



## **ACTIVITY 7.A** ***How Much Do I Consume?***

### *for* **Module 7:** **Sustainable Consumption**

**General Description:** Using a 12 question survey, students will do a self-analysis in which they identify their consumption patterns and reflect on the consequences of their consumption in their daily lives.

**Materials:**

Questionnaire: “How Much Do I Consume?”

**Duration:**

Explanation of the activity (10 mins)

Participating in the questionnaire (from 60 to 90 mins)

**Location:** Can be done as a homework activity

**Pedagogical method:** Analysis and evaluation

**Instructions:**

The teachers starts the activity in the classroom, explaining what consumption is and how it's related to the exploitation/extraction of natural resources. The next step is to have the students make a list of ideas that responds to the question: **Which resources/consumer goods do you consume everyday?**

A simple way to promote reflection about consumption is to ask them to relate the household/consumer goods that they consume with the resources they come from (Activity 4B is based on this)

For homework, ask the students to answer the questionnaire. Ask 4 students at random to come to the front of the room and share their results.

**Reflection**

Once the students have shared their findings, ask them to write an essay on a sheet of paper in which they examine the feelings that the activity provoked (for example: surprise, worry, etc...)



### **Questionnaire: How Much Do I Consume?**

1. How much time do you regularly spend in the shower? Do you ever close the tap or do you leave it on the whole time?
2. Is your water heater always left on even when you don't need hot water? Do you leave it on auto-pilot or do you turn it off?
3. Which foods do you consume regularly? What type are they: natural, canned, frozen, or other?
4. How many trees and bushes do you have planted in your house? Do you take good care of them frequently and reforest when they dry up or contract bugs or insects?
5. How many times have you helped your community plant new trees in the park or helped out with other kinds of reforestation?
6. What kind of detergents or cleaners do you use at home for cleaning? Are they biodegradable or toxic?
7. How do you regularly dispose of portable alkaline batteries?
8. What kind of transportation do you use? Gasoline or diesel? Car or van? Do you carpool, take public transport, or bicycle?
9. What measures do you take to recycle the water you use every day in your home?
10. How frequently do you buy new clothes or shoes? Everytime you need to replace something or whenever there is a special event? What kinds of fabrics do you buy: natural or synthetic? When it's time to get rid of them, do you try to mend and give away clothes to institutions or people who really need them?
11. What measures do you take to reduce your consumption of electricity at home?
12. How do you recycle at home?