



Simple Steps to Live More Sustainably Every Day

KS3 Ages 11-14 ⌚ 3 min read

What Does Sustainable Living Mean?

Sustainability means living in a way that doesn't damage the planet or run out of resources. It's about making choices today that won't harm people, animals, or nature tomorrow. You don't need to be perfect—small changes add up when millions of people do them.

Think of it like a garden: if you only take plants without replanting seeds, eventually the garden dies. Sustainable living is like replanting seeds so the garden stays healthy forever.

Reduce Waste and Recycle Smart

Every piece of rubbish we throw away ends up somewhere—often in landfills or oceans. **Reduce** what you buy in the first place (especially single-use plastics). **Reuse** containers, bags, and clothes. **Recycle** paper, cardboard, metal, and glass according to your local rules. Check what your area accepts—some places recycle more than others.

Save Energy at Home and School

Energy powers everything we do, but creating it often releases harmful gases. Turn off lights when you leave a room. Use less hot water for showers. Ask your family about switching to **renewable energy** like solar power. At school, remind classmates to turn off computers and projectors.

Think of it like leaving taps running: every drop wasted is water someone else might need. Energy works the same way—what we waste is energy we could have saved.

Make Greener Food Choices

Food that travels far uses lots of fuel. Buy **local produce** when possible—fruit and veg from nearby farms. Eat less meat, especially beef, which uses more resources

than plants or chicken. Growing even a few herbs on a windowsill reduces food miles and shows how plants work.

Get Around Differently

Cars, buses, and planes burn fuel and create pollution. Walk or cycle for short journeys. Use public transport. Combine trips so you travel less overall. Every journey avoided is pollution prevented.

Think of it like choosing between taking the stairs and the lift: walking uses no energy except your own, while lifts need electricity for every trip.

Buy Less, Choose Wisely

Making new things uses raw materials and energy. Before buying something, ask: do I really need it? Could I borrow, swap, or buy secondhand? Choosing quality items that last longer is better than cheap things you replace constantly. Support companies that care about the environment.

Start Small and Build Habits

You don't need to change everything overnight. Pick one or two changes that feel easy. Once they're habits, add another. Talk to friends and family about what you're doing. When people see sustainable living is manageable and actually saves money, more join in. Every person matters in the fight to protect our planet.