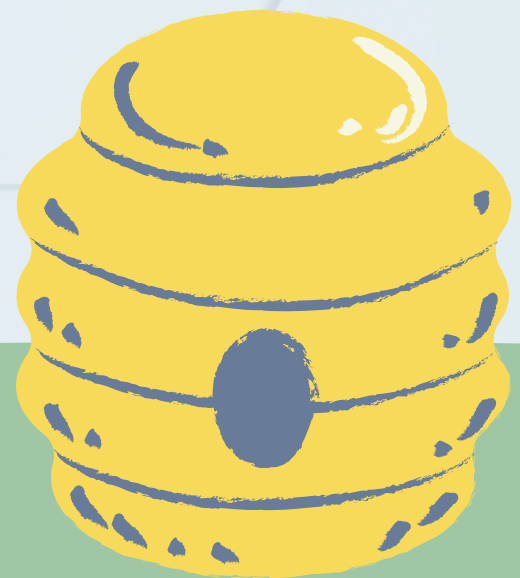


Sustainability Projects for Kids Guide

Parents' Guide to Introducing
Sustainability
and Environmentalism



GLOBAL CLIMATE *Pledge*

Overview



1. Explaining sustainability
2. How to educate and engage
3. Strategies
4. Benefits of teaching
5. Aligning age with projects



What
is

Sustainability?



Definition (for kids)



If something is sustainable, it means that we could keep using or doing it for a long time.



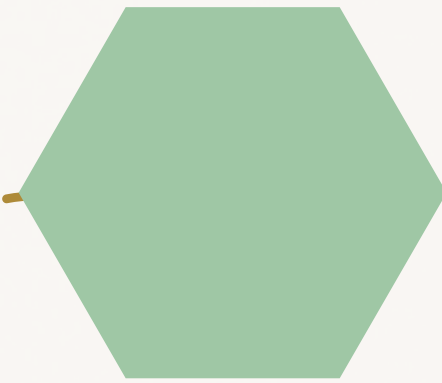
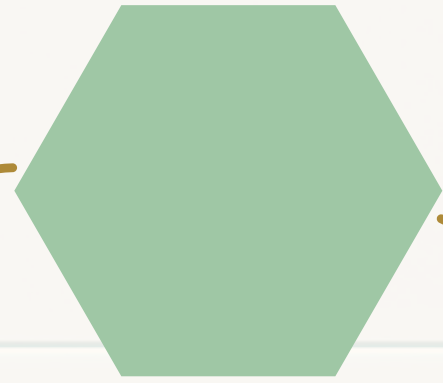
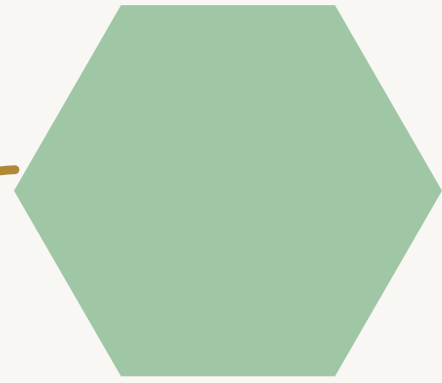
Sustainability is acting responsibly about the products we consume in order to be able to support the billions of people on this planet forever.



Basics of Sustainability

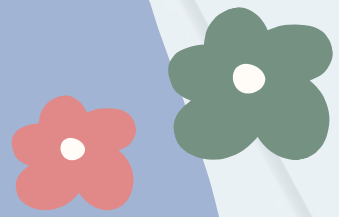


- Experiencing the natural world
- Learning how nature sustains life
- Nurturing healthy communities
- Recognizing the implications of the ways we feed and provision ourselves
- Knowing the places where we live, work, and learn.



How to Educate and Engage

Eco-conscious Guidance



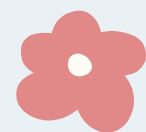
Importance:

Teaching children these skills at a young age instills an environmentally conscious mindset that can carry into adulthood.



Application

- Train them on simple tasks that they can do often until it becomes part of their lifestyle.
- There are many different ways to teach your child to love the environment and take care of it.
- If one option doesn't work, there are many other ways available.
- Use the one that suits your child best.

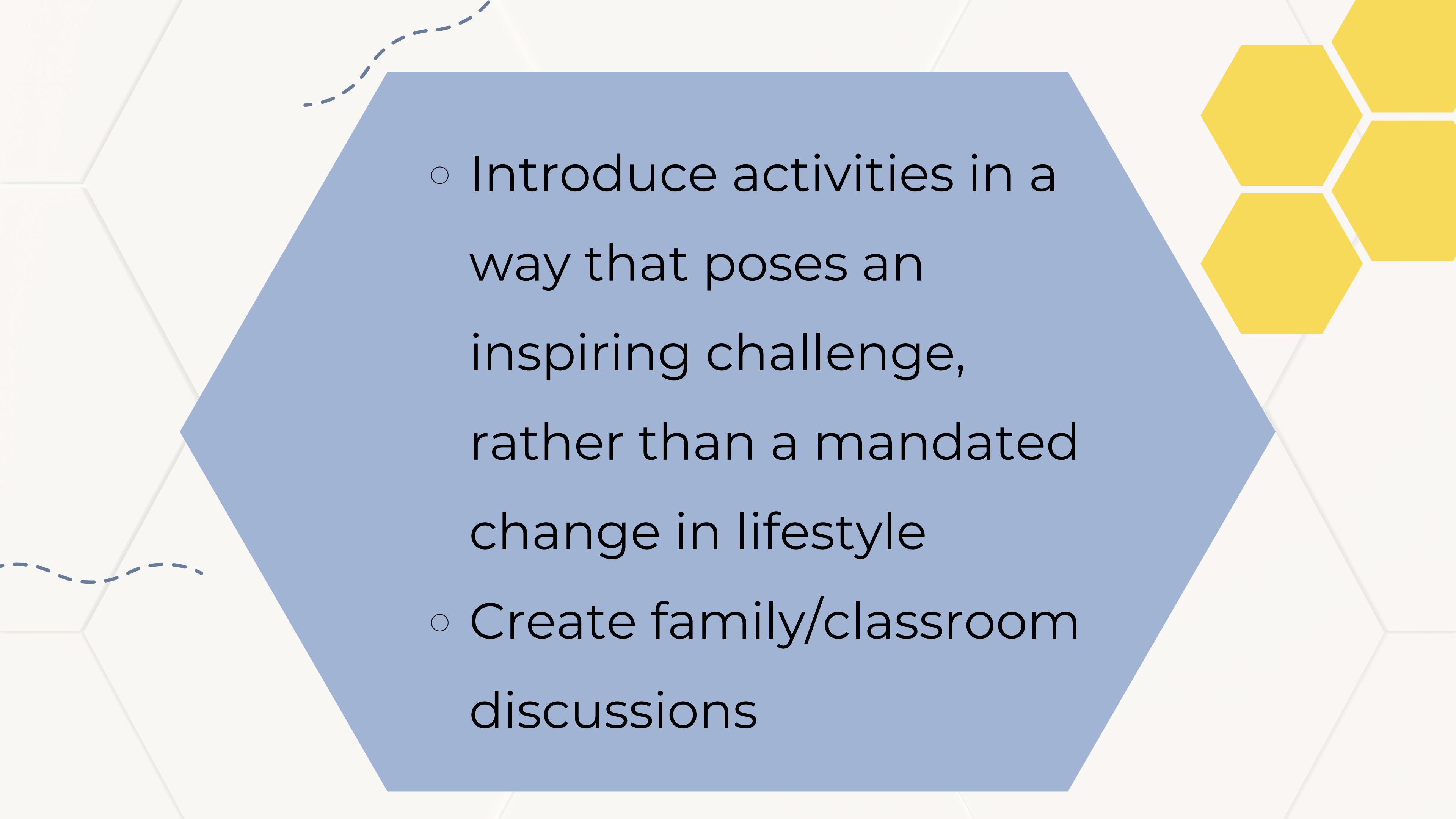



Children are Naturally Curious

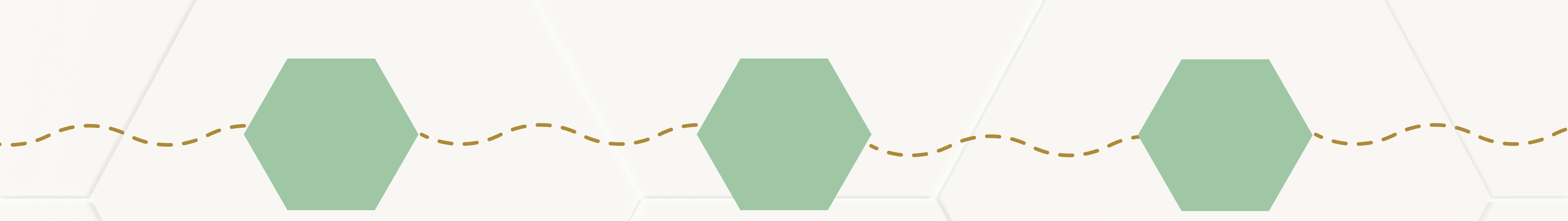
By asking the hard questions – Are our habits or routines harmful? Can we alter them to improve the quality of life for future generations? Do I spend enough time thinking about the effect my choices have on the earth? – and also encouraging easy solutions they can do individually, we can do our part to create a brighter, more conscious future.



Teaching Strategies

- 
- Introduce activities in a way that poses an inspiring challenge, rather than a mandated change in lifestyle
 - Create family/classroom discussions

- 
- "Make it their own idea" to make participation more appealing
 - Keep the topic of the project active throughout the duration of the project



Benefits of Teaching



Kids learn to *engage with* and *care for* their local environment, both in their school buildings and in their local communities.

They find greater *motivation* for learning by connecting to real-world issues that matter to them.



They develop *social and emotional skills* like confidence, teamwork, and leadership.

Their *critical thinking* and *creative problem-solving* skills are enhanced through inquiry- and place-based education.



Their *civic engagement* and understanding of the ability to make a difference is increased.

They can create *positive* peer pressure for their friends and family to also participate in sustainability.



It encourages *conscious consumerism*.

It creates *character* and *habit* development.



Aligning Age With Projects

Preschool

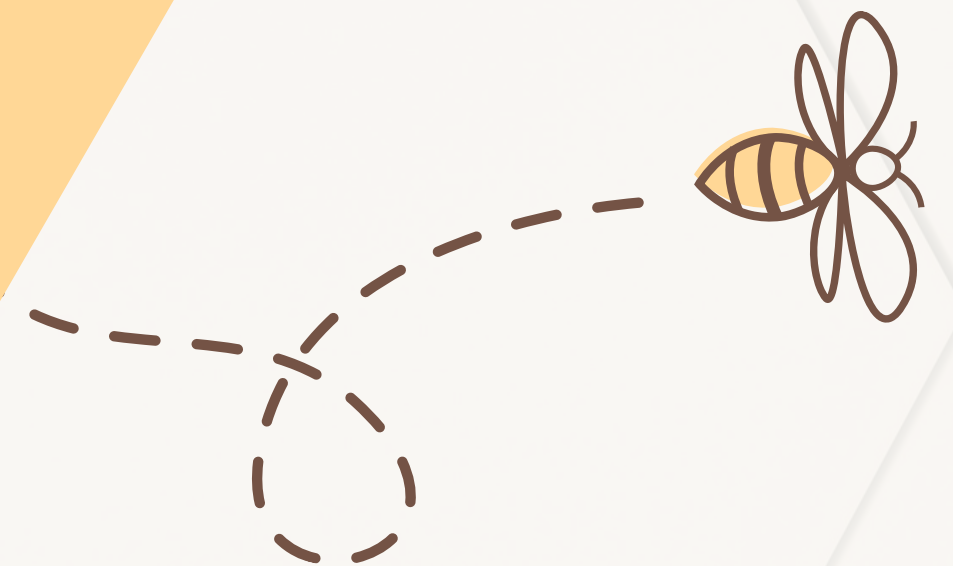


Recycling Sorting

Sorting the recycling teaches kids to understand how we can minimize our own impact on the environment.

Kids can decide if the items in the garbage go into the compost bin, the recycle bin, or the trash based on the material of the waste.

Link: <https://happyhooligans.ca/compost-recycling-sorting-activity/>

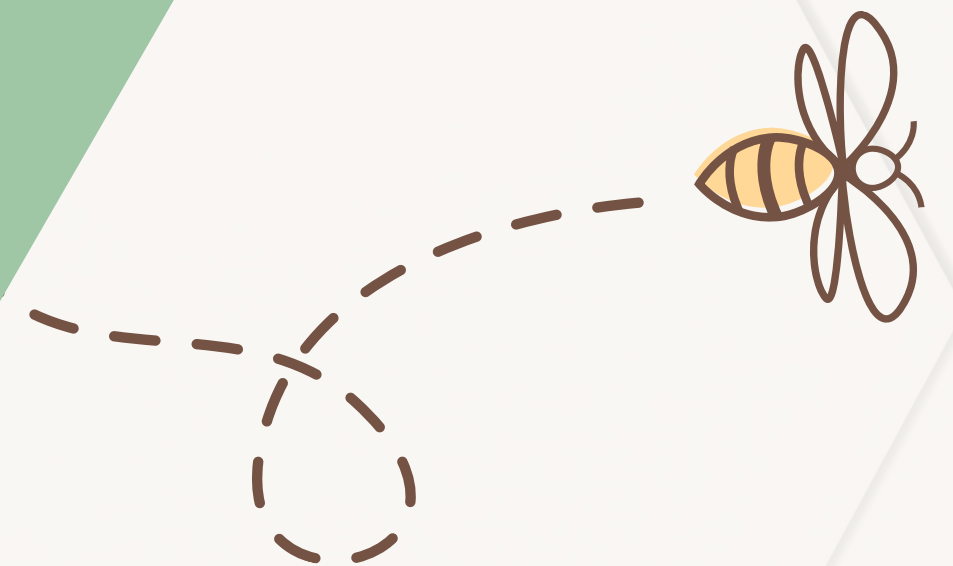


DIY Birdfeeder

Building your own birdfeeder out of sustainable objects lets your child explore science and nature while also expressing their creativity.

Hang the bird feeder in a spot in your yard where you and your child can enjoy it and watch the birds eat.

Link: [Easy Homemade Bird Feeders for Kids to Make \(thesprucecrafts.com\)](https://thesprucecrafts.com).

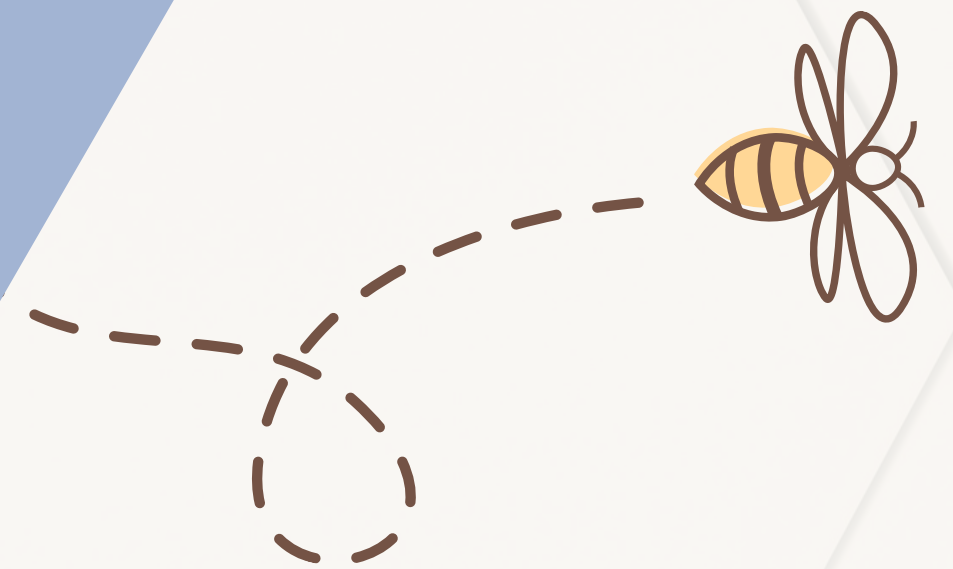


Worm Farm

A worm farm is an ideal project for introducing composting to kids by providing nutrient-rich soil without the commitment of a full compost bin.

If your kids love all things creepy and crawly, then they will enjoy this project while also learning about the environment.

Link: [How to Create a Worm Farm with Kids - A Few Shortcuts](#)





Grade School

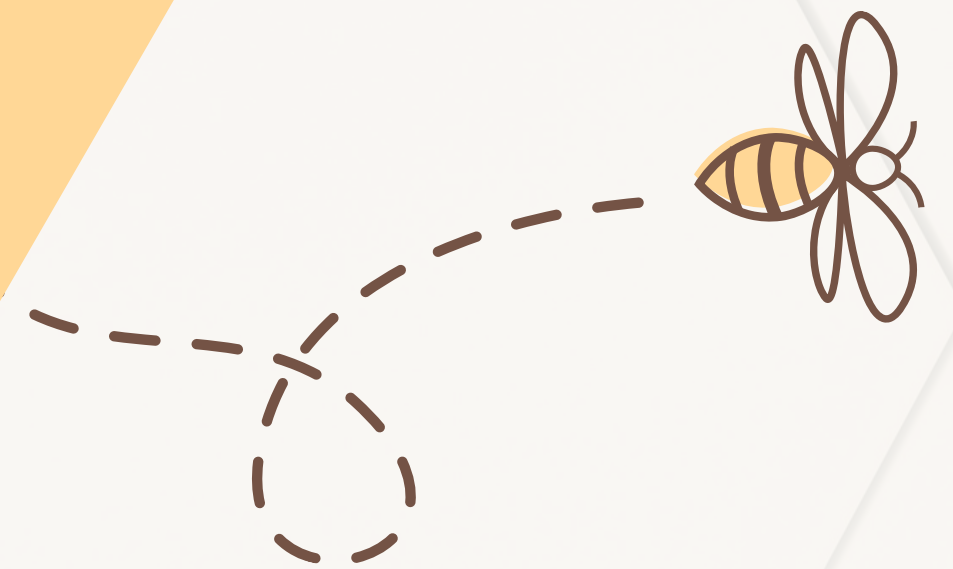


Vegetable Plot

Gardening is a healthy, fun activity for children that includes spending time outdoors, developing new skills, and learning about science and nature through growing their own food.

It's a rewarding process! Depending on your child's age, there are different activities they can get involved with when gardening.

Link: <https://www.sunnydayfamily.com/2017/03/kids-garden-planner.html>

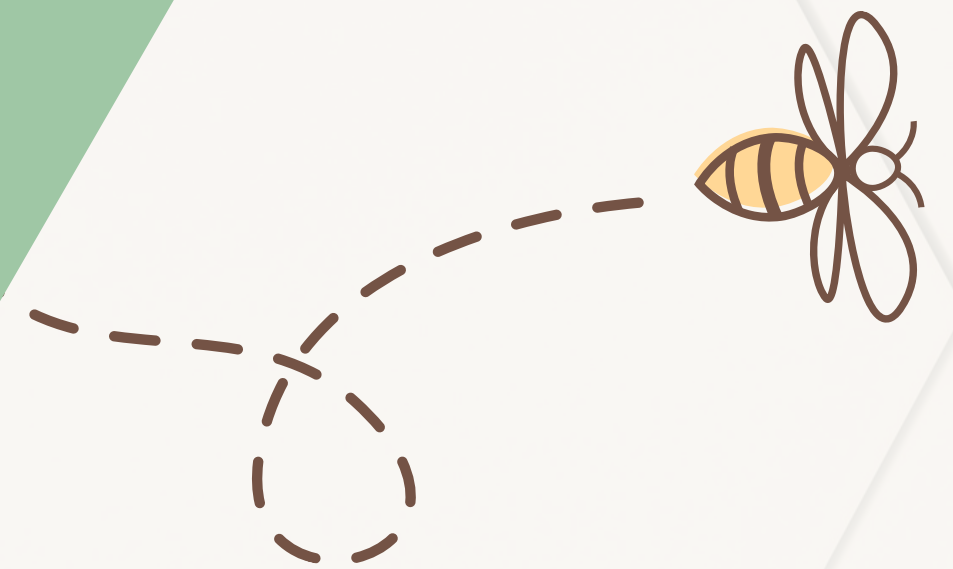


Mini Greenhouses

Mini greenhouses allow kids to learn about how to care for plants and what plants need in order to thrive. There's also a sense of accomplishment that comes with growing your very own plant from seed.

These are a perfect project for kids because it speeds up the sprouting process, and they almost always ensure success

Link: <https://www.cbc.ca/parents/play/view/plastic-cup-mini-greenhouses>

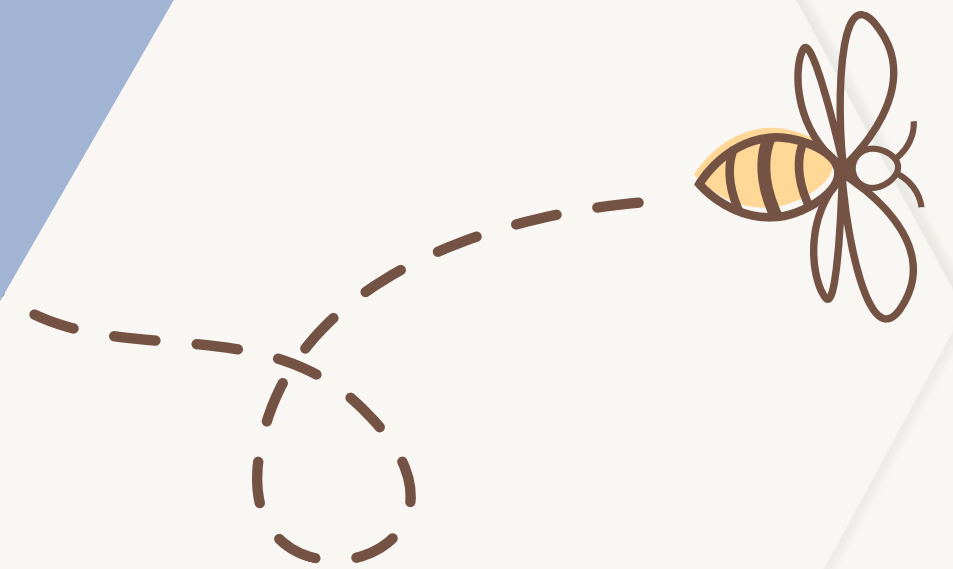


Homemade Paper

Exploring how paper is made is a great way to delve into sustainability with kids and offer a sensory-based activity while they learn about the process involved in recycling paper.

Discuss how paper comes from trees and how important it is for us to recycle paper as many times as we can to save more trees from being cut down.

Link: <https://www.instructables.com/Homemade-Paper/>





Middle School



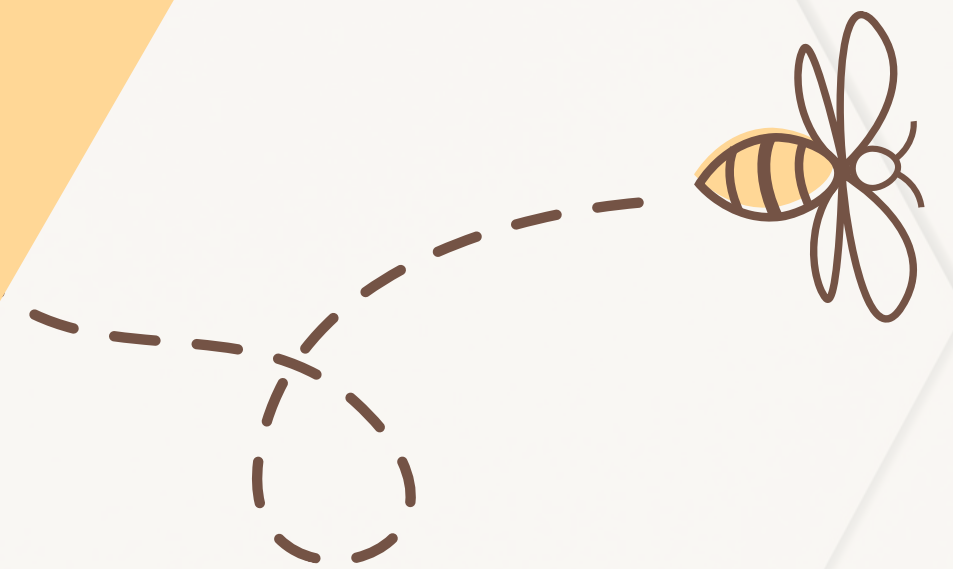
DIY Compost Bottle



This Soda Bottle Compost project is a great way for kids to see composting in action since it's easy for them to watch the composting process as it happens.

This recycled science project is a great way for kids to learn about composting in a hands-on way.

Link: <https://www.busymommymedia.com/science-for-kids-soda-bottle-compost/>

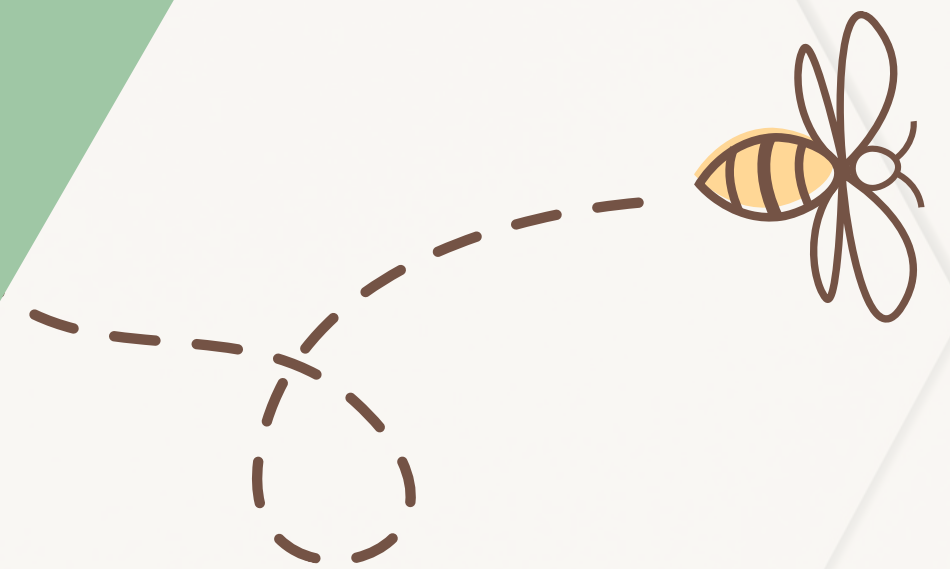


Calculate Carbon Footprints

Having your older kids calculate their carbon footprint is a great way to introduce them to the impact we have as individuals on the environment.

Carbon emissions from our lifestyle choices impact the climate, but it's important for kids to understand that they can be a part of the solution by cutting their emissions through easy lifestyle changes.

Link: <https://www.nature.org/en-us/get-involved/how-to-help/carbon-footprint-calculator/>

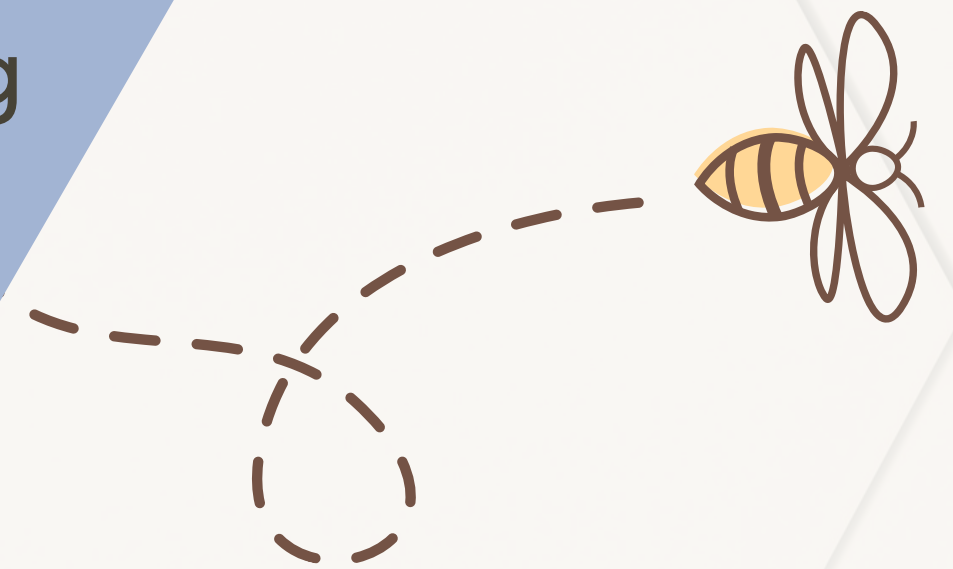


Butterfly Garden

Planting a butterfly garden with your child is a wonderful way to connect with nature and help butterflies thrive.

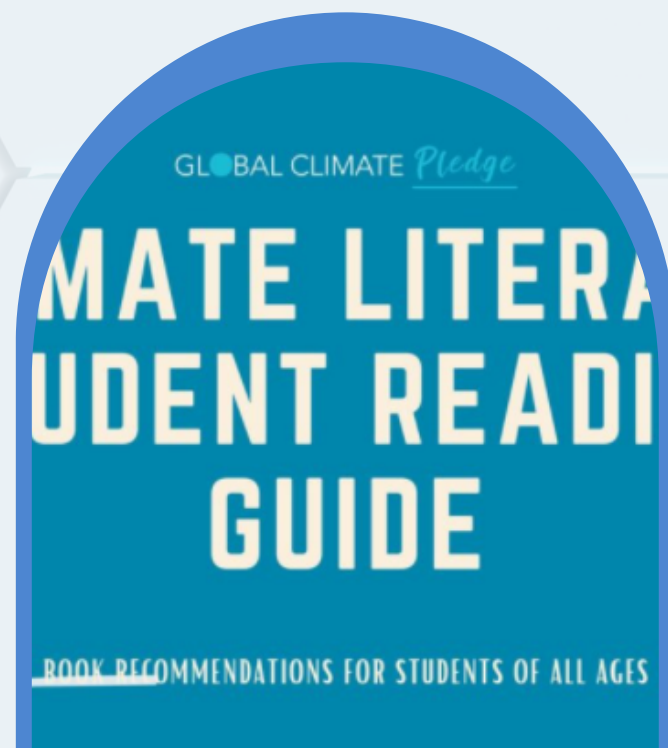
A butterfly garden provides opportunities to educate your children about the life cycle of a butterfly, allowing them to view each stage of growth and explore the relationships between plants and animals.

Link: [How to Plant a Butterfly Garden with Your Child • RUN WILD MY CHILD](#)



Additional GCP Resources

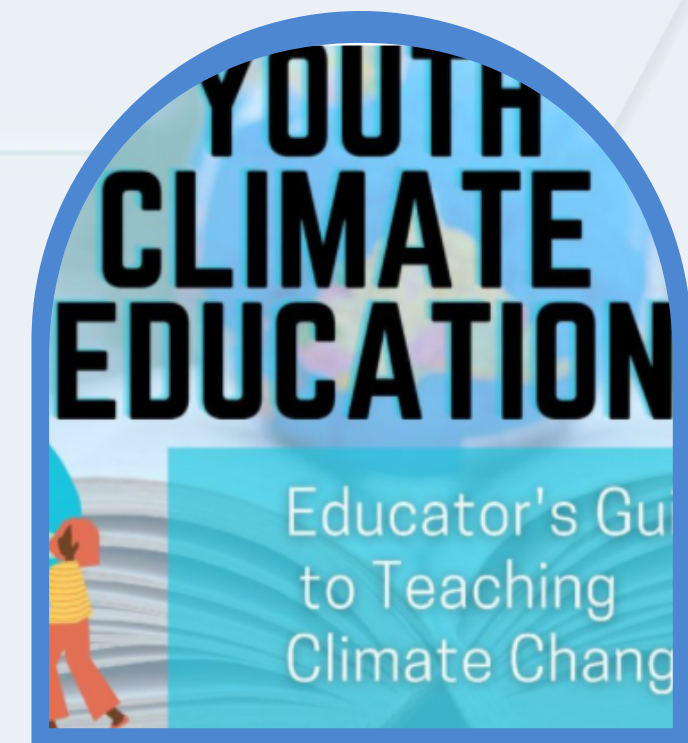
Check out some of our other toolkits on our website to find different ways to make a positive difference in our fight against the climate crisis!



Climate Literacy Student Reading Guide - Book Recommendations for Students of all Ages



Environmental Racism Toolkit



Youth Climate Education - Educator's Guide to Teaching Climate Change

The background features a light blue hexagonal pattern. At the top center is a yellow beehive with a dark brown entrance. A dashed line extends upwards from the beehive. Two bees are flying near the beehive. There are four white clouds with brown outlines: two at the top and two at the bottom. A red dashed line runs horizontally across the middle of the image, passing behind the central yellow box.

Thank You!

Sign the pledge at
www.globalclimatepledge.com

GLOBAL CLIMATE Pledge