

ACTIVITY #3: A PLEDGE OF ACTION

TIME 60 - 80 minutes

REQUIRED RESOURCES

- Computer lab with internet access; one computer per pair of students
- “A Pledge of Action” worksheet; one per pair
- “New Actions Submission Sheet”; one per class

The Big Idea

1. To learn how to improve air quality and help our environment.
 2. To initiate personal actions to improve air quality.
 3. To create opportunities for others to improve air quality.
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Curriculum Connections

Curriculum connections are listed by province, grade and subject on the Air Aware website (<http://www.airaware.net>).

Activity

1. Introduce the “My Acts of Green” feature of Air Aware by asking students what they think an Act of Green is.
 2. Have students visit www.airaware.net and click on “What is an act of green?” to learn more.
 3. Explain to students that they will be given the chance to create their own Air Aware account which will allow them to record their own personal Acts of Green.
 4. As students participate in Acts of Green, they will be able to monitor their contribution to the “Air Aware Acts of Green” as well as “Global Acts of Green” which are located in the green box on the Air Aware homepage.
 5. Have students close the browser window to return to the Air Aware homepage. Have them select “Sign Up for Students” and complete the online form.
 6. Once registration is complete, students will select “My Acts of Green” (drop down option) from “Getting Active” located on the menu bar.
 7. In pairs, have students review the Acts of Green list and identify those acts that would improve air quality and increase active living. Have students record this information on the “A Pledge of Action” worksheet and complete the table.
 8. With their partner, have students identify additional actions which would improve air quality and increase active living that are not listed in the Acts of Green. Have students list this information on the back of their worksheet.
 9. Working independently, have students review all the Acts of Green and select “I’ve done it” for those
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- acts they have completed. Ask them to make a pledge to complete at least one new action that improves air quality and one new action that increases active living.
10. Have each pair share the actions they came up with that are not on the Act of Green website. Record the actions on the “New Actions Submission Sheet” and submit it to the Air Aware office. Every class that submits a list of actions will receive an Air Aware Acts of Green certificate.

Making It Real

- Cisco, CBC and our partner GreenNexus launched the “One Million Acts of Green” campaign in October of 2008 and challenged all Canadians to commit at least one act of green with a goal of one million total acts of green. This campaign was promoted by George Stroumboulopoulos on The Hour and was hugely successful. Although the campaign is officially over, Canadians have committed and are continuing to commit close to two million acts of green and other countries are following in our footsteps.
- Have your students watch the following YouTube video which explains the former One Million Acts of Green campaign. If YouTube is not permitted at your school, this is a great homework assignment http://www.youtube.com/watch?v=oHLkeKRUB_8
- Have students write a page explaining why they chose to pledge certain Air Aware Acts of Green and the steps they will take to complete these acts.

Active Break

1. Select the Getting Active feature on the Air Aware website and choose Active Living Exercise Calculator (a tool to plan and track exercise). Have students log on using their Air Aware log in (see instructions in the Activity Part B). Use the tool to plan a day for everyone to be active or exercising. You can choose the same type of exercise for all students or let students select their own type of exercise. Remind students to ensure they complete their exercise or activity on the selected day. Follow-up on the day after and lead a discussion with questions such as “Did the students enjoy the exercise? What were the different types of exercise? How important is exercise for our health?”
2. Refer to “Getting Active for Cleaner Air” for other active games. <http://www.cleanairchampions.ca/CAC/Ekits.aspx>

ACTIVITY #3: A PLEDGE OF ACTION STUDENT WORKSHEET

Actions to Improve Air Quality and Active Living

From the “My Acts of Green” section of the Air Aware website, select 10 actions. Identify and explain how each action helps to improve air quality as well as active living.

Act of Green	How does this action improve air quality and/or support active living?



Did you know?

Walking or cycling to work or school leads to a reduction of health care costs because people are in better shape. The Conference Board of Canada estimates that a 10% increase in the proportion of Canadians who are physically active could save \$102 million annually from the treatment of ischemic heart disease.

ACTIVITY #3: A PLEDGE OF ACTION NEW ACTIONS SUBMISSION SHEET

Students may have identified actions that can be taken to improve air quality and active living that are not included on the Record Your Act of Green website. This is your chance to add new actions to the website and bring recognition to your school. Complete this form and submit it to the Air Aware program. Recognition on AirAware.net will be awarded to classes that send in innovative submissions.

School: _____ Teacher's name: _____ Grade: _____

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

Phone: _____ Teacher's Email _____

New Actions to Improve Air Quality and Active Living

New Act of Green	How does this action improve air quality and/or support active living?

Submit to:

Allison Kawall, c/o Clean Air Champions
45 Fentiman Ave, Ottawa, ON K1S 0T5 Phone: 613-730-7353
Email: allison@cleanairchampions.ca