

Be the Change

Brainstorm, research, list and prioritize four ways your class, your school and/or you and your family can join community or regional activities that reduce your carbon footprints. Reducing carbon 'footprints' includes both reducing CO₂ emissions and removing carbon. (For example learn more about 'blue carbon' and raise awareness about restoring and protecting eelgrass beds, reduce aquatic pollution by being 'green' around the water, take transit, join in community clean energy projects). For example, in Seattle people invest in solar panels that put power back into the grid system and lower investors' power bills. Research new methods of producing clean energy. Put on a sweater, turn the heat down, cross-ventilate. Invent something!

Making change takes effort and motivation and inspiration can help. By doing a cost/benefit analysis of our top two priorities for reducing our communities' carbon 'footprints', (from part 2 of above worksheet), we hope to motivate ourselves by looking at the trade-offs and benefits (like better health and money-saving) that multiply rewards of reducing rampant CO₂ emissions. As for inspiration, there is plenty in the ocean. Pick your top two ways to reduce CO₂ emissions and/or remove carbon and determine costs and benefits to each one. If the costs far outweigh the benefits, choose another one. Basically the goal is to protect 'blue carbon,' through protection of 'blue carbon' production (may also require raising awareness), to burn less fuel, be more efficient with fuel and energy, and replace activities with emissions with cleaner alternatives with less or no CO₂. We can add solar panels, wind generators or simply walk or bike to school, take the bus, or car-pool etc. Please use the sample cost/benefit table started below (see blue band) or create your own from scratch. Discuss your results with your adults and get them involved in picking your favorite change to adopt and promote.

Ideas on how to reduce CO ₂ emissions and protect 'blue carbon'.	Costs (downsides to idea such as costs more money, takes more time, is riskier)	Benefits. (Improve health, save money, strengthen friendships)
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Example. Walk, bike, use transit or car-pool to school.

Possibly takes more time. There may be safety risks that can be lessened by following safe practices, like walking with a friend, wearing a bike helmet and being street smart.

Walking and biking both have health effects of building muscle (including heart) and bone strength. Vitamin D comes from sunlight and many of us are low on it. Walking and biking improves mental health. Walking, biking or car-pooling with others can build bonds of friendship and community.

# 1.		
# 2.		