

Build Your Carbon Footprint

Answer the following questions to build your carbon footprint.

The questions are split into areas of your lifestyle, which correspond to the colour of the Jenga blocks. These categories are **travel (red)**, **energy (blue)**, **food (green)**, **home (pink)** and **stuff (yellow)**. Your answer to each question determines how many Jenga blocks you add to your Jenga stack. Your Jenga stack represents your carbon footprint. The bigger your carbon footprint the more impact your lifestyle choices have on the environment. You can stack the blocks however you like!

What is a carbon footprint?

A carbon footprint is the amount of carbon dioxide and other greenhouse gases released into the atmosphere by an individual's, an organisation's or a geography's activities over a particular time period.

Let's get building!



Travel:

What kind of vehicle do you travel in most often? (as passenger or driver)

- Car (add 3 blocks to your Jenga stack)
- Motorbike (2 blocks)
- Public transport (1 block)
- Walk or cycle (0 blocks)

On average how many hours do you spend travelling in a private vehicle (e.g., car) each week?

- More than 20 hours (3 blocks)
- 6 – 19 hours (2 blocks)
- 1 – 5 hours (1 block)
- 0 hours (0 blocks)

How many return flights do you take on average each year?

- More than 5 (3 blocks)
- 3 - 5 (2 blocks)
- 1 - 2 (1 block)
- 0 hours (0 blocks)



Energy:

Is your electricity on a green tariff? (A green tariff means your energy comes from solar, wind or other natural, renewable sources).

- No (2 blocks)
- Yes, but not 100% renewable (1 block)
- Yes 100% renewable (0 blocks)

How warm do you heat your home in winter?

- Over 21°C (4 blocks)
- 17 - 21°C (3 blocks)
- 14 - 17 °C (2 blocks)
- Below 14°C (1 block)

Have you installed home energy efficiency improvements? E.g., energy saving lightbulbs, solar panels, double glazing, cavity wall insulation.

- No, none of the above (3 blocks)
- Yes, I use energy saving lightbulbs (2 blocks)
- Yes, I have installed one or more of: solar panels, double glazing, insulation (1 block)



Food:

How would you best describe your diet?

- Meat in every meal (3 blocks)
- Meat in some meals (2 blocks)
- Vegetarian/vegan (1 block)

Of the food you buy how much do you waste?

- More than 30% (3 blocks)
- 10 - 30% (2 blocks)
- 1 - 10% (1 block)
- None (0 blocks)

How often do you buy locally produced food?

- Never (3 blocks)
- Some of the food I buy is local (2 blocks)
- Most the food I buy is local (1 block)



Home:

What kind of house do you live in?

- Detached (3 blocks)
- Semi-detached (2 blocks)
- Terrace or flat (1 block)

How many bedrooms does your house have?

- 4 or more (3 blocks)
- 2 - 3 (2 blocks)
- 1 (1 block)

How do you heat your home? (Choose one option)

- Gas or oil (3 blocks)
- Electricity (2 blocks, 1 if on a green energy tariff)
- Wood (2 blocks)
- Heat pump, solar panels etc. (1 block)



Stuff:

How much of your waste do you correctly recycle and/or compost?

- None of it (3 blocks)
- Some of it (2 blocks)
- All of it (1 block)

In the last 12 months, have you bought any new household items? E.g., TV, laptop, fridge, large item of furniture, mobile phone or tablet. (Not including second-hand items).

- Yes (2 blocks)
- No (0 blocks)

How many new items of clothing do you buy a year? (Not including second-hand items).

- 25+ (4 blocks)
- 15 – 24 (3 blocks)
- 4 – 14 (2 blocks)
- 0 - 3 (1 block)

Well done, you've built your carbon footprint! 🌱

Hopefully now you've got an idea of how big your carbon footprint is and what areas of your lifestyle have the biggest environmental impact. However, **this is not an accurate measurement** of how much carbon is in your footprint. Now you have built your footprint why not calculate how much it weighs!? Scan the QR code below and simply answer a few quick questions about your lifestyle, diet and transport habits to find your full footprint.

