

southern wisconsin BIRD ALLIANCE



Climate Defenders Obstacle Course

We need to help our Earth get back into balance! This obstacle course will help us make good choices for our Earth. If everyone makes a lot of little choices, they will all add up to big changes in our environment!

** photos are all labeled for two teams, A and B. All of the photos also have a number denoting the activity.

- 1) Grocery shopping.
 - a. SETUP: one reusable bag for each team at the start. One set of food pictures for each team (A1 & B1) at the “store”, far enough away that they’ll have to run.
 - b. BACKGROUND: Food is a really important part of our lives- we need it to survive! If everyone made a few small changes to the way they eat, we could make a big difference. Meat takes a lot of energy to produce, and also produces more greenhouse gasses (cows fart and burp!) Most of the time, people can get all of the nutrients they need from plants.
 - c. ACTION: If everyone reduced the amount of meat they ate, it would help keep our planet cool. You could eat less meat each day, eat no meat one day a week, or eat no meat at all- every little bit helps.
 - d. RACE: Grab your reusable bag and run to the “Store”. Choose food items that will help our environment the most (plants, not meat). Put them into your bag. Run back to tag the next person to go.

- 2) Lights out:
 - a. SETUP: one station for each team at a runnable distance (or set them up in a line to run down). Place all light bulbs “lit side” up.
 - b. BACKGROUND: Lightbulbs are a great invention. They help us to see after the sun has gone down each day. Sometimes we leave lights on when we’re not using them, and this wastes electricity.
 - c. ACTION: choosing new LED light bulbs will help use less energy when lights are on. Turning lights off when we’re not using them saves even more energy!
 - d. RACE: run to where your team’s light bulbs are and flip them over to turn them off. Run back to tag the next person to go.

- 3) Green transportation:

- a. **SETUP:** one station for each team at a runnable distance. Put the A3 & B3 cards picture side up at each station.
 - b. **BACKGROUND:** People have a lot of ways of getting around, and some of them are greener than others. Things like cars, buses, and planes all produce greenhouse gasses that are making our earth warmer.
 - c. **ACTION:** If you can walk or ride a bike to get somewhere, do it! If you can carpool or take public transportation, do it! Driving alone in a car uses a lot of fossil fuels and produces a lot of greenhouse gasses. Try to limit this.
 - d. **RACE:** run to your team's station. Organize the cards in order of how earth-friendly the transportation is. Green & good on one side, and less good for the earth on the other.
- 4) **Eat Local:**
- a. **SETUP:** one station for each team at a runnable distance. Lay out all of the cards for this activity food-side up (A4 & B4).
 - b. **BACKGROUND:** It's really cool that we can buy food from all over the world at any time of the year. But this means that some food travels really far to get to our table. That takes a lot of fuel and produces greenhouse gasses. If we all tried to eat food that was grown near where we live (locally grown), we could really make a difference.
 - c. **ACTION:** try to save food from faraway places for special occasions, and eat mostly locally grown food.
 - d. **RACE:** Run to the "Store". Organize the food in order of what was grown farthest away to what has been locally grown. If you need a hint, there is a map on the back of each card. Run back to tag the next person to go.
- 5) **Solar energy:**
- a. **SETUP:** one station for each team using the cards A5 & B5. Place cards face-up
 - b. **BACKGROUND:** We need energy to do lots of things: power our lights, run our tools, keep people safe and healthy. Some kinds of energy are better for our planet than others. Burning coal or oil produces a lot of greenhouse gasses. Things like solar or wind energy are cleaner!
 - c. **ACTION:** learn about different types of energy, and what is good and bad about them. When you're grown up, use that knowledge to make good choices about where your energy comes from.
 - d. **RACE:** run to the solar station. You'll have to build solar panels for your school by completing a puzzle. Run back to tag the next person.
- 6) **Reusable water bottles:**
- a. **SETUP:** one water bottle for each team at the start. One bucket of water or water fountain a runnable distance away.
 - b. **BACKGROUND:** One time use plastics are hard on our planet. Even if we recycle them, it still takes a lot of energy to make them and then turn them into something new.
 - c. **ACTION:** Using a reusable water bottle each time you need water will help our earth!
 - d. **RACE:** Grab your reusable water bottle, run over to the water, fill it up, put the cap on, and run back to tag the next person to go.

Play: Have kids run through one obstacle course. This is setup to have two teams of 6 people. If you have fewer kids, have kids go more than once. If you have more kids, have them pair up to help each other complete the obstacle course.

Debrief and discuss after the first one. Make sure the kids got the “right answers”.

If you have time, have the kids swap roles and run through the course again.

Other ideas for stations: sorting recyclables,