

The Ageing Green Project Lesson Modules

A Guide for Adult Education Providers and A handbook on our environment

This handbook covers 2 thematic areas (understanding our environment, conserving the environment, the role of trees in our environment, climate change and expanding learning beyond class rooms)

Within each thematic area, there are the lessons designed in ways providing practical exercises, which is an opportunity to engage seniors in real action in order to increase learning about the theme of the lesson. The exercises can be done either during the session or carried separately.

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THEME 1: UNDERSTANDING OUR ENVIRONMENT.

Lesson 1: Understanding our environment

Objective: The learners will understand what the environment is, what causes destruction and devastation of the environment and what can be done to protect the environment.

Materials: This is a practical lesson that requires learners to think out of the box.

Watch this YouTube video along with your learners. <https://www.youtube.com/watch?v=jAa58N4Jlos>

Time: 40 minutes.

Procedure: Let's start with the a b c of environment, ask your learners about; atmosphere, species, water etc. Eg: what is found in the atmosphere? What do the animals consume? What does sun provide and what is it good for? *Try to make learners question the relationship between nonliving and living things.*

The teacher can go on with; The Earth is home for human beings where we breathe and eat. In our Earth; all living things depend on one another. | The sun provides light and heat for plants. | The plants are consumed by animals. | Some animals are consumed by fellow animals | Some animals are consumed by human beings. | Some animals eat human beings. | Plants and animals provide raw materials for construction and clothing. | Insects like bees pollinate plants

Theme 2: Low-carbon lifestyles for elderly.

Low-carbon lifestyles for elderly.

Lesson 1: Save energy at home



Objective: Elderly people can also help to limit the climate changes. From the way they travel, to the electricity they use, the food we eat, and the things they buy, they all can make a difference

An introduction to lesson 1: Much of our electricity and heat are powered by coal, oil and gas. Use less energy by lowering your heating and cooling, switching to LED light bulbs and energy-efficient electric appliances, washing your laundry with cold water, or hanging things to dry instead of using a dryer. Improving your home's energy efficiency, through better insulation for instance, or replacing your oil or gas furnace with an electric heat pump can reduce your carbon footprint by up to 900 kilograms of CO₂e per year.

Materials: Watch this YouTube video along with your learners <https://www.youtube.com/watch?v=-iZBCKYFqiU>

Time: 40 minutes.

Procedure: Ask your students all the energy sources used at home. Heating, lights, electrical works etc. *Explain them how the excessive amount of energy consumed do threat the environment.*

Possible topics to go through the lesson: Switch off, Energy providers. Unplugging electronics, changing habits, heating and cooling your home efficiently.

Theme 2: Low-carbon lifestyles for elderly.

Low-carbon lifestyles for elderly.



Lesson 2: Eat more vegetables *and* Throw away less food

An introduction the lesson 2: Plant-based foods – such as fruits and vegetables, whole grains, beans, peas, nuts, and lentils – generally use less energy, land, and water, and have lower greenhouse gas intensities than animal-based foods. Here are three charts showing the carbon footprint of different food products.

Objective: Encourage your learners that they can put a knock on effect for keeping environment friendly by cooking more vegetables

Materials: Watch this YouTube video along with your learners.

<https://www.youtube.com/watch?v=tUJUwxQd9B4>

Time: 40 minutes.

Procedure: Let's cook vegetables together. (No matter where the venue is) And consume all the food.

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Lesson 3: Walk and bike

Objective 1: Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars. Bicycle riding conserves roadway and residential space, thereby providing opportunities for less concrete and more plant life in urban areas.

Objective 2: Benefits of bicycling include increased cardiovascular function, muscle strength, and flexibility and improved coordination and posture.

Materials: Watch this YouTube video along with your learners.

<https://www.youtube.com/watch?v=upMeThI7FS0>

Time: 40 minutes.

Procedure: Explain your learners how would cycling be beneficial both for health and environment.

Explain them how the excessive amount of energy consumed do threat the environment.

An introduction to lesson 3: The world's roadways are clogged with vehicles, most of them burning diesel or gasoline. Walking or riding a bike instead of driving will reduce greenhouse gas emissions -- and help your health and fitness. For longer distances, consider taking a train or bus. And carpool whenever possible. Living car-free can reduce your carbon footprint by up to 2 tons of CO₂e per year compared to a lifestyle using a car.

Procedure: Ask your learners if they cycle. Make your best to encourage them cycling or cycling more.

Materials: This is a practical lesson that encourages the learners to cycle in the streets as to create awareness.

Theme 2: Low-carbon lifestyles for elderly.

Low-carbon lifestyles for elderly.

Lesson 4: Lesson 4: Reduce, reuse, repair & recycle



An introduction to lesson 4: We can help protect our natural resources and reduce the amount of waste produced by following the three R's: "Reduce, Reuse and Recycle," Reduce the amount of products you use. Reuse products instead of throwing them away. Recycle waste products.

Objective: Teaching your learners to help saving landfill space by keeping useful materials out through the Benefits of Reducing and Reusing

Materials: Watch this YouTube video along with your learners.

<https://www.youtube.com/watch?v=LxNumOifkT0>

Procedure:



Recycling Bin Colours

Let's play a game

What shall we do?

Reduce, reuse, repair or recycle?



Volarization



Speak up

Speak up and get others to join in taking action. It's one of the quickest and most effective ways to make a difference. Talk to your neighbors, colleagues, friends, and family. Let business owners know you support bold changes.