

30 Minute
Activity
For
Everyone

Happy Earth Day – The Power of Young People

On the first Earth Day, 50 years ago, over 20 million people took to the streets to share one united message; we need to change the way we treat our planet. To date, rising participation in environmental demonstrations, marches and clean up's, exemplify a societal worldview change connected to the impact our actions have on the natural environment. Many believe that change can only be made by adults, however this is far from the truth, young people have great influence. Greta Thunberg is a popular example, however there are many more. This activity will introduce you to four young people making a difference. Let them inspire you and to think about what you can do.

MEET FOUR YOUNG PEOPLE MAKING A DIFFERENCE

Autumn Peltier Age 15

Autumn is fighting for water conservation and indigenous water rights. She has spoken with the Prime Minister and at the United Nations about water issues on many occasions.

Alexandria Villasenor Age 14

Alexandria is the founder of Earth Uprising, a global climate change movement, and one of the youngest organizers of the global climate strike.

Bruno Rodrigues Age 19

Bruno has led many student walk outs in Buenos Aires and is calling young people to stand up against pollution from corporations.

Isra Hirsi Age 16

Isra is the co-founder of the US Youth Climate Strike and has recently attended the United Nations Youth Climate Summit.

What can you do, or continue to do?

First, think about what you already do in your life to help the planet. Celebrate those. Every small step counts.

Make a pledge:

A pledge of action can be many different things. *Here are some examples:* Start an environmental club at your school, calculate and reduce your carbon footprint, make a sign for your local neighborhood to reduce energy use or to stop littering, reduce your meat consumption, don't buy or use single use plastics, reduce your food waste, start a community garden, buy used products before buying new products, etc.

- Once you have decided what your pledge of action is, create a plan to complete it in writing.
- Make sure you put your pledge somewhere you can see it everyday. For example, on the fridge, the bathroom door, or by your bed.

What's a carbon footprint?

A carbon footprint is defined as the total greenhouse gas emissions caused by an individual, family or group.

Calculate yours here:

<https://calculator.carbonfootprint.com/calculator.aspx>

Discussion Questions:

- How does it feel to do something meaningful for the earth?
- Do you feel that you're making a difference? Why?
- How can you encourage others to make a pledge?
- What other changes in your life can you do to reduce your environmental impact?