

My Personal Ecological Footprint

The aim of this exercise is to firstly see where we have already started to make changes to reduce our impact on the earth. Then we can discuss with others the changes they are making and exchange ideas about the simple every day changes we might be able to make.

Water

What measures have I taken to reduce my water use?

- in the bathroom _____
- in the kitchen _____
- in the garden _____

Energy

What measures have I taken to reduce my electricity use?

- in the use of lights _____
- in the use of electrical appliances _____
- in the use of hot water _____
- in the use of heating _____
- in the use of air conditioning _____

Waste

What measures have I taken to reduce the amount of material I waste?

- my food wastes? _____
- my garden wastes _____
- bottles and paper? _____
- To what extent do I reduce – recycle - reuse repair and refuse? _____
- _____

Transport

What measures have I taken to reduce petrol consumption?

- How much do I rely on the car? _____
- Do I make use of public transport? _____
- Do I walk where possible? _____

Cleaning

What measures have I taken to clean up without harming the environment?:

- For pathways do I use a broom or a hose? _____
- Do I use bio degradable detergents or standard detergents? _____
- Do I use oxygen bleach or chlorine bleach? _____

Food

What measures have I taken to reduce the environmental damage of food

- Do I grow some of my own food? _____
- Do I eat some organically grown food? _____
- Do I eat locally grown food? _____
- Do I avoid processed food? _____
- Do I avoid over packaged food? _____

Goods

What measures have I taken to reduce my consumption?

- Do I only buy things I really need? _____
- Do I pass on goods I no longer want eg books? _____
- Do I use what I have until it needs replacing? _____
- Do I check the sustainability of goods before I buy? _____
- Do I share goods eg cars? _____

In what ways am I caring well for the earth? _____

In what ways can I improve the way I care for the earth? _____

How can we make all of this more fun? _____
