



Swap Superstar Mission STAGE 1: RESEARCH & BRAINSTORM

In order to fight climate change, it's important to think critically about what we're buying and why. What does it mean to be a smart consumer? How can we differentiate between a need and a want? Everything takes energy to create and transport.

Our carbon footprint is the amount of carbon dioxide (and other greenhouse gases) we create through the products we use and the actions we take. Every product has its own carbon footprint, which becomes part of ours when we use it. It's impossible to have no carbon footprint, but we can shrink ours by making smarter choices.

STAGE OBJECTIVE: During the **Research & Brainstorm stage**, the members of your club will learn more about what a carbon footprint is and what contributes to it. Then, they will begin to plan an event to swap gently used items to help reduce your community's carbon footprint.

STAGE LENGTH: Approximately 3 meetings

SUGGESTED BREAKDOWN OF MEETINGS:

MEETING 1: Carbon footprint

KEY FOCUS: What is a carbon footprint?

1. To begin, talk about carbon footprint. Building off the members' answers, here are some possible questions:

- *Have you heard of "carbon footprint"?*
- *What do you know about it?*
- *What are carbon emissions and why are they a problem?*

2. In small groups (or as one group depending on the size of the club), have members use small wipe boards or scrap paper to list things that contribute to our carbon footprint and why. Once everyone has listed a few, discuss what is on their lists.

Some examples to get you started:

Using a car instead of walking
Leaving water running
Home heating and air-conditioning
Food production
Air travel

Fossil fuels produce greenhouse gases like carbon dioxide when they're burned. These gases form a bubble around the planet, trapping heat and causing the Earth's surface to warm up.

This phenomenon is natural and needed to sustain life, however the increased amount of greenhouse gases in our atmosphere has caused warming well beyond this natural range.

3. Explain that one good way to make change is to know where you stand today. Have the members take the [How can we be footprint friendly quiz](#). Following the quiz, discuss what kind of changes members can make in their own lives, pointing out that every little change makes a difference.

MEETING 2:

Environmental Impact of Shopping

KEY FOCUS: What contributes to our carbon footprint?

1. Begin by asking students to look at the tags of their shirts or sweaters to see where they were made. Prompt reflection through questions such as:

- How did our shirts get from there to here?
- How far did your shirt have to travel to get here?
- Why might this be a problem?

2. Watch the short video: [Life Cycle of a T-Shirt \(Angel Chang, 6 minutes\)](#)

Have the club members discuss the video. The following questions can be used to help guide the conversation:

- What surprised you the most?
- Has this changed the way you think about fashion?
- The fashion industry has a big impact on the planet. What can we do instead of buying new clothes?

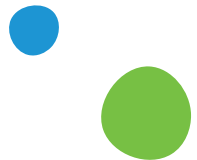
Continue facilitating the conversation:

- What other industries have a large carbon impact? (For example, technology, cars, etc.)
- In your opinion, what makes people buy new things? (For example, personal taste, advertising, social pressure, etc.)
- Buying brand new is not always best. Do you agree with this?
- How would you explain to someone why it is important to think before buying something new?
- How can we help encourage people not to buy new things they don't need?

3. What could you say in these situations?

Print out (or project) the situations on [page 4](#). As a full club, or in small groups, club members draw a situation and suggest what they would say. The other members can make some additional suggestions.

4. Close the meeting by reminding club members that there is a lot that can be done to help and explain that next meeting you will begin planning an event that will make a difference for the planet.



MEETING 3: Create a swap event

KEY FOCUS: What kind of “swap” event could be held to reduce our carbon footprint?

1. Building off what was said in previous meetings, explain that as a club, you are going to create a “swap event”, where people can exchange things they no longer want or need with each other.
2. In small groups, give club members time brainstorm a swap event idea and to create a one-minute maximum “elevator pitch” for their event that they will present to the rest of the group. Their pitch should answer the following questions:
 - *What is the problem they want to solve?*
 - *What is their solution?*
 - *Why will this help?*
 - *Why will this be the most effective solution?*
3. Have each group pitch their ideas and then support the club members in deciding on which event they would like to hold. This could involve incorporating ideas from various pitches, or even a new idea which came out of the pitches.

Alternatively, the club can brainstorm an event as a group by answering the same pitch questions.



CLUBS

WHAT WOULD YOU SAY?

As a full club, or in small groups, club members draw a situation and suggest what they would say. The other members can make some additional suggestions. The situations can be printed and cut out or projected on a screen.

Your friend spotted a new top they wanted, but you know they have one that's pretty similar already. What could you tell them?

You grew out of your uniform or gear for the sport you play. What is the most sustainable option?

Your parents air condition or heat your house every day of the year. Today there's nice weather outside. What would you ask them to do and how do you explain why?

You want to buy a new toothbrush and there are many options of materials they can be made out of. Which material would you go with?

You're looking for a new toy and one is packaged in a clamshell plastic and the other is in a paper package. Which one is better and why?

Your parents buy cases of plastic water bottles each time they go to the grocery store. What are more sustainable options you would recommend?

Your parents are grocery shopping and some options for produce come packaged in plastic. What is the more sustainable option and how would you convince them to choose it?