



CarbonSmart Calculator

A simple hands on tool that enables students to rate their current level of carbon output as well as to determine areas where they might easily take action to address climate change.

Objective: To determine the actions students take in their day to day lives and how these actions effect their carbon footprint, and to encourage students to identify actions they could take on to reduce their carbon footprint.

Materials:













- Copies of the CarbonSmart Calculator (provided below)
- Optional: overhead print-out of the Calculator to use as a visual aid during the lesson.

Teacher Instructions:

- Work with students, or have them work independently, to complete the attached CarbonSmart Calculator in order to figure out their personal “Carbon Rating”.
- Use their resulting ratings as a jumping-off point for discussions, climate change units or goal setting activities.
- Have students use their complete Calculator to identify potential “action areas”. Challenge them to voice commitments, record progress and see how much they can reduce their Carbon Rating – the Get CarbonSmart Action Tracker (available at: <http://www.wilded.org/climatechange.html>) is a great tool for this.
- This activity can be done several times (i.e. before a WildED program and after) to see how changes in lifestyle are reflected in a reduction in students’ Carbon Rating.

How CarbonSmart Am I?

Name: _____

<p align="center">HOME and ENERGY</p> <p>The type and amount of energy we at home use changes how much carbon we produce.</p> <p>We heat our house with: Electricity 10 Natural Gas 20 Oil furnace 30</p>  <p>We normally set the heat in our house at: 15°C (cold) 10 20°C (normal) 20 22°C (warm) 30</p> <p>Circle any that are true: I leave the computer on when I'm not using it 30 I turn off the lights when I leave a room -10 I use air conditioning in my house 50 I use a fan instead of air conditioning in my house 20</p> 	<p align="center">My Score</p>	<p align="center">WASTE</p> <p>Garbage dumps produce LOTS of carbon, and even recycling produces some!</p> <p>All my garbage from a normal day could fit into: No garbage! -30 Cup 20 Shoebox 40 Bucket 80 Garbage can 200</p>  <p>Circle any that are true: I reuse things that I could throw out -10 I fix things I could throw out -10 I recycle everything I can -10 I use rechargeable batteries -20 I use disposable things (water bottles, forks, napkins) 50</p> 	<p align="center">My Score</p>
<p align="center">TRANSPORTATION</p> <p>The more motors we use to get around, the more carbon we produce.</p> <p>How do I travel in a normal week? Circle all that are true: Feet 0 Bike 5 Transit 30 Carpool 80 Private Car 200</p>  <p>How much time do I spend in a vehicle each day? None 0 ½ hour 30 ½-1 hour 50 >1 hour 100</p>  <p>In the past year I have flown in a plane for ___ hours: 1-2 hours 50 2-5 hours 75 5-10 hours 100 10-20 hours 200 20+ hours 300</p>	<p align="center">Total</p>	<p align="center">FUN</p> <p>Some activities produce more carbon than others.</p> <p>On a normal day I use the TV, computer or my cell phone for fun for ___ hours: Less than one 10 1-2 50 More than two hours 100</p>  <p>Circle any that are true. For fun I like to: Shop 200 Play outside 0 Play inside 50 Play sports 5 Play music 5 Listen to music 50 Watch TV or play video games 100</p>  <p>I spend ___ hours outside on a normal day: 7+ -50 4-6 -25 2-3 -10 1 or less -5 None 0</p> 	<p align="center">Total</p>
<p align="center">FOOD</p> <p>Growing, moving and storing food can produce lots of carbon!</p> <p>Circle all that are true. I eat: Beef 100 Chicken 75 Vegetables 10 Eggs 30 Fruit 10 Dairy 30 Fish 50 Grains (bread, rice, cereal) 20</p>  <p>How much of my food today came in a package: None 0 Some 40 All 75</p>  <p>When I can I choose food that is: Fast 100 From another country 70 Local 10 Organic 10</p>	<p align="center">Total</p>	<p align="center">STUFF</p> <p>Making, taking care of and powering out "stuff" produces carbon</p> <p>Circle any that are true: Many of my clothes are bought new 100 Some of my clothes are second-hand -20</p>  <p>We dry our clothes on a clothesline or a drying rack: Always -20 Sometimes 20 Never 50</p> <p>How many new things do I buy in a week? None 0 1-2 20 5-10 50 More than 10 100</p>	<p align="center">Total</p>

Add up your totals from each section to get your CarbonSmart Rating!

My CarbonSmart Rating is:

0-200: Wow! You're pretty CarbonSmart! Think you could challenge yourself to do even more?

200-500: Not bad, but see if you can figure out how you could score even lower!

500-1000: Hmm, what changes could you make to get a lower score?

1000-2000: Time to start thinking about being more CarbonSmart. What could you do to get started?