

Sustainable Christmas checklist

FUN FACT:

In Iceland, there's a tradition called "*Jolabokaflo*d" 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.

Sustainable Christmas checklist

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 💡
 - Donate old toys or clothes 📦
 - Don't cook too much food
 - Use leftovers for future meals



Complete the checklist (15 minutes):

▶ 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.