



ADVANCING FUTURES

Education for Sustainable
Development and Citizenship

Embracing Sustainability This Summer



Calling all summer souls! Get ready for an epic lesson on unleashing the power of sustainability this summer. Together, we'll embark on a thrilling journey to explore exciting ways to have a blast while protecting our incredible planet.

Get ready to make this summer an unforgettable eco-adventure!



Reading Activity

Task 1: Before Reading

Alone or with a partner set a timer for 5 minutes. Brainstorm and write down as many sustainable practices for the summer as you can think of. Think about ways to reduce waste, conserve energy, protect nature, and promote sustainable habits.

Now read the article written about a Sustainable Summer. Do any of your ideas appear in the article?

Summer is finally here, and it's time to soak up the sun and have a blast. But did you know that you can also do good for the environment while having an awesome summer? Being sustainable means taking care of our planet while having fun. Here are some cool and easy ways to be sustainable this summer!

Stay Hydrated the Green Way: Forget single-use plastic bottles, bring a reusable water bottle with you wherever you go. It cuts down on plastic waste, and you can jazz up your water with fresh fruits or herbs for a tasty and refreshing twist!

Eat Local: Support local farmers by choosing fresh fruits and veggies grown nearby. You'll enjoy delicious and healthy snacks while reducing the pollution caused by long-distance food transportation.

Save Energy: During the summer, be mindful of your energy use. Turn off lights, fans, and electronics when you're not using them. Embrace natural light and fresh air, and you'll save energy while enjoying the sunny days.

Two Wheels are better than four: Instead of always using cars, consider biking, walking, or taking public transport for short trips. It's good for the environment and a fun way to explore your neighbourhood while staying active.

Think global, act local: Look for local groups or projects focused on protecting the environment. You can learn about important issues and make a real difference by volunteering for summer eco-projects.

Let's make a promise to be more sustainable this summer and take care of our planet.

By making small changes in our daily lives, we can have an amazing summer while being mindful of our impact on the environment. Remember, even little actions can make a big difference. But most importantly of all, speak up for the planet!

Together, we can create a brighter and greener future for everyone. So, let's have a fantastic and sustainable summer!



Task 2: Title and Tags

Now you've read the article can you think of a title and 3 hashtags to go with it?

Title: _____

Task 2b: Answer the questions.

1. What is one way you can stay hydrated in an eco-friendly way during the summer?
2. Why is it important to choose locally sourced foods for your summer snacks?
3. How can you save energy during the summer?
4. Name one eco-friendly mode of transportation you can use for short trips in the summer.
5. What is one suggestion for getting involved in sustainable community projects during the summer?

Task 2c: Select the correct option.

1. What does being sustainable mean?

- a) Taking care of our planet while having fun
- b) Having fun without taking care of the planet
- c) Taking care of ourselves while having fun
- d) Taking care of the planet without having fun

2. How can you stay hydrated in a sustainable way?

- a) By using single-use plastic bottles
- b) By bringing a reusable water bottle
- c) By drinking soda
- d) By drinking juice boxes

3. What can you add to your water to make it tastier?

- a) Fresh fruits or herbs
- b) Sugar
- c) Salt
- d) Artificial flavours

4. Why is it important to eat local?

- a) To support local farmers
- b) To support long-distance food transportation
- c) To reduce pollution caused by cars
- d) To save energy



5. What should you do to save energy during the summer?

- a) Turn on all lights, fans, and electronics
- b) Embrace natural light and fresh air
- c) Keep all windows closed
- d) Use air conditioning all day

6. What are some alternative ways of transportation instead of using cars?

- a) Biking, walking, or taking public transport
- b) Using a private jet
- c) Using a helicopter
- d) Using a limousine

7. What is the importance of volunteering for summer eco-projects?

- a) To learn about important issues
- b) To waste time
- c) To earn money
- d) To watch TV

8. What is the promise that we should make for this summer?

- a) To be more sustainable
- b) To use more plastic
- c) To waste more energy
- d) To use more cars

9. What is the impact of small changes in our daily lives?

- a) They can make a big difference
- b) They don't make any difference
- c) They make things worse
- d) They are irrelevant

10. What is the ultimate goal of being sustainable?

- a) To create a brighter and greener future for everyone
- b) To destroy the planet
- c) To waste resources
- d) To be selfish



Task 5: Top To Do and Not To Do List

What to Do (and Not to Do)

To Do List

- Embrace sustainable transportation options
- Remember your sustainable behaviours while you travel
- Join local and international campaigns for change

Not To Do List

- Leave car engines running while parked
- Use air conditioning before other cooling options
- Eat very hot food

Talk to your partner and add two more of your own ideas for each list.

Task 6: Make a poster (digital or handmade)/video/carousel/podcast.

Using your to do and not to do list, make a form of media to raise awareness about how people can have a more sustainable summer.

