



How can we live sustainably?

Key Stage/Age group KS2/3/4

Time needed for activity 15 – 30 minutes

Location Indoors or outdoors

Context

Natural Resources Wales’ purpose is to pursue sustainable management of natural resources in all of its work. This means looking after air, land, water, wildlife, plants and soil to improve Wales’ well-being, and provide a better future for everyone.

This activity plan focuses on the many ways in which we can live sustainably and encourages learners to discuss and consider how they can live a more sustainable lifestyle.

Curriculum links

| ESDGC | Natural environment | Consumption and waste | Climate change |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KS2 | <ul style="list-style-type: none"> • People depend on the environment for energy, food and other materials and resources | <ul style="list-style-type: none"> • Take personal action to influence others to save energy and reduce consumption • Ways to reduce their energy use and the energy use of others | <ul style="list-style-type: none"> • The range of ways to both save and generate energy |
| KS3 | <ul style="list-style-type: none"> • How human activity changes local and global environments | <ul style="list-style-type: none"> • Develop a sense of responsibility for sustainable development • Appreciate the actions required to reduce their own ecological footprint and to minimise waste | <ul style="list-style-type: none"> • Make personal decisions and changes to combat global warming, such as reducing energy, travel and food miles |
| KS4 | | <ul style="list-style-type: none"> • How to reduce their environmental impact through the concept of an ecological footprint | <ul style="list-style-type: none"> • Take personal responsibility towards changing their lifestyles as a response to climate change |

Aim

By the end of this activity learners will be able to:

- Explain what we can do to live sustainably
- Describe which ways of living sustainably are most important to them
- Understand that it is important to live sustainably in many ways



Equipment and resources

- **Resource cards – How can we live sustainably?**
-

What to do

This activity works well to introduce or consolidate sessions about sustainability. It aims to get learners thinking about and discussing the many different ways in which we can live sustainably.

There are 15 discussion cards in the set which describe different ways in which we can live sustainably. It is not necessary to use all of the cards, particular ones can be chosen or left out to use next time.

Introduce the activity by asking the learners why living sustainably is important and discuss their ideas. Explain that there are no right or wrong answers. The purpose of the activity is to encourage discussion and for them to learn that it is important to live sustainably in many ways. Allow time for them to read and discuss the cards.

The activity can be adapted and carried out in a variety of ways:

Most and least important:

- Independently or in small groups, decide which card is the most important way in which we can live sustainably and which card is the least important.
- With larger groups, give each student a card. Ask each group to arrange themselves to stand in order of importance from, what they decide is the most important way in which we can live sustainably to the least important. The lines of other groups can then be compared, and similarities and differences of opinion can be discussed.
- Learners can work in pairs or small groups to sort the cards using diamond ranking.

Other ways to sort the cards:

- What the learners can do themselves and what they are not able to do.
 - What the learners do in school, at home or do not currently do.
 - Choose one card which is important to them and explain why.
 - Choose one or more cards with ways in which they will try to live sustainably in the future.
-

Key questions

- **How can we live sustainably?**
 - **Why is it important to live sustainably?**
 - **What can you do?**
 - **How can you change to be more sustainable?**
-

Adapting for different needs/abilities

Less able

- Remove some of the cards from the set.

More able

- Learners can think of different ways in which they can live sustainably and come up with their own cards.
-



Follow up activity/extension

- Create charts and graphs to illustrate how the cards were sorted. A human bar chart can be made; lay the cards on the ground and ask the children to stand in front of their chosen card in straight lines to make the 'bars'.
- Use natural art to illustrate a way to be sustainable.
- Create an action plan or design a poster to encourage people to live sustainably.

Other sustainable development activities, see Activity plans for:

- Resource cards - Sustainable development glossary game
- Activity plan - The woodland management tree cycle
- Activity plan - Carbon footprint

Additional information

See Information note - Carbon

Looking for more learning resources, information and data?

Please contact: education@naturalresourceswales.gov.uk or go to <https://naturalresources.wales/learning>

Alternative format; large print or another language, please contact:
enquiries@naturalresourceswales.gov.uk
0300 065 3000