At Home Choose to Reduce Project
Created by Academy of Urban Planning

Part 1: Choose to Reduce- At home assignment

Practicing the first of the three Rs, Reducing can greatly help the environment. Try it out for yourself at home. Choose one thing to reduce this week and keep track of it at home. Some examples may be:

1. Water usage: shorten your showers, reduce your wash loads
2. Electricity: remove your chargers, shut off computers and video game systems, turn off your lights. Remind your family to do the same.
3. Plastic: Refuse plastic bags every time you go to the store, use your own bag, get your family to do the same this week.
4. Fuel usage: Take the train or walk instead of driving. Buy local fruits and vegetables. Don’t buy bottled water, drink tap water.

Write 3 journal entries over the next two weeks (sample entries below). Think about the following:

• What are you reducing this week?
• How hard is it to make these changes?
• How is your family reacting to your requests?
• How does this behavior change everyday life for the rest of your family?
• What is the impact of your reducing behavior?

Part 2: “did you know?” Slides Project

It’s time to use all that you have learned from the assignment to start teaching others.

A “did you know?” factoid is a fun or interesting piece of information. This next week, we will utilize what we have learned in this class to write a series of posters that will be used online and in print to educate other students in NYC.

Students can work in groups of 2 or alone. No groups of 3 or 4. This work will be done on the computer using power point.

Assemble a group of 12 slides. Each slide needs an image and simple text.
Sample Journal Entries from Student:

Entry #1: In class we have been learning how reducing things we use in school can help the environment. At home I started to use some of the strategies we learned in school to reduce my waste. These past two weeks, I have been reducing water and electricity usage. I have shortened my showers and my family has tried to disconnect appliances that are not being used. When my brothers are in the shower, I put an alarm clock in the bathroom that lets them know when to get out. My parents and I only take 40 minute showers. When everyone is in the living room we turn the lights in the other rooms off because no one is using them. Also, when I leave for school, I shut down my computer and disconnect it.

Entry #2: This week I have been trying to reduce my family’s water and electricity usage. When my brothers are in the show I put an alarm clock outside the bathroom, so they get out after 20 minutes. I also do the same with my parents and myself. When my parents are about to leave the house, I always remind them to unplug their charger and computer. My brothers don’t like to listen to the alarm sometimes, but they are getting used to it. When I tell my mom to unplug the charger, she doesn’t listen to me and says she is running late to work. But since I am the last one to leave the house, I unplug everything myself.

Entry #3: These weeks I have been reducing my water and electricity usage to help the environment. These new changes have changed my family. After a week, they already got used to the new rules. At the beginning my mother didn’t like me telling her what to because she likes to take hour long baths, but I explained to her that it was important and was also part of my grade. My brothers didn’t have a problem with the changes because they never took long showers. When leaving my house, I always unplug everything and leave the lights off. When it’s movie night we turn all the lights off and only have the t.v. on.