



SOCIAL EMOTIONAL LEARNING

CARBON FOOTPRINT SURVEY

Answer the following questions honestly. Once you've finished, add up all of your points and find out the size of your carbon footprint! Then, based on your carbon footprint, write a goal that will help you leave an even smaller carbon footprint!

1. How often do you travel by plane?
 - a. Less than twice a year (+1)
 - b. 2-4 times a year (+2)
 - c. More than 4 times a year (+3)
2. How do you get to school?
 - a. Walking (+0)
 - b. Bus (+1)
 - c. Car (+2)
3. Where do MOST of your clothes come from?
 - a. Hand-me-downs (+0)
 - b. Thrifted (+1)
 - c. New from a store (+2)
4. What do you do when you're cold?
 - a. Put on blankets/more clothing (+0)
 - b. Drink/eat something warm (+1)
 - c. Turn up the heat (+2)
5. How do you spend your afternoons?
 - a. Playing outside (sports/playground/etc.) (+0)
 - b. Video games (+3)
 - c. TV (+3)
6. What do you do when you leave a room?
 - a. Unplug and turn off EVERYTHING (+0)
 - b. Turn off the lights (+1)
 - c. Keep on walking (+3)
7. How do you use paper?
 - a. I write on both sides (+1)
 - b. I use one side (+2)
 - c. If I make a mistake, I throw it away and get a new piece (+3)
8. What do you do with most of your waste?
 - a. Find a way to reuse it (+0)
 - b. Recycle (+1)
 - c. Throw it away (+3)
9. How do you drink water/juice/soda?
 - a. Reusable water bottle/cup (+0)
 - b. Can (+1)
 - c. Single use: straw/plastic water bottle/plastic cup (+3)
10. What kind of snacks do you mostly eat?
 - a. Fruits and vegetables (+0)
 - b. Snacks in a reusable container (+1)
 - c. Individually wrapped snacks (+3)
11. What do you do with leftover food?
 - a. Compost it (+0)
 - b. Save it for later/give it to a friend (+1)
 - c. Throw it away (+3)

SOCIAL EMOTIONAL LEARNING**CARBON FOOTPRINT SURVEY****ADD IT UP!**

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

TOTAL: _____**0-11 POINTS:
ECO WARRIOR**

WOW! You are an eco warrior! Your carbon footprint is pretty small because of the choices you make in your everyday life. You know that burning fossil fuels not only pollutes the air but also thickens the atmosphere causing global temperatures to rise. For this reason, you make many choices that benefit both the health of the planet and your health!

**12-22 POINTS:
GREEN MACHINE**

You're on a roll! You make a handful of great eco-friendly choices in order to care for the Earth! You have a good understanding of how your choices affect the environment but want to know more. Choices such as reducing your waste, biking/walking instead of driving, and educating those around you will help decrease the size of your carbon footprint!

**23-33 POINTS:
SUSTAINABLE STUDENT**

Look at you go! You're starting your sustainability journey and are eager to learn more to help your planet! Try to switch out single use items such as plastic water bottles and cups for reusable items, carpooling or walking instead of driving short distances, and seek out information to learn more about how you can shrink your carbon footprint!