

1.How do you travel to school?

If it isn't the same each day, choose the one you do the most.



Car/ taxi	30
Bus or train	20
Walk or cycle	10



2. When you wash, do you take a shower or a bath?



Shower	10
Sometimes shower,	20
sometimes bath	
Bath	30



3. Do you turn the tap off when you are brushing your teeth or do you leave it running?



Turn the tap off	10
Sometimes turn the tap off	20
Leave the tap running	30



4. When you are cold do you ask to turn the heating up or put a jumper on?



Put jumper on	10
Sometimes put a	20
jumper on, others turn	
up heating	
Turn heating up	30



5. When you go on holiday do you generally go by car or train in the UK or do you fly abroad?



Stay in UK	10
Fly once a year	20
Fly more than once a year	30



6. How do you deal with rubbish at home? Do you recycle it, compost it or throw it in the landfill bin?



Recycle and compost	10
Recycle the things that are easy	20
Never recycle	30



7. Do you think about where your food comes from and how far it has been transported?



Grow some of own food and try to buy local	10
Try to buy local food	20
Shop at supermarket and don't worry where food comes from	30



8. At home, do you turn the lights, computers and TV off, when they aren't needed?



Always turn things right off	10
Sometimes turn things right off	20
Leave things on or on stand-by	30



9. When your clothes are washed does mum or dad dry them by hanging them on a line or putting them in a tumble dryer?



Hang clothes on the line	10
Sometimes hang clothes on line and sometimes tumble dry	20
Put clothes in tumble dryer	30



low energy light bulbs in all, some or none of the light fittings?

(This might be one to check when you get home!)



All low energy bulbs	10
Some low energy bulbs	20
No low energy bulbs	30



Calculate your score and think about the size of your footprint.



Small Carbon Footprint	100 - 120
Medium Carbon Footprint	121 - 220
Large Carbon Footprint	221 - 300