

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.

