

ECO-FRIENDLY HABITS AND ECO-FRIENDLY POLICY

1. Introduction

Environmental sustainability has become one of the most important challenges of the 21st century. Climate change, pollution, and excessive consumption of natural resources affect ecosystems and people’s quality of life. For this reason, schools and educational institutions play an important role in promoting eco-friendly habits and sustainable policies.

Eco-friendly habits are everyday actions that help reduce negative impacts on the environment. Eco-friendly policies are strategies and rules adopted by institutions to ensure that environmental protection becomes part of daily practices.

By encouraging sustainable behaviours, schools can help students develop environmental awareness, responsibility, and active citizenship.

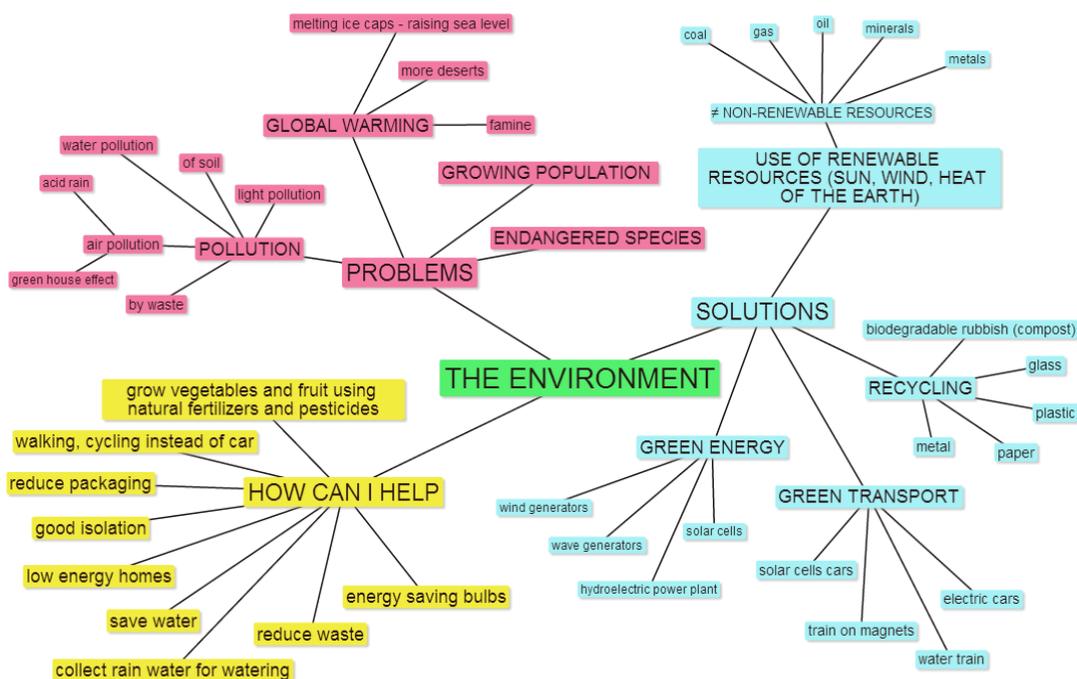
2. What Are Eco-Friendly Habits?

Eco-friendly habits are simple actions that individuals practice in their daily lives to reduce environmental impact. These habits focus on **saving energy, reducing waste, protecting natural resources, and promoting sustainable lifestyles.**

Examples of eco-friendly habits include:

- Turning off lights and electronic devices when they are not in use
- Reducing water consumption
- Recycling and separating waste
- Using reusable products instead of disposable ones
- Walking, cycling, or using public transport instead of cars
- Choosing environmentally friendly products

Developing these habits helps students understand how small actions can contribute to protecting the planet.



3. Why Eco-Friendly Habits Are Important in Schools

Schools are ideal places to promote sustainable behaviour because students learn values and practices that influence their future lifestyle.

Promoting eco-friendly habits in schools helps to:

- raise awareness about environmental issues
- develop responsible behaviour toward natural resources
- encourage cooperation and community engagement
- reduce the environmental footprint of the school

When students learn about sustainability in school, they often share these ideas with their families and communities, creating a positive chain effect.

4. Eco-Friendly Policies in Educational Institutions

Eco-friendly policies are structured actions or rules adopted by schools or organizations to support environmental sustainability. These policies guide decision-making and encourage environmentally responsible practices.

Examples of eco-friendly policies in schools include:

Waste Reduction Policy

Schools can implement recycling systems for paper, plastic, and organic waste. Students can also participate in projects that encourage waste reduction and reuse of materials.

Energy Saving Policy

Schools may introduce rules for turning off lights, computers, and electronic equipment when they are not needed. Installing energy-efficient lighting or renewable energy systems can also reduce energy consumption.

Sustainable Transportation Policy

Encouraging students and teachers to walk, cycle, or use public transportation helps reduce carbon emissions and improves health.

Responsible Consumption Policy

Schools can promote the use of reusable bottles, lunch boxes, and sustainable materials instead of single-use plastic products.

5. Eco-Friendly Habits Students Can Practice

Students can easily adopt several environmentally friendly habits in their daily lives.

At School

Students can:

- bring reusable water bottles and lunch containers
- reduce paper use by using digital tools when possible
- participate in recycling programs
- turn off classroom lights when leaving the room

At Home

Students can:

- reduce water consumption when brushing teeth or washing dishes
- switch off electronic devices when they are not used
- help separate waste for recycling

- support environmentally responsible purchasing decisions

These habits help students develop a sustainable mindset and responsible lifestyle.

6. Key Terms (Glossary)

Biodiversity – the variety of living organisms (plants, animals, and microorganisms) in a particular ecosystem or on Earth as a whole.

Climate change – long-term changes in Earth’s temperature and weather patterns caused mainly by human activities such as burning fossil fuels.

Greenhouse gases – gases in the atmosphere (such as carbon dioxide and methane) that trap heat and contribute to global warming.

Global warming – the gradual increase in Earth’s average temperature due to greenhouse gas emissions.

Sustainable development – development that meets present needs without compromising the ability of future generations to meet their own needs.

Renewable resources – natural resources that can be replenished naturally over time, such as sunlight, wind, and water.

Non-renewable resources – natural resources that are limited and cannot be replaced quickly, such as coal, oil, and natural gas.

Energy efficiency – using less energy to perform the same task or produce the same result.

Waste management – the process of collecting, transporting, processing, recycling, or disposing of waste materials.

Sustainable transportation – environmentally friendly transport options that reduce pollution, such as walking, cycling, or using public transport.

Eco-friendly products – products designed to have minimal impact on the environment during production, use, and disposal.

Green consumption – choosing products and services that are environmentally responsible.

Environmental footprint – the impact that human activities have on the environment, including resource use and pollution.

Environmental awareness – understanding environmental issues and recognizing the importance of protecting nature.

7. Practical Tips / Action List

10 Eco-Friendly Habits for Students

- Use reusable water bottles
- Turn off lights when leaving a room
- Walk or cycle when possible
- Reduce food waste
- Reuse paper
- Bring reusable shopping bags
- Avoid single-use plastics
- Save water
- Support local products
- Participate in environmental projects

Exercises

Environmental Awareness

Read the statements and decide if they are **True (T)** or **False (F)**.

1. Individual lifestyle choices can influence environmental sustainability.
2. Recycling always eliminates all environmental problems.
3. Carbon footprint measures greenhouse gas emissions produced by human activities.
4. Renewable energy sources include solar and wind energy.
5. Sustainable transport can help reduce air pollution.
6. Plastic waste can take hundreds of years to decompose.
7. Climate change affects ecosystems and biodiversity.
8. Eco-friendly habits can only be practiced at home, not at school.
9. Composting helps reduce organic waste in landfills.
10. Governments and individuals both play a role in environmental protection.

Environmental Concepts

Choose the **correct answer**.

1. What is the main goal of sustainable development?
 - A. Economic growth only
 - B. Protecting resources for future generations
 - C. Increasing industrial production
 - D. Reducing education costs
2. Which activity produces the highest carbon emissions?
 - A. Walking
 - B. Cycling
 - C. Driving a car
 - D. Using public transport
3. Which energy source is renewable?
 - A. Coal
 - B. Oil
 - C. Solar energy
 - D. Natural gas
4. What is composting mainly used for?
 - A. Plastic waste
 - B. Organic waste
 - C. Metal waste
 - D. Electronic waste
5. Which of the following helps reduce plastic pollution?
 - A. Using reusable bags
 - B. Buying more plastic products
 - C. Throwing plastic in nature
 - D. Burning plastic
6. What does biodiversity refer to?
 - A. Variety of ecosystems and species
 - B. One type of animal species
 - C. Only plant species
 - D. Only marine life
7. Sustainable transportation includes:
 - A. Walking
 - B. Cycling
 - C. Public transport
 - D. All of the above
8. Carbon footprint mainly measures:
 - A. Energy costs
 - B. CO₂ emissions
 - C. Water consumption
 - D. Recycling rates
9. Which activity saves energy?
 - A. Leaving lights on
 - B. Turning off unused devices
 - C. Using more appliances
 - D. Charging devices constantly
10. Environmental awareness encourages people to:
 - A. Ignore environmental problems
 - B. Take responsible actions
 - C. Increase waste production
 - D. Avoid recycling

Key Terms . Fill in the missing word.

sustainability, renewable, biodiversity, carbon footprint, recycling, composting, pollution, eco-friendly, resources, climate change

- _____ refers to the long-term balance between human needs and environmental protection.
- Solar and wind energy are examples of _____ energy sources.
- _____ measures the amount of greenhouse gases produced by human activities.
- _____ is the process of converting waste into reusable materials.
- _____ is the variety of plants, animals, and microorganisms in an ecosystem.
- _____ helps transform organic waste into nutrient-rich soil.
- Air and water _____ can harm ecosystems and human health.
- _____ products are designed to reduce environmental impact.
- Natural _____ include water, forests, and minerals.
- _____ refers to long-term changes in global temperatures and weather patterns.

Concepts and Definitions . Match the **term (1–10)** with the correct **definition (A–J)**.

Terms	Definitions
1. Sustainability	A. Long-term change in global temperatures
2. Carbon footprint	B. Variety of living organisms
3. Biodiversity	C. Using resources responsibly
4. Recycling	D. Converting waste into reusable materials
5. Renewable energy	E. Energy from natural sources
6. Climate change	F. Total greenhouse gas emissions
7. Composting	G. Natural process of decomposing organic waste
8. Sustainable transport	H. Transport with minimal environmental impact
9. Eco-friendly product	I. Product designed to reduce environmental harm
10. Pollution	J. Contamination of air, water, or soil

Sentence Completion. Complete the sentences with appropriate words.

- One way to reduce pollution is to use _____ transportation such as cycling or public transport.
- Recycling helps conserve natural _____ such as trees and water.
- Turning off lights when leaving a room helps save _____.
- Composting reduces the amount of _____ waste sent to landfills.
- Environmental education increases _____ about climate issues.
- Renewable energy sources include solar, wind, and _____ energy.
- Reducing plastic use helps protect marine _____.
- Governments often create environmental _____ to promote sustainability.
- Sustainable development aims to protect _____ generations.
- Many schools encourage students to adopt _____ habits.

Environmental Decision Making. Choose the **most environmentally responsible option**.

- | | |
|------------------------------------|---|
| 1. When buying a drink you should: | 2. When traveling short distances you should: |
| A. Use disposable cups | A. Use a car |
| B. Bring a reusable bottle | B. Walk or cycle |
| C. Buy plastic bottles every day | C. Take a plane |
| D. Use single-use cups | D. Use a taxi |

3. To reduce paper waste students should:
 - A. Print everything
 - B. Use digital documents when possible
 - C. Throw paper away
 - D. Use more paper
4. Food waste can be reduced by:
 - A. Throwing it away
 - B. Composting
 - C. Burning it
 - D. Ignoring it
5. The best way to save electricity is to:
 - A. Leave devices on
 - B. Turn off unused devices
 - C. Charge devices all day
 - D. Use more appliances
6. Plastic bags can be replaced with:
 - A. Reusable bags
 - B. More plastic bags
 - C. Disposable bags
 - D. Paper waste
7. Eco-friendly products are usually:
 - A. Designed to reduce environmental harm
 - B. Made only of plastic
 - C. Disposable
 - D. Harmful to nature
8. Schools can reduce waste by:
 - A. Ignoring recycling
 - B. Introducing recycling bins
 - C. Burning waste
 - D. Producing more waste
9. Sustainable transport helps reduce:
 - A. Air pollution
 - B. Soil pollution
 - C. Noise pollution only
 - D. Water pollution only
10. Individual actions can:
 - A. Have no environmental impact
 - B. Contribute to environmental protection
 - C. Increase pollution only
 - D. Solve problems instantly

Vocabulary Gap Fill

Fill in the correct word.

**biodiversity, sustainability, emissions, renewable, pollution,
recycling, resources, consumption, awareness, ecosystem**

1. Carbon _____ from transportation contribute to climate change.
2. Protecting _____ helps maintain healthy ecosystems.
3. Environmental _____ encourages responsible behaviour.
4. _____ energy sources include wind and solar power.
5. Reducing plastic _____ helps protect marine environments.
6. Responsible _____ of resources is essential for sustainability.
7. _____ helps reduce waste and conserve materials.
8. Forests are important natural _____.
9. Climate change affects the balance of the _____.
10. _____ development aims to protect future generations.

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