

Take action for healthier air - Planner

Activity 1 - Let's plan

Reflect on what you have learnt so far

Read the headings below and match them to the right box. At the bottom of the page, write a fact that you have learnt so far.

NOx (Oxides of Nitrogen)

Also known as tiny particulate matter. These particles contribute to smoggy and hazy air

Asthma, colds and flu

Places where people are encouraged to use public transport to help improve air quality

Air quality monitors

When this gas mixes with other chemicals in the air, it creates smog and PM 2.5

Different cities

Some of the symptoms that unhealthy air can contribute to

PM 2.5

A tool used to measure the harmful gases and emissions in the air



There are many reasons why we need healthier air where we live. Think about your friends, family, school and community and imagine what life would be like if we had **bad air quality**. Illustrate or write how bad air quality would impact their lives.

Friends	Family	School	Community
e.g. It would mean we might have to play sport indoors			

Now that you have considered what bad air quality could feel and look like, think about what healthier air might feel and look like. At the bottom of the page, reflect on your own reasons why healthier air is important to you.

What healthier air feels like	What life looks like with healthier air

What does healthier air mean to you?

Think about what can be done

Brainstorm some practical ideas on what you can do, what your family can do and what your class can do to keep the air healthy.

Healthier air means

What I can do

(eg. Ride a bike to school)

What my family can do

(eg. Walk to the shops instead of taking the car)

What my class can do to teach others

(Ask your teacher or discuss with your class)

Plan your action

Now that you have thought about what can be done to keep the air healthy, it's time to plan your action! Talk to your family and class and brainstorm ideas before agreeing on what you will do, when you will do it and how you will show you did it!

What I will do

What I will do (e.g Ride a bike to school)	When I will do it (Day and time)	How will you show this? (e.g Take a photo, write a journal entry, draw a picture, etc)

What my family will do

What my family will do (eg. Walk to the shops instead of taking the car)	When we will do it (Day and time)	How will you show this? (e.g Take a photo, write a journal entry, draw a picture, etc)

What my class can do to teach others

What my class will do (Ask your teacher or discuss with your class!)	When we will do it (Day and time)	How will you show this? (e.g Take a photo, write a journal entry, draw a picture, etc)

My plan of action to keep the air healthy

Below is a weekly calendar that you can use to map out what actions you will do and when. Get a teacher, parent, or guardian to help you with this. To help you remember your tasks throughout the week, put this up in your classroom, or at home on your fridge or your bedroom door!

Remember to ask a teacher, parent, or guardian for permission before doing your tasks!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What tools will I need to help me record my actions and show that I have completed them? (e.g. camera to take photos)

