



Do you know what an ecological footprint is? This is a way we can measure how much we affect the environment by the way we live. This includes things such as the products we use and the amount of energy we consume. Your eco-footprint can tell you how much of the planet's space is needed to support the way you live. So, what's your eco-footprint? Take our quiz and find out! The lower your score at the end, the less impact you make on our planet.

Environmental Life Survey



- Did you leave the water running while you brushed your teeth this morning?
Yes _____ (10 points) **No** _____ (0 points)
- A lot of the places we go every day are within about 3 kilometres of our homes (school, the corner shop, the park, etc). These trips usually take about 5 minutes by car. Think about the last time you went someplace about 3 kilometres away. Did you...
Get a ride in the car _____ (20 points) **Walk or cycle** _____ (- 10 points)
- How did you get to school today?
Carpool (more than one family) _____ (2 points) **Bus** _____ (- 5 points)
Walk, cycle, skate _____ (- 10 points) **Family car** _____ (20 points)
- Does your school recycle?
Paper **Yes** _____ (0 points) **No** _____ (10 points)
Drinks cans **Yes** _____ (0 points) **No** _____ (10 points)
Batteries **Yes** _____ (0 points) **No** _____ (10 points)
- Does your family recycle at home?
Paper **Yes** _____ (0 points) **No** _____ (10 points)
Drinks cans **Yes** _____ (0 points) **No** _____ (10 points)
Batteries **Yes** _____ (0 points) **No** _____ (10 points)
- Have you taken public transport (bus, subway, ferry, etc) in the last month?
Yes _____ (- 10 points) **No** _____ (0 points)
- The last time you went to the fridge did you think about what you wanted before you opened the door? Or, did you stand in front of the open fridge trying to figure out what you wanted?
Thought first _____ (- 10 points) **Stood in front of the open fridge** _____ (5 points)
- When you put away leftover food, what do you put it in?
Plastic wrap or aluminium foil _____ (5 points) **Reusable containers** _____ (0 points)
- The last time you were cold in your house, did you...
Put on warmer clothing _____ (0 points) **Turned the heat up higher** _____ (10 points)
- Have you ever planted a tree?
Yes _____ (- 7 points) **No** _____ (0 points)



SCORING - Tally your points and look at the chart below to find your total score.

SCORE	COMMENTS
0 - 25	You are a 'green machine.' Your eco-footprint is very small and you are doing a lot to protect the environment. Keep up the great work!
30 - 60	You do a lot to keep the planet green and healthy, but there's even more you could do. Review your answers and see where you could make some important changes. Good job!
30 - 60	You really need to think about how your actions affect our planet. Take a look at your answers and choose a couple of things to change immediately. Then, try to add one or two new ways to be environmentally friendly each week. Before long, you'll be leaving a much smaller eco-footprint.

Adapted from: www.saferoutestoschools.org/pdfs/lessonplans/gr5-8_ecopointscorecard.pdf