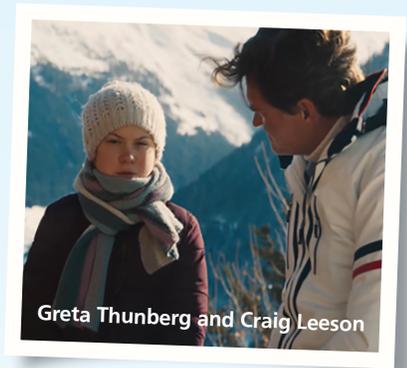


# WALK SOFTLY, SPEAK LOUDLY

Greta Thunberg is rallying young people to demand action to save Earth from catastrophic climate change. The United States is one of the biggest contributors to carbon emissions. *IMAX presents The Last Glaciers* warns big changes need to be made and made now. You can make everyday changes to make a real difference.



**Research and brainstorm** ways to make your carbon footprint lighter.

**Write alternatives** to high carbon activities in the graphic organizer below. Try to add at least two ideas for each carbon-heavy activity. Can you come up with more?

**Pledge** to make at least two changes to your daily behavior.

**Encourage** a family member or friend to join you.

Carbon-heavy Activity	Alternative Option	
Driving to school		
Washing clothes each time you wear them		
Buying new clothes		
Using single-use plastic water bottles		
Buying fast food or food in single use plastic containers		
Using plastic bags while shopping		
Your idea:		
Your idea:		

## Tips to Help Lower Your Carbon Footprint

- Walking or riding a bike to school releases the best amount of carbon, none! School too far away? Arrange a carpool to lower carbon emissions.
- Food packaging releases a lot of carbon dioxide into the atmosphere. Sometimes it's hard to avoid, but you can use the packaging again or recycle.
- Wearing clothes more than once cuts down on water usage. When you do laundry, make sure the washer is full, and set it to use the least amount of water. Try to air dry laundry when possible.
- Try to use sturdy, reusable water bottles, but even single-use plastic water bottles can be reused. Fill it up again or make it into a planter and grow some green.
- You've heard reduce, reuse, recycle. This goes for clothes, too. Wear what you have. Want something new? Organize a clothing swap with friends or go thrifting.

## CODE RED

“This is code red. There are no more chances. If we don't tackle the situation right now, we won't have a future. It's as simple as that.”

– Filmmaker Craig Leeson,  
*IMAX presents The Last Glaciers*