



Sustainability diary

OPPITUNTI I

LÄMMITTELYTEHTÄVÄ

1. Roll the dice and move forward the number of spaces shown on the dice.
2. Tell the game group which topics on the next page fit the sustainability goal of the space you landed on.
 - If your answer is incorrect, you lose your next turn.
 - Each answer can only be used once.
 - You can check with the teacher to confirm the correct answer.

START GOAL	1 NO POVERTY 	2 ZERO HUNGER 	3 GOOD HEALTH AND WELL-BEING 	4 QUALITY EDUCATION 	5 GENDER EQUALITY
17 PARTNERSHIPS FOR THE GOALS 	PATHWAY OF GOALS				6 CLEAN WATER AND SANITATION
16 PEACE, JUSTICE AND STRONG INSTITUTIONS 					7 AFFORDABLE AND CLEAN ENERGY
15 LIFE ON LAND 					8 DECENT WORK AND ECONOMIC GROWTH
14 LIFE BELOW WATER 	13 CLIMATE ACTION 	12 RESPONSIBLE CONSUMPTION AND PRODUCTION 	11 SUSTAINABLE CITIES AND COMMUNITIES 	10 REDUCED INEQUALITIES 	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

1. Solar panels for hospitals
2. Strengthening democracy
3. Digital services
4. Energy labels on household appliances
5. Free public transport
6. Free school meals
7. Free soap and hand sanitizer
8. Free language courses for immigrants
9. Free school supplies
10. Free menstrual products
11. Free legal aid services
12. Free vaccination campaigns
13. Free computers for students
14. Free clothes for the poor
15. Improving air quality
16. Adapting to climate change
17. Wastewater treatment
18. Protection of polar bears
19. International climate agreements
20. Citizens' initiatives
21. Plant-based diet
22. Development cooperation
23. Supporting sustainable farming
24. Recycled plastic products
25. Protection of coral reefs
26. Right to join a trade union
27. Preventing ocean plastic pollution
28. Forest conservation
29. Mental health services
30. Combating modern slavery
31. Pride parades
32. Tree planting
33. Bicycle path networks
34. Fair trade products
35. Crime prevention
36. Food banks for poor families
37. Seeds for farmers
38. Shelters for the homeless
39. Development of electric cars
40. Sharing technology and knowledge
41. Recycling industrial waste
42. Promoting healthy lifestyles
43. Reducing income inequality
44. Shelters for victims of domestic violence
45. Wind and hydro power
46. Youth internship programs
47. Whale protection
48. Employment for people with disabilities
49. Water usage regulation
50. Community saunas
51. Community gardens

aurinkopaneelit sairaaloihin
demokratian vahvistaminen
digitaaliset palvelut
energiamerkinnot kodinkoneissa
ilmainen julkinen liikenne
ilmainen kouluruoka
ilmainen saippua ja käsidesi
ilmaiset kielikurssit maahanmuuttajille
ilmaiset koulutarvikkeet
ilmaiset kuukautisuojat
ilmaiset oikeusapupalvelut
ilmaiset rokotuskampanjat
ilmaiset tietokoneet opiskelijoille
ilmaiset vaatteet köyhille
ilmanlaadun parantaminen
ilmastonmuutokseen sopeutuminen
jäteveden käsittely
jääkarhujen suojeleminen
kansainväliset ilmastositoumukset
kansalaisaloitteet
kasvispohjainen ruokavalio
kehitysyhteistyö
kestävän viljelyn tukeminen
kierrätysmuovituotteet
koralliriuttojen suojeleminen
mahdollisuus kuulua ammattiliittoon
merten muovirokkan ehkäisy
metsien suojeleminen
mielenterveyspalvelut
modernin orjuuden torjuminen
pride-ihmisoikeustapahtuma
puiden istutus
pyörätieverkostot
reilun kaupan tuotteet
rikollisuuden ehkäiseminen
ruokapankit köyhille perheille
siemenet viljelijöille
suojapaikat kodittomille
sähköautojen kehittäminen
teknologian ja tiedon jakaminen
teollisuusjätteen kierrättäminen
terveellisten elämäntapojen edistäminen
tuloerojen vähentäminen
turvakodit perheväkivallan uhreille
tuuli- ja vesivoimalat
työharjoitteluhjelmat nuorille
valaiden suojeleminen
vammainen työllistyminen
vedenkäytön säännöstely
yhteisölliset saunat
yhteisöpuutarhat

KIELITAITOTEHTÄVÄ

I. Think about which items do not belong in each box.

- There may be one or more items that do not belong.

Sustainable action

- Save water
- Turn off the lights
- Buy second-hand
- Repair broken items
- Reduce waste
- Discriminate against others
- Prefer plant-based food
- Support local products
- Flush the toilet
- Cycle to school
- Recycle
- Travel by train

Sustainable traffic

- Public transport
- Walking
- Car
- Electric car
- Carpooling
- Airplane
- Train
- Bus
- Bicycle
- Electric scooter
- Metro
- Tram

Nature

- Birch
- Forest
- Lake
- Sea
- Air
- Water
- Road
- Soil
- Animal species
- Plant
- Fire
- Birdhouse

Sustainable energy

- Carbon footprint
- Coal
- Electricity
- Renewable energy
- Solar energy
- Wind power
- Hydropower
- Economical / Thrifty
- Wave power
- Ground source heat pump
- Biogas
- Geothermal energy

Recycling

- Waste
- Sorting
- Biowaste
- Plastic packaging
- Disposable diaper
- Trash
- Composting
- Glass
- Cardboard
- Metal
- Medicines
- Battery

Sustainable use

- Environmentally friendly
- Disposable product
- Reusable
- Food waste
- Fair trade product
- Organic product
- Local product
- Vegetarian
- Vegan
- Plastic bag
- Flea market
- Handicraft

OPPIMINEN JA MUUTOSTOIMIJUUS

1. Review the past tense forms and their usage rules from the box below.
2. Think about which past tense forms are used in a diary text.
3. Keep a diary for one week about how sustainable development is reflected in your everyday life. Consider questions such as:
 - How did I treat other people and animals?
 - How did I travel to places?
 - Did I make good choices?
 - Did I recycle?
 - Did I save energy?
 - What kind of purchasing decisions did I make?
 - Did I avoid unnecessary consumption?
 - Did I promote local culture?
 - Did I consider cultural diversity?
 - Did I promote community or social well-being?
 - Did I consider equality and justice?
 - Did I take care of my own or others' well-being?

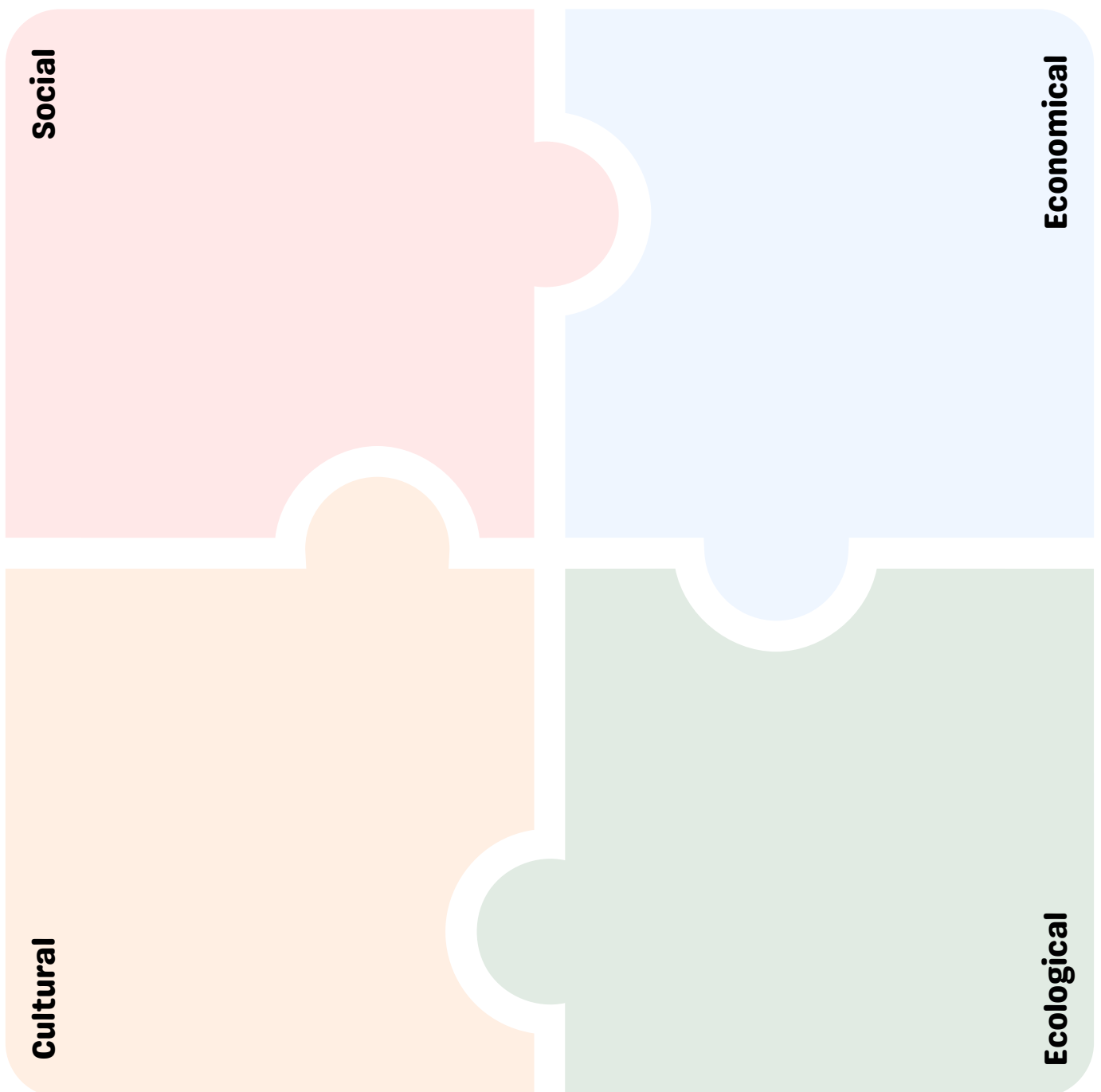
PAST TENSES

TENSE	USE	FORM	EXAMPLE
PAST SIMPLE	Verb + -ed / 2nd form	Completed actions in the past	<i>I walked to school.</i>
PAST CONTINUOUS	was/were + verb-ing	Ongoing action at a specific time in the past	<i>I was reading when the lights went out.</i>
PAST PRESENT	had + past participle	Action completed before another past action	<i>I had finished dinner before they arrived.</i>
USED TO/WOULD	used to + base verb / would + base verb	Repeated past habits or states (no longer true)	<i>I used to play outside every day. We would visit grandma every Sunday.</i>

OPPITUNTI 2

OPPIMINEN JA MUUTOSTOIMIJUUS

- I. Pick out the sustainable choices you made during the week from your diary and place them into the appropriate dimension of the sustainability puzzle.**
- Try to place at least three sustainable choices in each dimension.



REFLEKTIOTEHTÄVÄ

1. Write one of the sustainable choices you made on each sticky note provided by the teacher.
2. Place the sticky notes on the poster or whiteboard in the correct sustainability dimension.
3. Discuss with the class:
4. Do you all agree on the placement of each note?
5. Is one dimension more popular than the others? Why?
6. Are there recurring themes or certain choices that stand out?
7. Finally, think together about how you plan to continue practicing sustainable lifestyles.

