



Name \_\_\_\_\_

Date \_\_\_\_\_

## Golden Sneaker Contest Worksheet

The Golden Sneaker Contest was a great way to reduce your school's pollution impact on the environment. Let's calculate our personal and class impact over the past two weeks, to show how much of a difference we can make!

### Why should we care about how we travel?

Every time we burn fossil fuels such as gas, coal or oil, carbon dioxide is released into the atmosphere. In a natural carbon cycle, carbon dioxide (CO<sub>2</sub>) is re-absorbed by plants and trees. However, we are burning fuels where the CO<sub>2</sub> has been trapped under the earth's surface for millions of years, and we're doing it so quickly that plants and trees that are alive now have no chance of soaking it up.

The effect of all this extra CO<sub>2</sub> in the atmosphere is that the overall temperature of the planet is increasing (global warming). While the average global temperature is increasing, on a day-to-day level the climate is changing in unpredictable ways (from floods and hurricanes to heat waves and droughts). To try and reduce the risk of ever more extreme weather, we need to reduce how much fossil fuel we are burning. One pound of CO<sub>2</sub> is the size of an exercise ball, floating up to the earth's atmosphere. Think about how much space our trip to school takes up!

The easiest thing we can do to reduce carbon emissions is to use active & shared transportation (walking, biking, taking transit, or carpooling) to and from school.

Adapted from "The Carbon Account" at [www.thecarbonaccount.com/carbonexplained](http://www.thecarbonaccount.com/carbonexplained)

### Calculate Your Impact:

	You	Your Class
<b>Points collected</b>		
Walking		
Biking		
Taking transit		
Sharing your ride		
<b>Miles traveled</b>		
<b>Pounds of CO<sub>2</sub> saved</b> One mile = One pound of CO <sub>2</sub>		
<b>Money saved</b> One mile = 20 cents		

## Imagine a Cleaner World!

1. How much money did you save in the Golden Sneaker Contest? \$\_\_\_\_\_
2. How would you spend the money you saved from taking active & shared transportation for the past two weeks?

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3. What are three ways you can convince your peers to take make a change in how they travel to and from school?
  - a)
  - b)
  - c)

4. Create a pollution solution slogan & graphic to help talk to your peers. Write & draw them here:

