



ORACLES OF TRUTH™
ACADEMY

Personal Carbon Reduction Practices Review, Part 1

What's Your Carbon Footprint?

Notice: The teleconference bridge may be recorded



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Personal Carbon Reduction Practices Review, Part 1

1. **Introduce** yourself, as needed.
2. **Ask** students to introduce themselves, as needed.
3. **Ask** students to share the following:
 - What is your name?
 - One fun fact about yourself.
 - What you hope to get out of the training?

Time: 3-minutes

topics covered



- Review Time
- Lower Your Carbon Footprint
- Manage Your Carbon Emissions
- Demonstration and Discussion
- Practice Activity
- Gamification Quiz



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Topics Covered

1. **Review** the topics to be discussed.
2. **Remind** students that active participation, interaction and inquiry are required actions and they should be self-motivated to engage in lively, provocative discussions.

Time: 2-minutes

review time



- Access the RITMO Community.
- Log in to your account.
- Go to the Eco-friendly Emissions for Youth and Adults (eModule)
- Reread Lesson 6: Becoming Eco-friendly Stewards, Part 1.

10 minutes



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Review Time

1. **Ask** learners to access the RITMO Community and login to their Member Account.
2. **Ask** them to go to the Eco-friendly Emissions for Youth and Adults (eModule).
3. **Ask** learners to reread Lesson 6: Becoming Eco-friendly Stewards, Part 1.

Time: 5 minutes

lower your carbon footprint



- To achieve NetZero Emissions, you must lower your carbon footprint.

How to Reduce Your Carbon Footprint

[View Video](#)

[View Video](#)

5:00 minutes



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Lower Your Carbon Footprint

1. **Review** each video with learners.

Time: 5-minutes

manage your carbon emissions



- Use the NetZero formula to manage your carbon emissions

$$\text{NetZero} = \text{Carbon Footprint} - \text{Carbon Handprint}$$

The equation is visually represented with a footprint icon for Carbon Footprint and a handprint icon for Carbon Handprint. The footprint icon has a downward arrow, and the handprint icon has an upward arrow.

[View Video](#)

4:51 minutes

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Managing Your Carbon Emissions

1. **Review** the NetZero formula and discuss why it is important to use the formula to achieve NetZero.
2. **Explain** to learners that they will use the NetZero formula to calculate their carbon emissions.

Time: 3-minutes

demonstration and discussion



- Follow along and learn how to complete:
 - Personal Carbon Footprint Benchmark Activity
 - Personal EFE Journal
- Ask questions as you investigate your current carbon emission activities and behaviors



[Personal Carbon Footprint Benchmark Activity](#)



[Personal EFE Journal](#)

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Demonstration and Discussion

Note that the courseware materials can be found on your online profile. Go to **My Dashboard | Courseware | Flexible Facilitator/Peer Mentor** to access the materials from the <https://drshinshuri.com> RITMO Community site.

1. **Download** and print all the following activities for participants to use from the **Personal Carbon Reduction Practices Review, Part 1** session:
 - Personal Carbon Footprint Benchmark Activity
 - Instructions for Personal EFE Journal
 - Personal EFE Journal
2. **Review** each of the above activities with participants.
3. **Review** the NetZero formula and discuss why it is important to use the formula to achieve NetZero.
4. **Explain** to learners that they will use the NetZero formula to calculate their Carbon Handprint.

Time: 10 minutes

practice activity



- Set your Carbon Footprint benchmark
- Complete the Personal EFE Journal
- Total your scores
- Share your scores by posting in the RITMO Community.



[Post and Share in the RITMO Community](#)

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Practice Activity

1. **Ask** participants to share their results/data in the RITMO Community Forum after they complete the assignment.
2. **Demonstrate** how to access and post to the RITMO Community forum for each activity:
 - Personal Carbon Footprint Benchmark Activity (forum)
 - Personal EFE Journal (forum)
3. **Allow** time for participants to complete the activities you gave them as you reviewed and demonstrated what to do and how to do it.

Time: 10 minutes



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Gamification Quiz

- A correct answer participant receives points and value.
- An incorrect answer participant loses points and value.

Gamification Point Scale

Activity	Points	Value
Easy Question	1	\$1.00
Video Question	3	\$3.00
Difficult Question	5	\$5.00

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Gamification Quiz

1. **Review** Lesson 6: Becoming Eco-friendly Stewards, Part 1 with participants.
2. **Use** the Gamification Point Scale to keep track of each student's score.
3. **Conduct** a round robin with participants and have them answer the questions. (**Note:** A correct answer the participant receives the positive points and value.. An incorrect answer participant receives negative points and value.)
4. **Keep** a tally of all points and dollar value earned by each participant for each gamification review activity. (**Note:** Use the EFE Gradebook to keep track of participant activities completed)
5. **Participants** must complete the full eCourse (eModule + eClass) to earn their stipend at the end of the training

Time: 3 minutes

question #1



- CRAs can be applied not only to you as an individual but can be used to reduce carbon emissions at _____, _____, _____, and in the _____. Select all that apply.

Value: 1 point

- A. Work
- B. Community
- C. Home
- D. School

Answer
A, B, C, and D

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Question #1

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #2



- The statement below describes which carbon emissions factor.

This is the amount of Carbon Dioxide (CO₂) and other carbon compounds emitted due to the consumption of fossil fuels by a particular person, group, or community.

Value: 1 point

Answer
Carbon Footprint



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Question #2

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #3



- How often should you measure and track your Carbon Footprint?

Value: 1 point

Answer
Daily, Every day

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Question #3

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #4



● Which of the following are fossil fuels?

- A. Coal
- B. Oil
- C. Gasoline
- D. Hydrogen Fuel

Value: 1 point

Answer
A, B, and C

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Question #4

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #5



● What is a benchmark?

Value: 1 point

Answer

A point of reference in which to compare a measurement.

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Question #5

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #6



- Which of the following are examples of good ways to decrease your Carbon Footprint when transporting from one location to another? Select all that apply.

- A. Walk
- B. Carpool
- C. Bike
- D. Skate

Value: 2 points

Answer
A, C, and D

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Question #6

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute

question #7



- Which of the following are effective ways to offset your carbon emissions by using Human Energy? Select all that apply.

- A. Plant trees
- B. Natural gardening
- C. Grow plants
- D. Use electronic devices

Value: 2 points

Answer

A, B, and C

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Question #7

1. Present the question to all participants. The first hand raised gets to answer the question.
2. If answered correctly, participant earns points and value. Tally points and value for the participant. Go to next question.
3. If answered incorrectly participant loses points and value. Tally points and value. Allow another participant a chance to answer the question. If the second participant answers correctly, participant. Earns points and value. Tally points and value. If answered incorrectly participant loses points and value. Tally points and value.
4. Show the correct answer after the second failed attempt to answer the question.
5. Go to next question.

Time: 1 minute