

Are you ready to begin your low-carbon journey?

Let's see how well you perform in the environmental areas and improve the areas where you can reduce your carbon footprint, so as to be the model for your peers!



Take a moment to **reflect on your green behaviours in the past month** and complete the self-reflection checklist below:

Achieved: 

Not yet achieved: 

Item	Reflection Date	Date						
		11	12	1	2	3	4	5
1	Turn off lights and electronic appliances when not in use.							
2	Use both sides of paper.							
3	Recycle paper, plastic, and other materials properly.							
4	Use reusable containers.							
5	Use a reusable water bottle.							
6	Use stairways instead of lifts.							
7	Walk, bike, or take public transportation to school when possible.							
8	Wear light, open the windows and use fans instead of air conditioners.							
9	Set the temperature of air conditioners at 24 - 26°C.							



Item	Reflection Date	Reflection Date						
		/ 11	/ 12	/ 1	/ 2	/ 3	/ 4	/ 5
10	Keep windows and doors closed when the air conditioner is turned on and use curtains or blinds to block sunlight.							
11	Turn off the tap while brushing your teeth or using soap.							
12	Take shorter showers.							
13	Eat more fruits, vegetables, and plant-based foods.							
14	Choose organic products.							
15	Hang clothes to dry instead of using the dryer.							
16	Donate or repurpose unwanted clothes, toys, and household items.							



Small changes can have a significant cumulative effect!!!

EXCELLENT!



>12 "Achieved" items

GOOD



8–12 "Achieved" items

NEED IMPROVEMENT



<8 "Achieved" items