

# ClimateChallenges

## Let's do it!

Climate action doesn't have to be expensive or complicated. Climate action doesn't always take long, either. How many *MiniChallenges* can you solve together as a group? Make your actions to protect the climate visible with the *ClimateChallenges poster*. Let's do it!

## Guide to using the *ClimateChallenges poster* and doing the *MiniChallenges*

The *ClimateChallenges poster* can be displayed in a classroom or youth club meeting room. The *MiniChallenges* encourage reflection and climate action. There are many ways the *MiniChallenges* can be integrated into life at school: try using a *MiniChallenge* to kick off a lesson. Or have two classes compete to find out who can solve the most *MiniChallenges* in one month. You're missing a bit of color? Then let your students decorate their completed *MiniChallenges* before pasting them onto the poster. Make the *ClimateChallenge* your own!

### Here are two variations as inspiration:

#### 1. Take Two – Small Steps for Climate Action

Hang up all the *MiniChallenges* next to the *ClimateChallenges poster*. The pupils can each choose two *MiniChallenges* they would like to complete. After your pupils have finished a *MiniChallenge*, they can write their names in the matching category on the poster.

Exchange your thoughts once a week: What did the students think about the *MiniChallenges*? What did they learn? What did they find difficult? What was fun for them?

#### A motivational boost for climate action:

How about giving small rewards for completed *MiniChallenges*? It can be a colorful sticker, a piece of candy, or a "no homework today" pass.

#### 2. Do It All – How many *MiniChallenges* can you complete?

Every pupil receives a printout of the entire *MiniChallenges* set. Now the *ClimateChallenge* is to complete as many *MiniChallenges* as possible. The pupils clip each completed *MiniChallenge* out from the set and paste or tape it onto the corresponding category on the poster. The pupils draw a line in the progress bar whenever they complete a *MiniChallenge*. This tally helps them keep an overview of all their completed *MiniChallenges*.

#### A motivational boost for climate action:

You can set subgoals with your students. After your pupils have completed the first 50 *MiniChallenges* and added 50 tallies to the progress bar, you can celebrate your success together, for example by having some ice cream or watching your students' favorite movie!



### Make your *ClimateChallenges* visible!

Have your pupils completed additional *ClimateChallenges*? Then write or draw them in the field "Our *ClimateChallenges*" on the *ClimateChallenges poster*. You can find inspiration and interested videos, games, and teaching materials at: [www.klimachallenges.bildungscnt.de/inspirationen/](http://www.klimachallenges.bildungscnt.de/inspirationen/)

### Our joint *ClimateChallenge*: Share ideas and celebrate successes

Do you have other ideas for working with the *ClimateChallenges poster* and the *MiniChallenges*? Can you and your students think of even more *MiniChallenges*? We are eager to hear about what you do with the *ClimateChallenges poster* and the *MiniChallenges*. Take a photo of the completed *ClimateChallenges poster*. Tell us about your successes using the hashtag #KlimaChallenges on social media or send us your ideas via email to [klimachallenges@bildungscnt.de](mailto:klimachallenges@bildungscnt.de)!

#### About the *ClimateChallenges project*:

The *ClimateChallenges* project supports young people in dealing with the effects of the climate crisis on their lives. Through it, they learn everyday things they can do to help protect the climate. *ClimateChallenges* is a joint project of Teach First Deutschland gGmbH and BildungsCent e.V. The project is funded by the National Climate Initiative of the German Federal Ministry of Economics and Climate Action and by the BNP Paribas Foundation.

Conducted by:

BildungsCent e.V.



Funded by:



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# Food and Shopping

We often buy things we don't need. Have a sip of water every time you see or hear an advertisement that is trying to sell you something.

Every year, each person in Germany buys around 30 kilograms of new clothes. Find out where you can buy secondhand items (on the internet).

At the supermarket, look for 3 different fruits that were grown in Germany and didn't have a long delivery route.

Make your own cosmetics. Find a do-it-yourself recipe online, for example a sugar peel or a face mask.

Drink only tap water for a day. 1 liter of drinking water from the faucet uses 500 times less CO<sub>2</sub> than purchased bottled water.

The production of animal-based products like meat, milk, and cheese creates many gases that are dangerous for the climate: Make your lunch or dinner vegetarian for an entire week.

*Fair trade* means that the product was made and sold under good conditions for workers and the environment. Find out which fair trade labels exist and what they look like. Find 5 products at the supermarket that have a fair trade label.

Count how many pieces of clothing you haven't worn for a year.

Food products that can still be eaten don't belong in the garbage: Someone in your class doesn't like the snack they've brought? Ask them if they want to trade snacks!

Chewing gum is largely made of plastic, which pollutes the environment. That's why it doesn't belong on the street! Make your fellow pupils aware of this. With your friends, use chalk to mark all the chewing gum pieces you find stuck to the schoolgrounds.

Trees on the streets and sidewalks suffer when the weather is warm and there is little rain. Water a tree on the street in the summertime with a least 8 liters of water per week or rescue a dried-out houseplant in the winter.

Collect your and your family's returnable jars and bottles for an entire week and take them back to the supermarket. What can you do for the climate with the money from the return?

Plastic bags are often used for only 25 minutes before they are thrown away, and it will take hundreds of years for them to decompose. When shopping, avoid new plastic bags and always take a reusable cloth bag with you for an entire week.

Find something at home that is broken and fix it.

Make a picture from tree bark: Lay a sheet of paper down on a piece of bark that you think is pretty. Carefully rub over it with a soft pencil or piece of chalk. Now take a leaf from the tree, place it under your paper, and draw over it again.

Do 15 minutes of plogging: Jog for 15 minutes with a garbage bag and rubber gloves. Collect garbage that is laying around at least 15 times.

"Plogging" is a combination of "jogging" and the Swedish word "plocka," which means "pick up." So, plogging means picking up garbage while jogging.

Observe your surroundings outside in a beautiful place for 15 minutes. Count the insects you see and hear.

Batteries must not be disposed of in household waste. They contain valuable substances that can be reused and hazardous substances that harm the environment. Collect the old batteries you find at home and take them to a battery collection box in a supermarket.

Keep track of your screen time for one week and pick a day on which you spend only 1 hour of time on your phone, in front of the TV, or on your tablet.

Cars that run on electricity instead of gasoline or diesel are better for the climate. On your way to school, count how many charging stations for electric cars you see.

Find an influencer who campaigns for more climate protection with cool content. Follow the account for one week. "Like" 3 posts that appeal to you and write a comment on a post that you like.

You have 3 wishes for the future of planet Earth. Write the 3 wishes down and describe them to someone else. Start your sentences with: "For planet Earth I wish..."

Stop time and for one week write down: How long does your cell phone battery last after charging? If you don't have your own cell phone, measure the time with someone in your family.

For a good future, we need a lot of good ideas. How do we get all the CO<sub>2</sub> out of the air or all the trash out of the oceans? Be creative and draw a picture of your machine of the future that will help us humans keep the earth clean.

What will the earth look like in the future? Will we humans still be able to stop climate change? Watch this video and write down at least one piece of information from the video that gives you hope for the future. Can we still stop climate change?

<https://www.youtube.com/watch?v=LxgMdjyw8uw>



Finish the two sentences and share your thoughts about them with someone else:

- If there were no more cars, I could finally ...
- If there were no more cars, I would no longer be able to ...

Listen to the song "Feels Like Summer" by US-American rapper Childish Gambino. You can also watch the video and the lyrics. Do you recognize the reference to climate action? Do you know any other stars who support climate action?

[https://www.youtube.com/watch?v=F1B9Fk\\_SgIO](https://www.youtube.com/watch?v=F1B9Fk_SgIO)



Talk to 3 friends about what they think about protecting the climate. Together, write down 3 reasons why it is important to stand up for climate action. Also, write down 3 reasons that prevent you from protecting the climate.

Find out what animal welfare or environmental organizations are in your area and if they need help.

Ask two teachers how they protect the climate and which climate protection projects they have already done alone or with their students.

Write on the front of 2 sticky notes: "I bet you don't dare to wash your hands only with cold water!" On the back of the sticky notes, write "Your climate says thank you!". Hang the sticky notes above the sinks in the restrooms where they can easily be seen.

Conduct a climate interview with your grandparents. Ask them questions such as: What was life like 50 years ago? Was there more snow in the past? Do you have any tips for how I can save energy? What can you do so that my future is not threatened by climate change?

Put your teacher to the climate test and ask them 3 quiz questions about climate change. If the answer is wrong, the teacher must do 5 squats.

Group task: Design a poster about Greta Thunberg, a climate activist who works to protect the climate. Find out: How old is she? Where does she come from? What exactly is she campaigning for? What is an important quote from her? Info about Greta Thunberg can be found here: <https://t1p.de/3q413>



To save the climate, we all need to act now. But taking action on climate change takes time. In groups of two or three, make an appointment with your school administration and demand more school time for climate protection. How about a project week for the climate, for example?

Be creative: Write your own short story with the title "When I was mayor for a day and how I took action for the climate".

# Climate Change and CO<sub>2</sub>

Wash your hands using only cold water and soap for a week. This way, no energy is used to heat the water – and your hands still get clean.

Write a poem that describes at least 2 tips for saving electricity.

Pay attention to the lights at school for a day. Always turn off the light if you notice it's not needed.

What comes out when cows burp and fart? Search the internet to find out what greenhouse gas is produced by their digestion.

For an entire day, do a squat or other exercise every time before using an electronic device like a cell phone, refrigerator, or light switch.

Find out why polar bears are threatened by climate change with this video and explain it to someone in your family.

[https://www.youtube.com/watch?v=cw\\_yKDSxxUM&t=71s](https://www.youtube.com/watch?v=cw_yKDSxxUM&t=71s)



Find out which car brands also produce electric cars.

Just do nothing for a while – it saves the most CO<sub>2</sub>. Sit quietly in pairs for 5 minutes and do nothing at all. Set a timer on your cell phone. Can you both keep it up? What ideas about climate protection pop into your heads? Exchange your thoughts afterwards.

Put a timer on your cell phone while showering. You only have 5 minutes. Turn off the water when soaping up and washing your hair.