actions to breathe cleaner study.

Homework Task.

Think about a short journey that you do regularly, such as your route to and from school or to a club or when visiting family or friends and consider:

- How you travel? Bike, walking, car, scooting, etc
- How busy is the route?

Think back to your learning in the lesson:

1. What choices about your route are good for the quality of air that you breathe?
2. Are there ways you can change your route to improve the air quality along your journey?

Discuss your suggestions with an adult and explain to them the reasons for your suggestions.

You could also do the same for other routes that you travel regularly, such as to an after-school club, family or friends, shops, etc.

Hints and tips:

- Could you walk, scoot or cycle?
- Is there a route which doesn't involve as many cars and buses? Make sure you discuss any changes with an adult and that it is still safe for you.
- Could you try to walk away from the kerb?
- Could you change the time you travel to reduce traffic?
- Could you wear a mask to help?

Use the sheet below to share your ideas:

Start point: ◯ home ◯ school other .....

End point: ◯ home ◯ school other .....

Normal travel time: ____ : ____

Transport: ◯ walking ◯ cycling ◯ scooting ◯ car ◯ bus ◯ other

How do you rate your journey for air quality? ☆☆☆☆☆

Why is your route good for the air that you breathe? (Think about what you normally see, hear, smell and how you feel on your journey.)

.....

What changes could you make to improve the air quality on the way?

.....

Which adult did you discuss your suggested changes with?

.....

Now try your changes and how you found them on the **actions to breathe cleaner log** to help you pick the best route.

actions to breathe cleaner study.

Log.

Journey from..... to.....

Remember if you are ditching the car or bus and changing your journey to walking, cycling or scooting then you might want to try several routes with an adult before you decide which is best for you.

Date and time (e.g. - Thursday at 4:30pm - Saturday at 9:30 am)	**Change** (e.g. – took Wey Street instead of Kings Road – left 15 minutes earlier)	**My observations** Think what did you see? Hear? Smell and feel? (e.g. – less cars - more traffic this way - throat was itchier - air felt cleaner - saw and heard lots of lorries)	**Will you keep the change?** **Yes/ No / Partly** (e.g. – Yes works well for us - No the traffic was worse - Part of it, going to still leave 10 minutes earlier but also want to now try going up Forest Lane.)

You could also download the free **Plume Labs Air Quality app** to help you see live data on the air quality where you are. **Remember to only keep new routes if a trusted adult agrees you can.**