Sustainable Christmas checklist

FUN FACT:

In Iceland, there's a tradition called "Jolabokaflod" or "Christmas Book Flood," where people give books as gifts on Christmas Eve and then spend the night reading!

Teacher's Guide

Objective:

Teach students about sustainability and encourage eco-friendly practices during the Christmas season.

Materials needed:

- Printed or digital checklist template (one for each student)
- Pencils or pens

Preparation

- 1. Print Checklists:
 - Prepare enough copies of the Sustainable Christmas Checklist for each student.
 - The checklist should include simple, actionable items related to sustainable practices.
- 2. Discuss Sustainability:
 - Prepare a brief talk on what sustainability means and why it's important, especially during holidays.

Instructions

Introduction (5 minutes):

- Explain the activity:
 - Gather the students and explain that they will be working on a checklist to help make their Christmas more sustainable. Discuss why it's important to take care of the environment, even during the holidays.
 - Show them the sample checklist and explain what each item means and why it's helpful.

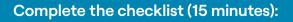
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Instructions

Checklist discussion (5 minutes):

Go through each item:

- Review each item on the checklist with the students. Explain how each action helps the environment and why it's important.
- Example items:
 - Use recycled paper for wrapping gifts 💗
 - Make your own decorations 🌲
 - Give homemade gifts 🍣
 - Turn off holiday lights when not in use ho
 - Donate old toys or clothes 💗
 - Don't cook too much food
 - Use leftovers for future meals



Fill out the checklist:

- Give each student a checklist and a pencil or pen. Ask them to mark the items they already do and choose new ones they would like to try.
- Encourage them to add their own ideas for sustainable practices.

Creative addition (10 minutes):

- Draw and color:
 - Ask the students to draw a picture of one sustainable practice they plan to do for Christmas. They can use crayons or markers to make it colorful.
 - They can also add their own suggestions to the checklist.

Share ideas (5 minutes):

- Share and discuss:
 - Invite students to share one or two ideas from their checklist with the class. Discuss why they chose those practices and how they plan to do them.
 - Praise their ideas and encourage them to try as many sustainable practices as possible.



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Discussion points

- Importance of sustainability: Discuss how small actions can add up to make a big difference in protecting the environment and changing to a greener mindset.
- Creative ideas: Encourage students to come up with their own creative ideas for being sustainable during the holidays.

Tips for success

- Encourage participation: Make sure every student has a chance to share their ideas and feel included in the discussion.
- Highlight creativity: Praise students for coming up with unique and creative ideas for their sustainable practices.

Alternative ideas

- Digital checklists: If printing is not possible, consider having students create digital checklists using simple drawing or note-taking apps.
- **Family involvement:** Suggest that students share their checklists with their families and try to involve them in sustainable practices for the holidays.