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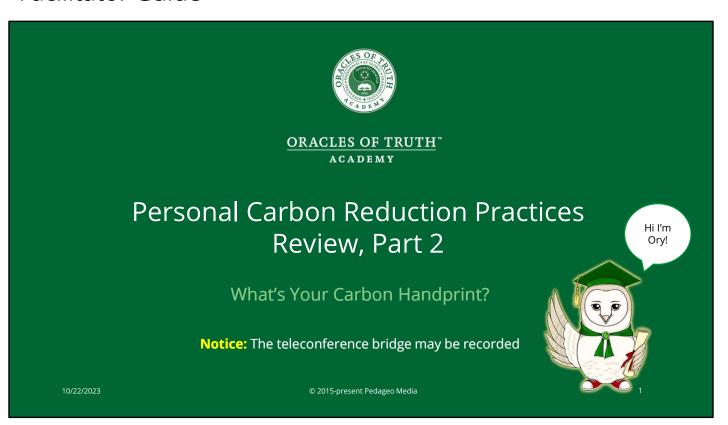
1. **Introduce** yourself, as needed.
2. **Ask** students to introduce themselves, as needed.
3. **Ask** students to share the following:
   - What is your name?
   - One fun fact about yourself.
   - What you hope to get out of the training?

Time: 3-minutes

topics covered

- Review Time
- Increase Your Carbon Handprint
- Manage Your Eco-friendly Emissions
- Demonstration and Discussion
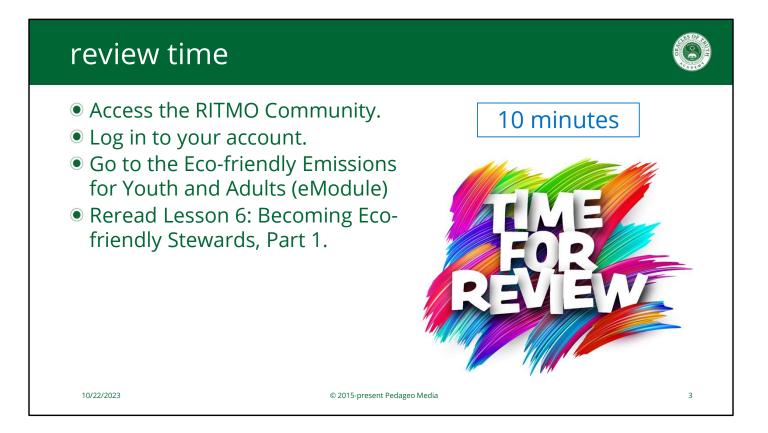- Practice Activity
- Gamification Quiz

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

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

increase your carbon handprint

- To achieve NetZero Emissions, you should increase your Carbon Handprint.

  How to increase Your Carbon Handprint

  View Video   View Video

  5:00 minutes

Increase your carbon handprint by…

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

Time: 5-minutes

manage your eco-friendly emissions

◉ Use the NetZero formula to manage your carbon emissions

$$NetZero =$$

Carbon Footprint   Carbon Handprint

3:00 minutes

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 eco-friendly 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 Handprint Benchmark Activity]

[Personal EFE Journal]

Demonstration and

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 2** session:
   - Personal Carbon Handprint 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 Handprint 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](#)

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 Handprint 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

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

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

◉ How often should you measure and track your Carbon Handprint?

Value: 1 point

Answer
Daily, Every day

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

◉ What is the difference between a carbon footprint and a carbon handprint. Select all that apply.

   A. A carbon footprint is bigger than the carbon handprint.
   B. A carbon handprint is smaller than a carbon footprint.
   C. The carbon footprint is small, and the carbon handprint is big.
   D. The carbon footprint and handprint must be the same size

Value: 1 point | **Answer** C

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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

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question #3

◉ The statement below describes which carbon emissions factor.

This is a comparison of two equal products or services and the climate impact of those options. Carbon handprint equals the difference between the two-options carbon footprint, measured in mass of CO_2 equivalent. The bigger the handprint the better.

Value: 1 point

Answer
Carbon Handprint

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

Name three things you can do in the community to reduce carbon emissions?

Value: 5 points

Answer

- Eat locally
- Go reusable
- Clean up the community
- Take a hike
- Recycle

- Step it up
- Eat plant-based foods
- Empower your community
- Get curious

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

⊙ **Name four things you can do to reduce carbon emissions for yourself and at home?**

Value: 5 points

Answer

- Be water smart
- Go paperless
- Close the fireplace flue
- Cool with fans
- Heat below 68°
- Power down 5 to 8 pm
- Wash full loads
- Hibernate electronics
- Turn off water and lights

- Unplug the small stuff
- Unplug when full
- Go green energy
- Wash in cold
- Use solar outdoors
- Grow produce
- Hang clothes to dry
- Shade to cool
- Grow trees/bushes
- Compost waste

- Compost waste
- Use solar power
- Use batteries
- Go electric
- Shop thrifty
- Purchase eco-friendly
- Use smart electronics
- Reduce cooking
- Replace filters
- Recharge and reuse

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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

It is generally said that your Carbon Handprint should be big, and your Carbon Footprint should be small? Select the best answer.

A. True
B. False

Value: 1 point

Answer
A

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

⦿ What is the formula for NetZero Emissions? Select the best answer.

A. Carbon Handprint – Carbon Footprint
B. Carbon Footprint ÷ Carbon Handprint
C. Carbon Footprint + Carbon Handprint
D. Carbon Footprint – Carbon Handprint

Answer
D

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