The purpose of this lesson is to get the students involved in thinking of ways they can lead a simpler lifestyle which can positively affect their health and well-being.

The lesson addressed the following MDC Learning Outcomes:

#6. Create strategies that can be used to fulfill personal, civic, and social responsibilities

#10. Describe how natural systems function and recognize the impact of humans on the environment

Activity: In preparation for class, students will review:

www.youtube.com/watch?v=gbqJ6FLfaJc (Midway: Message from the Gyre)


Required watching:

“The Story of Stuff” by Annie Leonard

www.thestoryofstuff.com

Instructions for Activity:

1. Students will make a change by trying to avoid disposable items

2. Students will name one thing that they use frequently which they can really do without because it’s harmful to the environment

3. Students will be prepared to share with the class

   a. Which disposable items they tried to avoid and why

   b. Which item they chose to do without

   c. How making these simple changes impacts health