8. United Nations Environment Program, <http://www.unep.org/> - Learn about international environmental issues, including sustainable consumption, energy, climate change, and law.
9. The Council on Environmental Quality, <http://ceq.eh.doe.gov/nepa/reports/statistics/> - Offers a wide range of authoritative environmental statistics ranging from carbon monoxide emissions to the number of endangered species in the United States.
10. The Year of Clean Water, <http://www.epa.gov/water/> - Learn about efforts to keep our water supply clean as well as other water and wetlands issues.

The Categories

Sustainability Edition

Below is a brief description of the five categories in this edition of Environmental Jeopardy..

The Way We Move – Questions in this category will address transportation issues as they relate to a sustainable lifestyle. There is information on automobiles, airplanes, public transportation, trains, bicycles, and walking, and the resources each uses.

Resource Management – This category will cover issues related to conservation and how humans use the limited natural resources available on Earth. Included are issues on recycling, water conservation, and production statistics.

Safe Landing – In this category students will learn about issues connected with the land, from deforestation, to cattle ranching, to how the land supports our activities by supplying us with space and resources.

Techies to the Rescue – Questions in this category will address the positive and negative impacts of technology on the environment. The information will focus on technology's ability to create or hinder a sustainable world, including the development of fuel cells and solar panels.

Keeping it All in Balance – Questions in this section deal with sustainability as a broad theme. The information deals with how human beings are an essential part of an ecosystem, but can also destroy an ecosystem by exploiting its resources. An emphasis is placed on how we as human beings can create a sustainable future.

Environmental Jeopardy, Elementary Level Questions
Category: The Way We Move

Category

RESOURCE MANAGEMENT

The Way We Move
10 Points

Name two modes of transportation that are environmentally friendly.

There are many including biking, walking, running, roller skating, skateboarding or taking public transportation.

The Way We Move
20 Points

Which of the following cars are the most fuel efficient – SUVs, sports cars, or hybrid cars?

Hybrid Cars. SUVs and sports cars are less fuel-efficient than average cars while hybrid cars, which combine electricity and gas to power the engine, are the most fuel-efficient cars available on the market today.

Category

THE WAY WE MOVE

The Way We Move
30 Points

What is the most efficient mode of travel possible for people – riding a bicycle, walking, driving in a car, or riding in an airplane?

The bicycle is the most efficient way to get from one point to another - even more so than walking, because you can travel farther on less energy.

The Way We Move
10 Points

The Way We Move
20 Points

The Way We Move
30 Points

Environmental Jeopardy, Elementary Level Questions
Category: Resource Management

Category

TECHIES TO THE RESCUE

Resource Management

10 Points

Water covers seventy percent of the Earth, but people can only drink a small portion of that water. Why?

Over 97% of the water on Earth is in the salty oceans and cannot be used by people. The rest is fresh water, but much of that is in icebergs, which means only .5% of the Earth's water is usable by humans.

Did you know...?

By 2015, 40% of the people in the world will be experiencing a water shortage. This is why conserving water is so important. You can help by turning off the faucet when you are not using it, taking shorter showers, and encouraging your parents to buy more efficient appliances the next time they shop.

Resource Management

20 Points

True or false: when you flush the toilet, you use as much water as the average person in a developing country uses in a day.

This is true.

Did you know...?

The United States uses more water than any other country in the world, even though we have far less access to fresh water than some other countries, including Canada and Russia. By the way, toilets made after 1992 use 1.6 gallons per flush while toilets made before 1992 can use up to eight gallons per flush. According to a 2001 study, this amounts to an average of 27,448 gallons a year for the old-style toilets and 13,286 for newer water efficient toilets.

Category

SAFE LANDING

Resource Management

30 Points

What causes Global Warming?

Global warming is the theory that the Earth is getting warmer. This is caused by gasses in the atmosphere that keep in heat, like putting a lid on a pot of water on the stove. These gasses are a product of burning fossil fuels such as oil and coal.

Did you know...?

Global warming affects farming, weather, oceans, and ecological diversity. Changing to clean, renewable energy and using less energy by switching to more energy efficient cars and appliances are the best ways to prevent global warming. Another preventive measure is planting trees, which absorb global warming gasses we put into the air.

Resource Management
10 Points

Resource Management
20 Points

Resource Management
30 Points

Environmental Jeopardy, Elementary Level Questions
Category: Safe Landing

Safe Landing
10 Points

What animal emits enough methane gas to contribute to 16% of the total amount of global warming gasses in the atmosphere?

Cows. Flatulence and belches from cows contain methane, a dangerous and invisible global warming gas.

Did you know...?

While carbon dioxide has had the biggest effect on global warming, this is only because it is the most common global warming gas emitted. Methane, on the other hand, is less common, but has 20 times the heat-trapping capacity of carbon dioxide, making it by far the most harmful global warming gas.

Safe Landing
20 Points

Which major ecosystem was reduced in size by 94 million hectares (greater than the size of Venezuela, a South American country) during the 1990s?

The Earth's forests were reduced in size by 94 million hectares.

Did you know...?

Many rainforests have been subject to “deforestation” – clear cutting by humans to make room for farms and cow pastures as well as to use as a natural resource. If the current rate of deforestation continues, the Earth’s forests will disappear in only 100 years.

Safe Landing
30 Points

What are the three “Rs” that help guide us in using fewer resources and cutting down the amount of waste we produce?

Reduce, reuse, and recycle. Reduce the amount of waste you produce. Reuse items instead of throwing them away. Recycle items made of plastic, metal, or paper. This will decrease the amount of garbage that goes to the dump AND reduce the amount of natural resources we use to create new materials.

Category

**KEEPING IT ALL IN
BALANCE**

Safe Landing
10 Points

Safe Landing
20 Points

Safe Landing
30 Points

**The Way We Move
80 Points**

The average SUV owner will spend approximately how much money on gasoline this year - \$500, \$1000, \$1500?

The average SUV owner will spend \$1500 on gas this year.

Did you know...?

The reason fuel costs are so expensive for SUVs is due to a combination of poor gas mileage, higher oil prices, and an inefficient fuel system. On the other hand, hybrid car owners only spend \$490 annually on fuel.

**The Way We Move
100 Points**

As gasoline is converted to energy, how much of its potential power is used by our cars - 100%, 70%, 45%, or less than 10%?

Traditional cars are not very energy efficient. They use less than 10% of the potential energy in the fuel we put into them.

Did you know...?

Gas/electric hybrid cars get much better gas mileage because they do not rely only on gasoline to get from one place to another. We can also look forward to hydrogen-powered cars, which utilize over 90% of the fuel's potential energy and run on one of the most abundant resources on Earth.

Environmental Jeopardy, Middle School Level Questions
Category: The Way We Move

**The Way We Move
20 Points**

Name three modes of transportation that are environmentally friendly.

There are many, including biking, walking, running, roller skating, skateboarding or taking public transportation.

**The Way We Move
40 Points**

What is the most efficient mode of travel possible for people?

The bicycle is the most efficient way to get from one point to another - even more so than walking, because you can travel farther on less energy.

**The Way We Move
60 Points**

On average, do cars manufactured today or those manufactured in the 1920s burn more gasoline?

Today's cars consume more gas.

Did you know...?

The automobiles of the 21st century are the most inefficient in history, a fact largely due to the increase in SUV sales, which account for more than 50% of America's cars.

The Way We Move
20 Points

The Way We Move
40 Points

The Way We Move
60 Points

The Way We Move
100 Points

The Way We Move
80 Points

Environmental Jeopardy, Middle School Level Questions
Category: Resource Management

Resource Management
100 Points

Name three types of renewable energy.

There are many different answers to this question. Some possibilities include using solar energy, wind power, hydropower, and hydrogen.

Resource Management
80 Points

What is global warming and what are two potential consequences?

Burning fossil fuels such as oil and coal produces global warming gasses. Global warming is already contributing to the melting of polar ice caps, which may eventually result in raising the sea levels as much as 200 feet. This would put New York, Seattle, and San Francisco, as well as much of Japan and other coastal areas under water. Additionally, areas that were once fertile crop zones could become arid, unproductive deserts and would change the balance of the world economy.

Did you know...?

Changing to clean, renewable energy and using less energy by switching to more efficient cars and appliances are the best ways to prevent global warming. Another preventive measure is planting trees, which absorb the Carbon Dioxide we put into the air.

Resource Management
20 Points

The Earth is 70% water. What percentage of it is suitable for human use – 10%, 5%, or .5%?

Unfortunately, humans can use only .5% of the world's water.

Did you know...?

More than 97% of the Earth's water is in salty oceans. Only 2.53% is fresh water, and icebergs encapsulate most of that. By 2015, 40% of the world's population will be experiencing a water shortage. This is why water conservation is essential. You can help by turning off the faucet when you are not using it, taking shorter showers, and encouraging your parents to buy more efficient appliances the next time they shop.

Resource Management
40 Points

How much does the average American family spend on energy bills each year - \$600, \$1000, or \$1400?

The average family spends \$1400 a year on energy bills, half of which goes directly to heating and cooling.

Did you know...?

Changing the thermostat setting in your house even slightly can have a large impact on how much your family pays and also has a significant environmental impact. If only 1 in 10 households used more energy efficient heating and cooling systems, the amount of pollution in the air would be reduced by 17 billion pounds.

Resource Management
60 Points

Where are the world's greatest oil resources?

The bulk of the world's oil resources are located in the Middle East, especially in Saudi Arabia. This means that the United States must import most of its oil, which increases the cost of fuel.

Did you know...?

The high cost of importing fossil fuels would be saved if we relied on renewable or inexhaustible energy, since these energy sources (solar, wind, and waterpower) are available in every country on Earth.

Resource Management
20 Points

Resource Management
40 Points

Resource Management
60 Points

Resource Management
100 Points

Resource Management
80 Points

**Safe Landing
80 Points**

How many pounds of paper does the average American use each year:
220, 440, or 660?

The average American uses 660 pounds of paper per year.

Did you know...?

The amount of paper the average American uses is over 16 times the amount used by people in developing countries. The United States also supplies the most paper to the world - one quarter of the global paper supply comes from forests in the southeastern U.S. Recycling is the best way to combat this immense use of resources. It not only saves trees, but recycling paper rather than making new paper creates 74% less air pollution and 35% less water pollution.

**Safe Landing
100 Points**

Give three reasons why forests are crucial for maintaining life on Earth.

Forests serve many more purposes than people might imagine. They are home to a majority of species on Earth, and deforestation results in the extinction of thousands of species a year - animals that are essential to maintaining the balance in an ecosystem. Additionally, the roots of trees hold topsoil in place so it does not wash away in rainstorms and ensures that plants can continue to flourish. Finally, trees remove carbon dioxide from the air, which slows global warming.

Environmental Jeopardy, Middle School Level Questions
Category: Safe Landing

**Safe Landing
20 Points**

What animal emits enough methane gas to contribute to 16% of the total amount of global warming gas in the atmosphere?

Cows. Flatulence and belches from cows contain methane, a dangerous and invisible global warming gas.

Did you know...?

While carbon dioxide has had the biggest effect on global warming, this is only because it is the most common global warming gas emitted. Methane, on the other hand, is less common, but has 20 times the heat-trapping capacity of carbon dioxide, making it by far the most harmful global warming gas.

**Safe Landing
40 Points**

Which major ecosystem was reduced in size by 94 million hectares (greater than the size of Venezuela) during the 1990s?

The Earth's forests were reduced in size by 94 million hectares.

Did you know...?

Many rainforests have been subject to "deforestation" – clear cutting by humans to make room for farms and cow pastures as well as to use as a natural resource.

**Safe Landing
60 Points**

How many gallons of water are used to produce one pound of beef – 100, 1000, or over 2500?

Over 2500 gallons of water are needed to produce just one pound of beef.

Did you know...?

The reason producing beef requires so much water is that the pastures that cattle graze on need to be flush with grass so the cattle can eat. Cattle must also drink water. Furthermore, water is also used for cleaning purposes.

Safe Landing
20 Points

Safe Landing
40 Points

Safe Landing
60 Points

Safe Landing
100 Points

Safe Landing
80 Points

**Techies to the Rescue
80 Points**

Fuel cells use which element – hydrogen, helium, or nitrogen?

Fuel cells rely on hydrogen.

Did you know...?

Hydrogen is the most abundant element in the universe. In fact, for the purposes of human use, hydrogen is essentially unlimited, and adds no global warming gasses to the atmosphere. Compare these attributes to coal and oil, which are most certainly limited and are major contributors to global warming.

**Techies to the Rescue
100 Points**

If we burn hydrogen in a fuel cell, it combines with oxygen to create energy. What is the by-product from this chemical reaction?

When hydrogen (H_2) combines with oxygen (O), it creates water (H_2O) which is a safe and clean emission.

Did you know...?

In fact, the water that results from burning hydrogen in a fuel cell is so clean that it is technically drinkable, though it's probably not a good idea to start sipping from the tailpipe of a car once this technology becomes available.

Environmental Jeopardy, Middle School Level Questions
Category: Techies to the Rescue

**Techies to the Rescue
20 Points**

What source of clean energy is powerful enough to take the place of every fossil fuel in every way it is used?

The sun. The sun produces enough energy to supply the entire world's energy demands. Solar power is inexhaustible, has no harmful byproducts, and solar panels have no moving parts, making them durable and easy to maintain.

Did you know...?

About 1.5 quadrillion megawatt-hours of solar energy reaches the Earth each year. Less than half of that makes it to the Earth's surface. Still, that is 10,000 times the amount of energy used by the entire human race.

**Techies to the Rescue
40 Points**

Each year 3.4 million people die because of contamination of which major resource?

Water. Access to fresh drinking water is a significant problem in many countries around the world.

**Techies to the Rescue
60 Points**

State an environmental drawback for each of the following: the industrial revolution, computers, and the windmill.

While the industrial revolution is responsible for most of the technologies we take for granted today, it also resulted in increasing rates of pollution due to the widespread burning of coal and oil. Similarly, although computers provide an enormous technological advancement for our society, computers are made up of lead, mercury, nickel, and other components that are potentially hazardous to the environment and to your health if not disposed of properly. Finally, windmills provide a clean source of renewable energy, but are noisy, unsightly, and inadvertently kill birds.

Did you know...? *Be sure to donate your old and used electronics or take them to a place that can properly recycle them. Use the internet to find out where to donate or recycle computers and electronics in your community.*

Techies to the Rescue
20 Points

Techies to the Rescue
40 Points

Techies to the Rescue
60 Points

Techies to the Rescue
100 Points

Techies to the Rescue
80 Points

**Keeping it All in Balance
80 Points**

Where do fossil fuels such as coal and oil come from, and why is it beneficial to leave them undisturbed?

Resources such as coal and oil are known as "fossil" fuels for a reason. They are the remnants of plants and animals that died many years ago. After millions of years, as soil covers biological remnants and pressure builds up, this debris eventually turns into what we now use to heat our homes and run our cars.

Did you know...?

Fossil fuels lock vast amounts of carbon dioxide deep within the Earth's surface for a long time. When humans extract the coal and oil and burn it to make energy, we release this carbon dioxide into the atmosphere at a greater rate than the Earth can reabsorb it.

**Keeping it All in Balance
100 Points**

How does our every breath contribute to a balanced and sustainable ecosystem?

Like every other organism, humans are an important part of a balanced ecosystem. The carbon dioxide mammals, such as humans, exhale helps trees create the food they need to survive through the process of photosynthesis. In turn, during photosynthesis trees produce the oxygen animals like us need to survive.

Did you know...?

One advantage we have as humans is our ability to understand how we do harm to the environment. This knowledge helps us to limit our impact in many ways. Other animals do not have this luxury, and can destroy a habitat if they become too populous.

Environmental Jeopardy, Middle School Level Questions
Category: Keeping it All in Balance

**Keeping it All in Balance
20 Points**

What percentage of mammals are currently in danger of extinction – 10%, 25%, or 35%?

Twenty-five percent of all mammals are currently in danger of extinction. This is mainly the result of the destruction of their native habitats, but other factors, such as reduced sources of food, also play a part.

**Keeping it All in Balance
40 Points**

If everyone on Earth lived like an average American, how many planets would we need to provide an adequate supply of natural resources in order to sustain us – 1, 5, or 10?

There is no way our planet could support the human race if everyone lived like Americans. In fact, if the United States were the standard for use of natural resources it would take five planet Earths to support the current population of the planet.

**Keeping it All in Balance
60 Points**

What does it mean to live in a sustainable world?

In a sustainable world we would not use more natural resources than are available to us, or at a faster rate than they can be replenished.

Keeping it All in Balance
20 Points

Keeping it All in Balance
40 Points

Keeping it All in Balance
60 Points

Keeping it All in Balance
100 Points

Keeping it All in Balance
80 Points

Do YOU Live A *Sustainable* Lifestyle?

The theme for the Inaugural Edition of *Environmental Jeopardy* is ‘sustainability.’ As you now know from playing the game, sustainability means that we do not use more natural resources than our planet provides for us. If we use or waste too much of the Earth’s natural resources such as water, clean air, trees, and oil, or we ruin them with pollution, future generations of people will not be able to enjoy them. Currently, if everybody in the world lived the lifestyle of the average American, we would use up more natural resources than five planet Earths combined!

In the *Environmental Jeopardy* game, you learned about different aspects of sustainability – how we use natural resources and live our lives determines whether we live a *sustainable lifestyle*. In this exercise, you will answer six questions about how you live in four categories – transportation, food, housing, and energy use. Answer honestly! Afterwards, your class can compare results and read about different ways to live a more sustainable lifestyle.

1. Food

What do you eat?

- a. I’m a vegetarian and try to eat as much organic food as possible – 1 point
- b. I mostly stay away from meat and sometimes eat organic food and food from open air or farmers markets – 2 points
- c. I eat meat 3-4 times a week – 3 points
- d. I eat meat at least once a day – 4 points

Points _____

2. Transportation

How does your family get around?

- a. My family uses public transportation – 1 point
- b. My family owns a small car (sedan, coupe, etc.) – 2 points (multiply by the number of small cars your family owns)
- c. My family owns a big car (SUV, minivan, etc.) – 3 points (multiply by the number of big cars your family owns)

Points _____

How do you travel?

- a. I walk or ride my bike almost everywhere I go – 1 point
- b. I take public transportation, the bus, or carpool when I go somewhere – 2 points
- c. A family member often drives me wherever I need to go – 3 points

Points _____

Housing

Where do you live?

- a. I live in an apartment – 1 point
- b. I live in a house that shares one or more walls with another house – 2 points
- c. I live in a free standing house – 3 points

Points _____

Energy Use

How much energy do you use?

- We do not use air conditioning during the summer and hardly ever turn on the heat in the winter. We keep our windows open in the summer and wear a lot of clothes inside during the winter – 1 point
- We sometimes use air conditioning during the summer and sometimes use the heat in the winter, but we try not to as much as possible – 2 points
- We often run the air conditioner in the summer and the heat in the winter – 3 points

Points _____

What appliances do you use?

- We don't use very many appliances, like a dishwasher or a washing machine – 1 point
- We have a lot of appliances but most of them have the Energy Star label – 2 points
- We have a lot of appliances and none of them has the Energy Star label – 3 points

Points _____

Now add up your total number of points: _____

Compare your points with the rest of your class. What is the average? Are you above or below the average? What can you do in order to live a more sustainable lifestyle?

Questions for class discussion

- Why is eating less meat, organic foods, and foods grown close to home more sustainable?
- Describe three ways you can travel in a more sustainable manner.
- Think about the things you use every day which use energy – lights, cars, dishwasher, electric toothbrush, television, computer, radio, etc. Where does the energy come from to power these appliances?

Extra activities

Create some daily and weekly goals for yourself and your class to help live a sustainable lifestyle. For example: I will carpool or take the bus to school; I will eat two vegetarian dinners a week; I will read instead of watch television; and I will play outside with a sibling, friend, or pet instead of play on the computer. Keep track of how good you are about keeping these promises.

Create posters to hang around your school to teach your classmates about sustainable lifestyles.

For more information about sustainability and what you can do, visit these Web sites

- Regional Environmental Center's Green Pack, <http://greenpack.rec.org/> - Learn about the environmental issues that are important to you and your community.
- EDN's Ecological Footprint Quiz, <http://myfootprint.org/> - Find out how many natural resources you use.
- EDN's Kids' Footprint Quiz, <http://kidsfootprint.org/>
- Facing the Future, <http://www.facingthefuture.org/> - Global issues, education, and action.
- U. S. Environmental Protection Agency's Kids' Page, <http://www.epa.gov/kids/>