

A CLIMATE ACTION ZINE



LITTLE
BIG
THINGS

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“IN A WORLD OF SEVEN BILLION PEOPLE, EACH OF US IS A DROP IN THE BUCKET. BUT WITH ENOUGH DROPS, WE CAN FILL ANY BUCKET.”

- DAVID SUZUKI

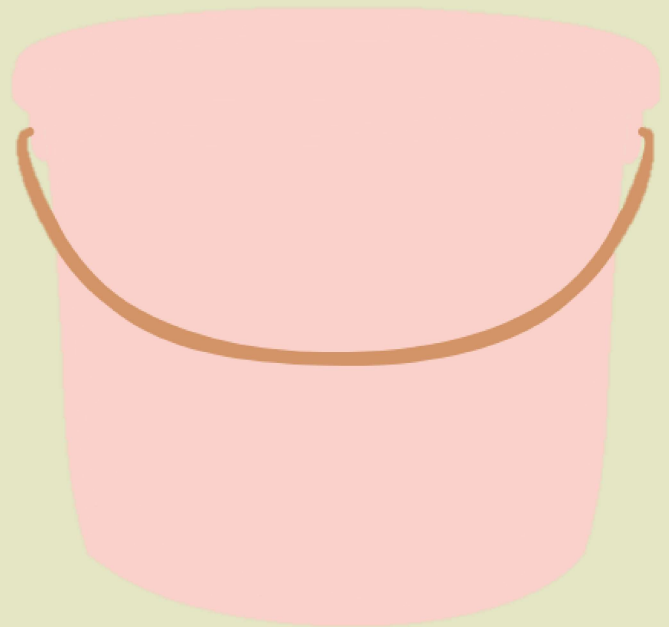


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We hear about climate change quite a lot and for the right reasons. Climate change affects us all, from wildlife to human health.

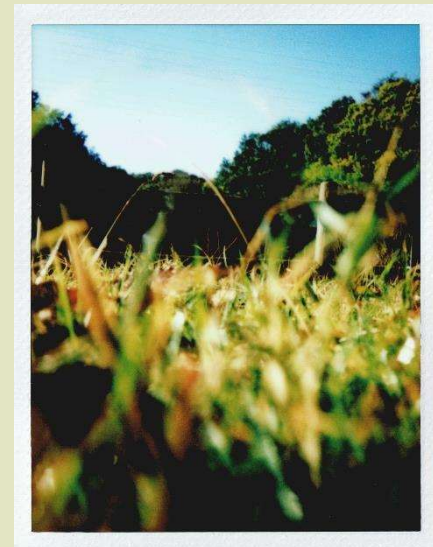
As you learn more about climate change, you might wonder what we can do?

Youth can take climate action in many ways.

There are countless community organizations and people together in the fight against climate change with you. While there is no specific checklist for us all, you can still find your path to reducing your carbon footprint.

With that in mind, we introduce *Little Big Things*.

This resource acts as a brief, visual summary and opportunity to explore climate action. It aims to help you consider what climate action could mean for you and others around the world.



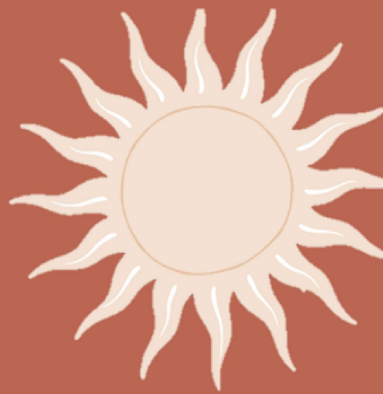


CLIMATE ACTION

Climate action refers to efforts aimed at reducing greenhouse gas emissions and improving our ability to adapt to climate change impacts.

Our vulnerability to climate change around the world is complex and involves many social, economic, physical, and environmental aspects.

In the next section, we summarize actions that can be taken into a 30-day challenge calendar. Many of these actions and their underlying goals could be possible daily.



HOW ABOUT A 30 DAY CHALLENGE?

One theme across the 30-day action calendar is the 5 R's of sustainability.

We are often familiar with the 3 Rs – reduce, reuse, and recycle. So, what are the other two?

Building on this is Refuse and Rot. Let's look at what this means!



THE 5 R'S OF SUSTAINABILITY

1 REFUSE

Try to avoid accepting something you do not need.

This helps us reduce the amount of waste created right away. Think using a reusable bag instead of taking a plastic one!

2 REDUCE

To reduce in size or quantity.

Reducing also prevents waste from being created. It recognizes that sometimes we cannot completely refuse. So, we can reduce the amount that we use. For example, buy only the amount of something you will consume and use.

3 REUSE

To use once again.

Usually, we buy an item in packaging, remove its contents, and throw out its holder. Often, an item in its first state can be used again. Old, cleaned jars could be used for storing things or planting. Likewise, a cardboard box can be used for gift-giving or storing things.

4 RECYCLE

To regain material for use.

Recycling is a better option than throwing out something. However, energy is involved in the transport and recycling of goods. Items must be cleaned as well. Contaminated items cannot be recycled, and they stop other items around them from being recycled. For example, you could recycle a broken container or a cleaned empty bottle.

5 ROT

To compost where possible.

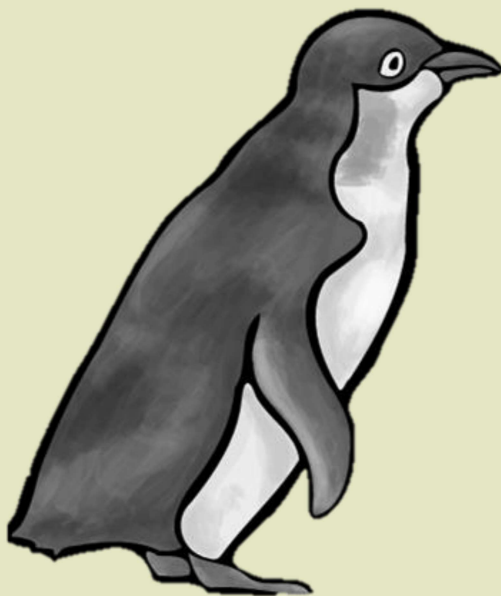
Composting is a great way to rid of organic waste (such as fruit and veggie scraps). In this environment, materials can decompose and be used in our gardens to nourish soils!

30 DAY CHALLENGE

I CAN TAKE

CLIMATE ACTION

| | | | | | |
|---|--|---|---|--|--|
| 1  Share this challenge on social media | 2  Use a reusable water bottle | 3  Learn how to plant a local vegetable | 4  Enjoy your lunch outdoors | 5  Turn off electronics and lights when not using them | 6  Calculate your ecological footprint |
| 7  Pause for a moment | 8  Travel by walking or biking | 9  Use a reusable bag | 10  Turn off water while scrubbing dishes | 11  Journal about what nature and outdoors means to you | 12  Learn the benefits of a local fruit or veggie |
| 13  Do stretching exercises outdoors | 14  Try a new plant-based meal | 15  Explore the fruits and veggies in season in your area | 16  Tune in for a webinar or informative YouTube video | 17  Try regrowing food scraps | 18  Be mindful of how much water you use |
| 19  Properly throw out your waste, recycling, and compost | 20  Declutter your surroundings and use only what you need | 21  Find an environmental article and share it online | 22  Make nature-based arts and crafts | 23  Learn about pollinators like bees and their relation to food supply | 24  Take a morning walk and listen to the sounds of birds |
| 25  Identify the name of your local watershed | 26  Think of another climate action you could take and share it | 27  Discover the difference between coniferous and deciduous trees | 28  Upcycle something you were going to recycle | 29  Celebrate nature as you would like to | 30  Talk about climate change with a friend |



“YOU MIGHT THINK WE ARE TOO YOUNG TO KNOW ABOUT THE RISKS AND REALITIES OF CLIMATE CHANGE. BUT WE SEE ITS EFFECTS IN OUR DAILY LIVES.”

– GERTRUDE, 16, TANZANIA

“EVERY LITTLE BIT HELPS.”

– EMMA, 17, CANADA



REFERENCES

This resource draws on the following sources. Check them out here:

- cbc.ca/kidsnews
- climatekids.nasa.gov
- davidsuzuki.org
- sdfinance.undp.org
- sustainability.utk.edu
- unicef.org

