

WE Take Charge Worksheets

Use this guide to "Take Charge" of your family's everyday actions and create a more sustainable Earth for everyone. Plant the seeds for change by starting a garden, clean your community by picking up garbage around your neighbourhood, or go green by recycling, conserving water or carpooling to work and school. Whatever you choose, these worksheets will help you and your family be informed, get organized and put you on the road to change. If you like, print them out and post them on a wall every member of your family passes by daily, as a reminder that everyday actions can create extraordinary impact.

Step 1: Investigate and Learn

Time to start a conversation about sustainability! With your family, take the quiz below and test your knowledge about how rising levels of consumption around the world affects the environment and the future of our planet. (Answer key below.)

1. The current world population is 7.5 billion. It is projected to reach _____ by 2050.
A. 7.9 billion B. 8.6 billion C. 9.7 billion
2. At least 8 million tonnes of plastic leak into the ocean each year. That's the same as one garbage truck every single _____.
A. minute B. hour C. day
3. Greenhouse gases like carbon dioxide that are emitted from the use of cars, non-renewable sources of electricity (like coal-fired power plants) and the burning of other fossil fuels trap the sun's energy in the atmosphere, which warms the Earth's surface. As a result, the top 10 warmest years on record have all occurred in the past 19 years.
True False
4. By 2035, half the world's population will be living in water-stressed areas—locations where there isn't enough water to meet the needs of the people, animals and plants that live and grow there.
True False
5. Producing recycled paper requires only _____ percent of the energy it takes to make paper from new wood pulp.
A. 40 B. 60 C. 80

Answer key: 1. C; 2. A; 3. True; 4. False (projections show that half the world's population will be living in water stressed areas even sooner by—2025); 5. B

Learn more about the issues at [WE.org/exploringissues](https://www.we.org/exploringissues)

When you're done the quiz, check your answers and see how well you did. Did any of these facts surprise you? Which ones seem to resonate most with you and your family?

Now jot down any sustainable habits your family already does to help the environment. For example, do you recycle and/or compost? Turn off lights and other electrical items when they're not in use? Conserve water by taking showers instead of baths? Chances are that you're already well on your way to making a difference.

Take this opportunity to think about any additional changes your family could make to live more sustainably.

Step 2: Set Your Goal

Now that you have a better understanding of how living more sustainably can help the environment, decide on one or two ways your family will take action and set your goal!

These suggestions will get you started. Feel free to create your own variation or brainstorm a completely unique set of actions and goals. The idea is to do what feels right for your family.

► **Plant a garden in your backyard, balcony or in a public space like your child's school.**

Possible goals:

- Aim to plant at least 10 varieties of seeds or seedlings, and work with other families to reach your goal.
- If you're planning a vegetable garden, think about how much produce (number of items or by total weight) you hope to grow.

► **Organize a community clean-up at a local park or the laneway behind your home with family, neighbours and friends.**

Possible goals:

- What is the total area you will clean?
- How many pieces/bags of garbage do you want to collect?

► **Commit to a car-free day to reduce carbon emissions in the environment. Encourage your family to bike to work and school or take public transit as an alternative.**

Possible goal:

- How many car trips will you aim to eliminate?

► **Plan a clothing drive to keep any unwanted/outgrown clothes out of landfills, and instead go to other families who won't have to increase consumption by buying new.**

Possible goal:

- How many items/bags of clothing will you collect?

Our family goal is: _____

Looking for more ideas? Check out 11 Ways to Go Green at [WE.org/we-families/resources/all/go-green](https://www.we.org/we-families/resources/all/go-green).

Step 3: Take Action!

Now you have a goal, but you need a plan to put it into action.

Here are some things to consider:

- ▶ **When will your activity take place, and how long will it last? (Date and time)** _____
- ▶ **Will you be involving friends, neighbours and relatives in your activity, or stick to your immediate family?**
- ▶ **How will you let others know about your activity and spread awareness about sustainability? (e.g., social media, posters, etc.)**
- ▶ **What supplies (if any) will you need? (e.g., soil, seeds/plants, garden tools; garbage bags, rubber gloves)**

Decide who will be responsible for each task in your Take Charge activity

Assign roles based on each family member's individual strengths and passions. Feel free to assign more than one person to each role (or more than one role to each person)—whatever works best for your family.

Tasks might include:

- Getting supplies
- Sign/poster making
- Digging/planting/creating plant markers
- Taking photos of your progress
- Posting on social media with the hashtag #WEtakeCharge

Tape or glue a photo here of your family taking action!

Step 4: Reflect, Report and Celebrate!

Reflect on what sustainability means to you by drawing or writing about some of the highlights and/or challenges you encountered doing your WE Take Charge activity. Why is it important that your family and community live sustainability?

Report your success with WE Take Charge on social media using #WEtakeCharge.

- ▶ How many people participated in your activity?
- ▶ Did you run into any challenges?
- ▶ How close did you get to reaching your goal?

Celebrate and share the success and impact of your campaign, and to reward yourselves for all your hard work!

- ▶ Share photos of your actions with family and friends.
- ▶ Record the highlights of your event day and create a video.
- ▶ Celebrate your impact with a family dinner, a treat, or in any way that makes you feel great!

Checklist

- Learn more about sustainability at [WE.org/exploringissues](https://www.wetakecharge.org/exploringissues)
- Put up campaign posters
- Share on social media with [#WEtakeCharge](https://www.wetakecharge.org)
- Watch and share the WE Take Charge campaign video
- Take the Sustainability Questionnaire (see Printable Resources)
- Send thank-you notes to participants (see Printable Resources)
- Celebrate your impact!