

Reducing your ecological footprint

Before watching

- 1 Look at the ways to reduce your ecological footprint. Write **Do** before the good things to do and write **Don't** before the bad things.

6 ways to reduce your carbon and water footprints!

- 1 waste water when you brush your teeth.
- 2 reuse and recycle paper.
- 3 leave your mobile charging for hours.
- 4 switch off lights when you leave a room.
- 5 buy food in lots of plastic packaging.
- 6 recycle cans and plastic bottles.

While watching

- 2a You're going to watch two teenagers talking about a project at their school to reduce its carbon and water footprint. Watch the video and write the five areas they took action on.



Marcus

Amy

- | | |
|-----------|---------|
| 1 | 3 |
| 2 | 4 |
| and | 5 |

- 2b VIDEO SKILLS Read the video skills box. Then watch again. For each of the five areas in 2a, write the problem and the solution in the table.

	Problem	Solution
1		
2		
3		
4		
5		

VIDEO SKILLS: Understanding natural speech

When words like *can*, *was*, *were*, *and*, *for*, *of* and *to* aren't stressed, they're usually pronounced as a weak form, with /ə/. This makes them harder to hear, but means we focus on the words that carry the main meaning.

Marcus: So we decided to have two boxes, one for reusing and one for recycling. (0:38). Notice the difference in stress between the important words: *two*, *reusing*, and *recycling*, and the underlined words.

- 3a Watch the video again and complete the benefits of the school project.

Marcus: Reusing and recycling (1) ...

Marcus: Did you know it takes (2) ...

Amy: And it's funny because (3) ...

Amy: And it's healthier to (4) ...

Marcus: We put posters up and (5) ...

Amy: Did you know that it takes over 10,000 litres of water (6) ...

- 3b What do you think are the two most important benefits of the school project? Why?

After watching

- 4a Think about your home. How many of the things in the school project do you already do to reduce your ecological footprint? Which ones don't you do? How could you and the other people in your house reduce your ecological footprint?

- 4b SKILLS 4 LIFE Keep a diary to find out how much you really do at home to reduce your ecological footprint and to see if you could do more. Follow these steps.

- 1 Get a sheet of paper or find a page in your notebook. Divide it into five columns and write the names of the next five days at the top of each column, starting with tomorrow.
- 2 Each day, write it down when you do one of these things:
 - Turn the tap off when brushing your teeth
 - Switch a light off when leaving a room
 - Recycle plastic, glass and paper
- 3 Look at your diary at the end of the fifth day. Do you think you did a lot to reduce your ecological footprint? Could you do more?

REFLECT ON IT



Why are some people more worried about their ecological footprint than others? Is it because they don't really understand how important it is or is it because they don't really think their behaviour is having an impact on climate change and global warming? Or is there another reason?