

Take action for healthier air - Project

Activity 2 - Show how you are taking action

Now that you have planned out your action steps and decided what tasks you will do and when you will do them, use the checklist below to make sure you are on the right track.

A checklist for my healthier air project

- I have finalised my action steps with my family and my class
- I know what days I'm going to do each task
- I have asked a parent or guardian if I can carry out my actions safely at home

Parent/Guardian signature

My project journal

Create a journal that you can use to document your project and the actions you take. The 6 steps below is a suggested way to organise your journal and you can use the attached templates, or create your own versions.

<p>1. Cover page</p> <p>The cover page should include your name, your school, your class and what your project is about.</p> <p>In the spare space, draw a picture of what healthy air means to you.</p>	<p>2. Contents page</p> <p>The contents page can be completed at the end of your project, as some parts of your journal may use more than 1 page.</p>	<p>3. My goals</p> <p>Using your planner from activity 1, summarise your goals for this project.</p> <p>List what you will do, what your family will do, and what your class will do to take action for healthier air.</p>
<p>4. Daily reflection</p> <p>You can choose to take photos, draw or write about the tasks that you did, how you did them and why they were successful.</p> <p>Get an adult to sign off on your tasks to prove that you have done them safely!</p>	<p>5. End of project reflection</p> <p>At the end of your project, record what you have learnt from your action steps. You may want to talk about what worked and what didn't, as well as what effect it had on you, your family, or your community.</p>	<p>6. Ways for others to take action</p> <p>Reflect on what actions worked and what was most effective. Think of ways to spread these ideas as a message to others so they can take action for healthier air.</p> <p>Some examples may be a news story, TV advertisement or a poster.</p>

Take action for healthier air

My Project Journal

Name:

Class:

School:

Contents

_____ Page: _____

_____ Page: _____

_____ Page: _____

_____ Page: _____

_____ Page: _____

_____ Page: _____

My goals

Healthier air means


What I will do
(eg. Ride a bike to school)


What my family will do
(eg. Walk to the shops instead of taking the car)

What my class will do to teach others
(Ask your teacher or discuss with your class)

Daily Reflections


What I did


Today is:	What I did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

Today is:	What I did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

Daily Reflections


What my family did


Today is:	What we did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

Today is:	What we did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

Daily Reflections

What my class did

Today is:	What we did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

Today is:	What we did:
(Insert photo/illustration)	Do you think this helped make the air healthier? _____ Were you able to complete this task? _____
Parent/Teacher sign off:	How did this task make you feel? 

End of project reflection

Here are 3 things I have learnt from taking action for healthier air

1.

2.

3.

What tasks did you enjoy doing?

Were there some tasks that were a bit hard to do?

Why do you think we need healthier air?

How others can take action

What were the most effective actions you, your family and your class took to help make the air healthier? Why were they effective?

Below are some other ways people can take action for healthier air

Children can

Safely walk or use a bike to get around the neighbourhood

Learn to take public transport safely

Teach their friends and family about the benefits of keeping the air healthy

Help adults look after the garden, as trees and plants can help keep the air clean

Adults can

Choose an electric vehicle or a hybrid vehicle when considering a new car

Make changes at home as a family that will help keep the air healthy in your neighbourhood

Use a private vehicle less and find other ways to get around

Schools can

Encourage parents in cars to turn the engine off when waiting to pick up their children from school

Take part in government and community programs that encourage and teach people about healthier air

Encourage other classes at your school to take part in this healthier air education program

Take it further

Now that you have ideas on what people can do to keep the air healthy, why not spread the message? You can do a poster, write a letter to a member of parliament or use the guide on the following page to do a student-led exhibition for your school community.

