

# Waikato

# ENVIROSCHOOLS



## What does it mean to be sustainable?

**Sustainability** - it's such a big word! It has lots of definitions, and it's more important than ever. Simply put it means, the **ability** of something to **sustain** itself now and in the future. Or in other words, to keep something going - that could be you, your garden, a forest or planet Earth. Now is a great time to look at what sustainability means for you and your family. Living more sustainably at home means we are better able to take care of ourselves, our family and the environment so **everything can keep going**. Nature - plants, animals and other critters need to be able to do their thing. Rivers, oceans, forests, wetlands and society (which includes you) need to be healthy so when we face the pressure of things like COVID-19, summer droughts, bush fires or earthquakes, nature and communities have the **resilience** needed to 'bounce back' after difficult and stressful times.

## Brainstorm # 1

With your family on a large piece of paper brainstorm:

- What does sustainability mean to you?
- How can we live sustainably at our place during the lockdown?



## Brainstorm #2

- What are some things you could do that would support each other in your family? How could you make life easier for each other?
- What are some things you could do to help make your family even more sustainable?
- Is there anything you could do to support other people in your community now or in the future?
  
- When COVID-19 lockdown is over, what are some things your family could do to be more **sustainable, self-reliant** and **resilient** in the future?
  - Unpack these big words with your family. What do they mean to you? Why are they important?
  - Draw some pictures of what it looks like to be sustainable



## What next?

- Look at the next task sheet **Creating a Vision Map**

## Exploring sustainability - additional resources

[The Big Picture - Department of Conservation and Rudd Kleinplaste Youtube video](#)

[Brother Eagle, Sister Sky - Youtube read aloud story](#)

[The Lorax by Dr Suess - Youtube read aloud story](#)

[The Story of Stuff](#) - a global movement with videos, challenges and resources to help us all think about our relationship with stuff and how what we can do to make a difference

