

There are many things we can do in our daily lives to reduce our carbon footprints! Use this activity to make a commitment to reduce your carbon footprint in specific ways that are meaningful to you. If you need some ideas, check out the second page of this flyer!



### What is a Carbon Footprint?

A carbon footprint is how much carbon dioxide we produce through our daily actions. Things like using electricity and driving cars are examples of ways we create emissions.



### **Supplies:**

Poster board; paint or pencil/pen/marker; additional markers; large brush if using paint

#### Step 1:

Place your poster board on the floor. If you are using paint, you may want to put a shower curtain underneath it.

#### Step 2:

If using paint: have someone assist you with painting the bottom of your foot (it shouldn't be dripping with paint). Press your foot down in the middle of the poster board to make a footprint.

#### Step 3:

If using a pencil, pen, or marker: Place your foot in the middle of the poster board. Trace an outline of your foot, and decorate your footprint as you like!

#### Step 4:

All around your footprint, write down all of the things you can do to reduce your carbon footprint! Hang it up somewhere you can see to help remind you every day.

Share your posters and ideas with us through #gscncEarthDay

## Ways to Reduce Your Carbon Footprint

- Turn off the lights whenever you are not in a room.
- Turn off electronics when you are not using them.
- Walk, ride your bike, or take public transportation instead of taking a car.
- Carpool with others whenever possible.
- Use less water— pumping water takes a lot of energy! See our flyer about ways to reduce your water usage.
- Recycle! Do some research on what you can and cannot recycle to avoid contamination.
- Swap out single-use items like shopping bags and water bottles for reusable alternatives.
- Turn your thermostat down a couple degrees in the winter, and up a couple degrees in the summer.
- Don't waste food.
- Compost! See our flyer about composting for more information.
- Eat more plant-based meals and less meat.
- Swap out paper towels for old rags that you can wash (and repurpose worn out clothes).
- Swap out halogen and incandescent bulbs in your house for energy-saving fluorescent bulb.
- Purchase clothing from a second-hand or thrift store.
- Write to your Senator, Congressperson, or other local government official to vote for investment in clean energy research and development, or another cause you believe in.
- Eat locally-sourced food whenever possible.
- Plant a tree. Team up with a local community environmental or naturalist group to make sure you are planting the right species where they are needed.
- Participate in a trash cleanup in your community (in the future).
- Take Action: advocate for the causes you believe in!



**Reducing your emissions a little bit in a lot of different ways can make the same amount of difference as completely eliminating your emissions in one part of your life.**  
**It's a lot easier to do, too!**