



Green  
Leader

# WORKSHEET

## CONSUMPTION



GREEN  
INDUSTRY  
FOUNDATION



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## Worksheet 6

Your task is to create a map of the components of consumerism. Design a figure or silhouette on a sheet of paper. Then, fill the interior of the silhouette with symbols, words, or drawings representing various elements of consumption, such as shopping, advertising, technology, travel, single-use items, packaging, fashion, etc. As you work, consider what elements are part of consumerism in your daily life. After completing the map, reflect on the potential consequences of these forms of consumption for the environment, society, and quality of life.

## Worksheet 7

List daily activities related to the consumption of food and resources that may lead to overconsumption or waste. Include examples such as:

Grocery shopping and food storage methods

Cooking habits, e.g., using plastic packaging

Attitudes and approaches to situations where waste or overconsumption occurs in daily life.

Next, come up with three strategies or ideas on how to reduce food waste in your environment or daily life.

## Worksheet 8

Analyze the topic of social expectations related to consumption in your area. Consider what consumption patterns are currently promoted in society and their consequences. Then, as a green leader, develop three proposals that could help change these patterns to more environmentally sustainable ones.

## Worksheet 9

Identify six items in your surroundings that no longer serve their original function. For each item, think of a way you can repurpose it instead of throwing it away. Note your ideas for reusing each item.

## Worksheet 10

Create a promotional campaign on sustainable consumption.

Guidelines:

Define the campaign's goal. (Examples: raising awareness about the impact of consumption on the environment, promoting sustainable purchasing practices, encouraging waste minimization, etc.)

Choose a target audience.

Prepare the message. (Examples: posters, flyers, videos, social media posts, slogans, articles, etc.)

Design the campaign. (Examples: create posters promoting sustainable consumption, prepare short educational videos, create hashtags on social media, organize workshops, etc.)

Determine the promotional channels. (Examples: social media, websites, local meetings, community events, flyers distributed in public places, etc.)

Worksheet 11 Each group selects an environmental issue in their local community. This could be a problem related to waste, air pollution, nature conservation, the greenhouse effect, etc. Each group conducts an analysis of:

The causes of the problems

The scale of the problems

The impact on the community

Possible solutions.

Each group's task is to create an ecological project that responds to the analysis conducted. The project will include a brief description of actions, main goals and outcomes, an initial outline of the schedule, and a budget. Each group will present their project.