



# How can we live sustainably?

**Suggested time needed for activity** 15 to 30 minutes

**Location** Indoors or outdoors

## Context

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.

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.

## Curriculum for Wales

Science and Technology	Humanities	Languages, Literacy and Communication
<b>What matters</b> <ul style="list-style-type: none"><li>Being curious and searching for answers is essential to understanding and predicting phenomena.</li></ul>	<b>What matters</b> <ul style="list-style-type: none"><li>Our natural world is diverse and dynamic, influenced by processes and human actions.</li></ul>	<b>What matters</b> <ul style="list-style-type: none"><li>Understanding languages is key to understanding the world around us.</li></ul>
<b>What matters</b> <ul style="list-style-type: none"><li>The world around us is full of living things which depend on each other for survival.</li></ul>	<b>What matters</b> <ul style="list-style-type: none"><li>Informed, self-aware citizens engage with the challenges and opportunities that face humanity, and are able to take considered and ethical action.</li></ul>	<b>What matters</b> <ul style="list-style-type: none"><li>Expressing ourselves through languages is key to communication.</li></ul>

## Objectives

**Learners will be able to:**

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

## Suggested equipment and resources

- [Resource cards – How can we live sustainably?](#)



## Background information

This activity can work well to introduce or consolidate learning about sustainability, stimulating learner's understanding about the many different ways in which we can live sustainably.

## Suggestions to complete this activity

- You could pose questions to support your learners to explain what sustainability means.
- Your learners could use some or all of the available [Resource cards - How can we live sustainably?](#) to explore some of the diverse ways in which we can live sustainably.
- You could enable a discussion on why living sustainably is important and discuss their ideas. There are no right or wrong answers. Your learners could use the resource cards to inform their discussion.
- Can your learners decide and order the resource cards into their most and least important in terms of living sustainably? They could diamond rank the sets of cards or choose a card each and order themselves linearly. Learners could work independently, or in groups.
- Are your learners able to compare and evaluate the similarities and differences of opinion on their most and least important ways of living sustainably?
- The resource cards also lend themselves to helping learners to consider what actions they can take themselves and what they are not able to do. Or what sustainability steps the learners do in school, at home, or do not currently do.
- Your learners could choose one card from the set, which is important to them and explain why.
- Can your learners identify any ways in which they will try to live sustainably now and in the future?

## Suggested key questions

- How can we live sustainably?
- Why is it important to live sustainably?
- What actions can you take now?
- How can you change to be more sustainable?

## Adapting for different needs/abilities

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

## Suggestions for follow up activity/extension

- Could your learners create charts and graphs to illustrate how the cards were sorted?
- Try making a human bar chart. Lay the cards on the ground and ask the learners to stand in front of their chosen card in straight lines to make the 'bars.'
- Your learners could create some natural art to illustrate ways to be sustainable.
- How could your learners encourage others to live sustainably? Could they create an action plan or design a poster perhaps?



## Suggested other resources

- Our [Green energy webpage](#) has a range of learning opportunities, activities and accompanying resources.

You might like to try our:

- [Activity plan - Sustainability glossary game](#)
- [Activity plan - The sustainable woodland management cycle](#)
- [Activity plan - How to calculate your carbon footprint](#)

## Learning in, learning about, and learning for the natural environment. Looking for more learning resources, information and data?

Visit <https://naturalresources.wales/learning>

Alternative format; large print or another language, please contact:  
[enquiries@naturalresourceswales.gov.uk](mailto:enquiries@naturalresourceswales.gov.uk), **0300 065 3000**

