

Great Climate Changing Ideas

Here's a number of stimulating ideas to help you work out how many kg of greenhouse gas emissions you can personally save. You may think of many others too. Have fun and make a difference!

Please remember to **add up your total** and enter it on the Climate Change Day website at:

www.climatechangeday.org

Choose a way to save greenhouse gas emissions	Reduction if you do this once	How many times will you do this?	Your total: kg saved
Drive smoothly for 10km	1kg	(e.g. 3 times/wk x 50wks)	= 150kg
Drive 10km less	3kg	(e.g. 2 times/wk x 40wks)	= 240kg
Car pool for 10km with 1 extra person	3kg	(e.g. 4 times/wk x 50wks)	= 600kg
Drive 20mph slower for 30mins	5kg	(e.g. 3 times/wk x 30wks)	= 450kg
Avoid a 2 hour drive	140kg	(e.g. 10 times in a year)	= 1400kg
Turn a heater off for 5 hours	5kg	(e.g. 3 times/wk x 50wks)	= 250kg
Shower for 4 mins less	2kg	(e.g. 5 times/wk x 50wks)	= 500kg
Use a solar drier – e.g. a clothes line – & save 1 drier load	3kg	(e.g. 3 times/wk x 50wks)	= 450kg
Wash clothes on a cold cycle	3kg	(e.g. 3 times/wk x 50wks)	= 450kg
Install an energy efficient light bulb – over its lifetime	650kg	(e.g. 3 light bulbs)	= 1950kg
Plant 1 tree – each tree saves	250kg	(e.g. 3 trees)	= 750kg
Fly 2 hours less (per person)	700kg	(e.g. avoid one 4 hr flight)	= 1400kg
Use green electricity – each year saves	5400kg	(e.g. for a year)	= 5400kg
Overall Total		add up your greenhouse gas savings:	kg

...turn over for great ways to **improve your human climate...**>>>

Great ways to change your Human Climate

Here's a number of fun, relaxing ideas for improving the human climate around you. You may think of many other ideas too. Have a great time while making a difference!

Choose a way to boost your human climate	Minutes of quality time if you do this once	How many times do you plan to do this?	Your total: (minutes)
Inner climate:			
Do a relaxation	20 mins	(e.g. 3 times/wk x 20wks	= 1200 mins)
Do a yoga class	90 mins	(e.g. 1 time/wk x 40wks	= 3600 mins)
Teach a relax class	90 mins	(e.g. 1 time/wk x 50wks	= 4500 mins)
Relax neck tension	10 mins	(e.g. 4 times/wk x 40wks	= 1600mins)
Quiet meditation	10 mins	(e.g. 3 times/wk x 50wks	= 1500 mins)
Time out in nature	30 mins	(e.g. 2 times/wk x 50wks	= 3000 mins)
Family climate:			
Quality meal together	45 mins	(e.g. 4 times/wk x 50wks	= 9000 mins)
Family quiet time	30 mins	(e.g. 2 times/wk x 50wks	= 3000 mins)
Family outing	120 mins	(e.g. 1 time/wk x 40wks	= 4800 mins)
Neighbourhood climate:			
Talk to a neighbour	20 mins	(e.g. 2 times/wk x 50wks	= 2000 mins)
Community project	90 mins	(e.g. 1 time/wk x 10wks	= 900 mins)
Street party	90 mins	(e.g. 1 time/wk x 2wks	= 180 mins)
Workplace climate:			
Yoga or relaxation class	60 mins	(e.g. 1 time/wk x 50wks	= 3000 mins)
Timeout to refocus	15 mins	(e.g. 1 time/wk x 40wks	= 600 mins)
Organise a relaxation class	90 mins	(e.g. 1 time/wk x 30wks	= 2700 mins)
Overall Total	add up your minutes of quality time:		minutes

Please remember to add up your totals and enter them on the Climate Change Day website at:
www.climatechangeday.org