

# Sustainable Living Week Journal

## *First Grade*

### **Objective:**

To teach students how to take care of the environment during their daily lives.

### **Method:**

Students keep track of all the good things they have done for the environment in a journal. Living in a way that benefits both the environment and the community is called “living sustainably.” They get a certain number of points for each sustainable thing they do. At the end of the week, they add up all of their points to see how well they did.

### **Materials:**

Hole punchers

Yarn

Crayons or markers

Card stock paper (tougher paper that is less flimsy)

Blank paper

### **Background Information:**

A person who is living sustainably is taking care of both the environment and the community by doing simple things in their every day life. They realize that their choices and actions affect everyone and everything around them . Here are some examples:

- **Picking up trash:** keeps rivers clean, protects wildlife, keeps the community beautiful and sanitary
- **Saving water:** helps ensure that there is enough for our cities, homes, crops, and wildlife
- **Using less electricity:** reduces effects of global climate change
- **Driving less:** helps improve air and water quality by reducing exhaust emissions and fuel drips into water sources.
- **Eating local foods:** reduces effects of global climate change because the food does not travel from a great distance, supports small farmers in our community, helps prevent spread of pests and plant diseases by promoting diversified farms
- **Recycling:** keeps trash out of landfills, keeps us from using up resources-- such as trees, petroleum, and metal-- as quickly.
- **Composting:** keeps food waste out of the landfills, makes the soil healthier by adding decomposed fruits and vegetables
- **Gardening with native California plants:** uses less water, creates habitat for wildlife such as birds and bees

If more people did these things, the environment would be much healthier, and so would our communities. If we drove less, the air and water would be cleaner here, and there would be less asthma, cancer, and blue baby syndrome. We would also be more fit from walking and riding

our bikes, preventing diabetes and many types of cancer. If we ate more local food, such as fresh vegetables and fruit, there would be a stronger local economy, and fewer people would be overweight. Everything we do or don't do makes a difference. Living sustainably is important to the environment and the community.

**Procedure:**

1. Introduce your class to the Sustainable Living Journals.
2. Put the journals together.
  - a. Give each student 7 copies of the "How Did You Live Sustainably Today?" page.
  - b. Sandwich the pages with two sheets of card stock or construction paper.
  - c. Hole punch three holes down the left side.
  - d. String yarn through the holes to hold the pages together.
  - e. The students decorate the front page, adding the title "Sustainable Living Journal."
3. Review their progress each day. You want as many points as possible!
4. Tally up total points at the end of the week and write them up on the board for the class to see. The student with the most points is the "green guru" of the day. Yay!