

GREEN LIFESTYLES

Annotated Bibliography of K-12 Educational Resources

Wisconsin Center for Environmental Education (2/10)

The following list consists of selected resources about “green living”. This includes topics such as consumer choices, waste, sustainability, transportation issues, and more. Many other resources on our shelves or in our bibliographies for related topics such as “Solid Waste/Recycling” and “Land Use” may also be helpful. Materials are also available for purchase from a variety of book stores or Amazon.com. Please call or visit the WCEE for assistance or visit our web site at www.uwsp.edu/wcee/library for additional information on borrowing resources.

Teaching Activity Guides

Smart Consumers: An Educator’s Guide to Exploring Consumer Issues and the Environment by World Wildlife Fund, Washington D.C. (2004).

Tool kit designed to help young people explore consumer issues and understand more about the links between what they buy and the health of the environment. Contains 14 hands-on activities and a community action guide with 25 consumer-related project ideas.

Grade levels: 5-9 Length: 14 units, 300 pages

Available for purchase from: Acorn Naturalist (\$29.95)

Borrowing: Check your local library or the WCEE (call number: AC LS 14)

Stuff: The Secret Lives of Everyday Things Curriculum and Resource Guide by John Ryan and Alan Durning. Northwest Environment Watch, Seattle, WA. (2000).

An activity guide to correspond with the excellent book of the same name (BA LS 25, listed below).

Published by the well-respected Northwest Environment Watch. Activities deal with the “lifecycles” and impacts of common items.

Grade levels: 5-12 Length: 4 units, 31 pages

Available for free download from

http://www.sightline.org/publications/books/stuff/stuff_curriculum.pdf.

Borrowing: Check your local library or the WCEE (call number: AC LS 10)

Going Places, Making Choices by National 4-H Council, Chevy Chase, MD. (1999).

A series of 5 booklets (essentially mini-activity guides) focusing on transportation and mobility issues. Many related topics, such as land use and climate change, are also addressed. Usable formats.

Grade levels: 9-12 Length: 17-22 pages ea.

Available for purchase from the 4-H Council (\$9.95) http://www.fourhcouncil.edu/enviro_gpmmc.aspx

Borrowing: Check your local library or the WCEE (call number: AC LS 8)

Videos/DVDs

Think Twice: Straight-Talking Teens Speak Out About Mass-Consumption by Video Project, San Francisco, CA. (2003).

A brief, yet poignant view into what really happens to make hamburgers, stereos, cars, etc. and the local and global impacts of these items. Encourages students to question their consumption habits.

Grade levels: 5-12 Length: 7 minutes

Available for purchase from Youth Video Project (\$59.95) www.videoproject.com

Borrowing: Check your local library or the WCEE (call number: AV LS 22)

The Cost of Cool by Video Project, San Francisco, CA. (2001).

Teenagers grapple with what it means to be “cool” and the environmental price we have to pay to have the latest stuff. Does a good job of refraining from criticism while still encouraging reflection about patterns and motives of consumption.

Grade levels: 5-12 Length: 26 minutes

Available for purchase from Youth Video Project (\$79.00) www.videoproject.com

Borrowing: Check your local library or the WCEE (call number: AV LS 15)

Affluenza and Escape from Affluenza by KCTS, Seattle, WA. (1997 and 1998) (DVD 2005).

A funny and great PBS special hosted by Scott Simon of NPR. Looks at why our culture is buying more, but is happy less. The sequel focuses particularly on solutions (“cures”) and includes a look into case studies.

Grade levels: 5-12, Adult Length: 57 and 55 minutes

Available for purchase from: Amazon.com (\$49.95 each/dvd)

Borrowing: Check your local library or the WCEE (call number: AV LS 9 & 10 or AV DVD LS 2)

The Eyes of Nye: Transportation by Disney Educational Productions, Elk Grove Village, IL. (2005).

Explores American car culture, what this means for pollution and our environment. Also explore other energy sources, including electricity, hydrogen and solar fuel cells. Discover what individuals can do to reduce traffic related pollution. The DVD includes printable educator's guide and activities.

Grade levels: 9-12 Length: 24 minutes

Available for purchase from: Amazon.com (\$34.99)

Borrowing: Check your local library or the WCEE (call number: AV DVD LS 1)

Diet for a New America by KCET, Los Angeles, CA. (1991).

Discusses food choices and health issues, including how they relate to the environment. Includes many arguments based in science. The film does show some blood. Hosted by the author of the book of the same name (available at the WCEE, BA LS 12).

Grade levels: 9-12, Adult Length: 30 minutes

Available for purchase from: Amazon.com (\$6.99)

Borrowing: Check your local library or the WCEE (call number: AV LS 2)

Rethinking the American Dream by OSU Extension & Experiment Station Communications, Corvallis, OR. (2002).

Aims to raise awareness of consumptive lifestyles while exploring alternatives, with a focus on individual actions. Includes an accompanying guide with additional information and resources.

Grade levels: Adult Length: 20 minutes

Borrowing: Check your local library or the WCEE (call number: AV LS 18)

Books for Youth

Grover's 10 Terrific Ways to Help Our Wonderful World by Anna Ross, Random House, New York, NY. (1992).

A fun discussion of things that kids can do to reduce, reuse, recycle (and other actions too).

"Hosted" by Sesame Street favorite Grover.

Grade levels: PK-3 Length: 31 pages

Available for purchase from: Amazon.com (\$3.50)

Borrowing: Check your local library or the WCEE (call number: BY EP 14)

The Gift of Nothing by Patrick McDonnell, Little, Brown and Company. (2005).

This simple story features characters from Patrick McDonnell's popular comic strip, Mutts, and has the same depth, charm, and heart that he gives to his daily readers. With delightfully spare illustrations, and text, this book has all the making of a long time classic.

Grade levels: PK-4 Length: 47 pages

Available for purchase from: Amazon.com (\$14.39)

Borrowing: Check your local library or the WCEE (call number: BY LS 6)

Journey for the Planet: A Kid's Five Week Adventure to Create an Earth-friendly Life by

David Gershon, Empowerment Institute, Woodstock, NY. (2007).

This is a guide for young students giving them tips on how they can contribute to a clean environment and healthy lifestyle. All of David Gershon's books are well laid out and kid friendly.

Grade levels: 4-9 Length: 67 pages

Available for purchase from: Amazon.com (\$10.36)

Borrowing: Check your local library or the WCEE (call number BY LS 7)

Green Living Handbook: A 6 Step Program to Create an Environmentally Sustainable Lifestyle by David Gershon, Empowerment Institute, Woodstock, NY. (2008).

This is the perfect beginner's book when it comes to green living. The reader will follow the 6 steps, learning to save the planet one step at a time.

Grade levels: 5-9, 9-12, Adult/University Length: 160 pages

Available for purchase from: Amazon.com (\$10.17)

Borrowing: Check your local library or the WCEE (call number: BY LS 9)

Generation Green: The Ultimate Teen Guide to Living an Eco-Friendly Life by Linda Siverton and Tosh Siverton. Simon Pulse, New York, NY. (2008).

This book is geared toward teens to provide readers with environmentally responsible lifestyle alternatives. Explaining "The Five R's" (reduce, reuse, recycle, rethink, refuse) gives a framework for embracing such alternatives. Uses many pop-culture references to relate to readers.

Grade levels: 9-12 Length: 272 pages

Available for purchase from: Amazon.com (\$8.63)

Borrowing: Check your local library or the WCEE (call number: BY LS 8)

Reference/Background Books

Material World (1994) and Hungry Planet (2005) by Peter Menzel and Faith D'Aluisio.

These incredible books capture the lifestyles and diets of the world through captivating photographs. The Material World is also available in CD-ROM. Great photography, excellent production. Highly recommended.

Grade levels: 4-12, Adult

Available for purchase from: Amazon.com (\$16.50 each)

Borrowing: Check your local library or the WCEE (call number: BA LS 31, COM LS 15, BA LS 62)

Go M.A.D. by Think Publishing, London, UK. (2001).

A British release, provides a somewhat different perspective. Simple tips are presented under such diverse headings as "Love", "Reading", "Cars", and "Community".

Grade levels: 5-12, Adult Length: 176 pages

Available for purchase from: Amazon.com (\$24.91)

Borrowing: Check your local library or the WCEE (call number: BA LS 32)

The Better World Handbook by Ellis Jones, Ross Haenfler, and Brett Johnson, New Society Publishers, Gabriola Islands, British Columbia. (2007).

The book is a resource guide for the average person on how to make positive differences in the world through daily lifestyle changes.

Grade levels: 9-12, Adult/University Length: 63 pages

Available for purchase from: Amazon.com (\$13.57)

Borrowing: Check your local library or the WCEE (call number: BA LS 068)

Big Green Purse by Diane MacEachern, Penguin Group, NY, NY. (2008)

Designed with women in mind, it provides an easy to follow format and gives specific information on making eco-friendly and cost efficient choices.

Grade levels: 9-12, Adult/University Length: 413 pages

Available for purchase from: Amazon.com (\$12.20)

Borrowing: Check your local library or the WCEE (call number: BA LS 69)

How to Reduce Your Carbon Footprint: 365 Simple Ways to Save by Joanna Yarrow, Duncan Baird Publishers. (2008).

A nice, easy-to-read guide to learn ways to live environmentally friendly.

Grade levels: 9-12, Adult/University Length: 128 pages

Available for purchase from: Amazon.com (\$11.01)

Borrowing: Check your local library or the WCEE (call number: BA LS 66)

Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds by David Gershon, Empowerment Institute, Woodstock, NY. (2006).

This extremely interesting book lays out how to reduce one's annual carbon dioxide emissions. It includes 22 areas that can be altered to reduce emissions and clearly describes what actions should be taken. The book also includes checklists and schedules to monitor one's progress.

Grade levels: 9-12, Adult Length: 72 pages

Available for purchase from: Amazon.com (\$11.01)

Borrowing: Check your local library or the WCEE (call number: BA LS 63)

The Carbon Buster's Home Energy Handbook by Godo Stoyke, New Society Publishers, Gabriola Island, BC. (2007).

This is the first book in North America to provide a detailed carbon accounting of a typical family's carbon emissions and how to reduce them by as much as 73%. This handbook systematically analyzes energy costs and evaluates which measures yield the highest returns for the environment and the pocketbook.

Grade levels: Adult Length: 170 pages

Available for purchase from: Amazon.com (\$11.65)

Borrowing: Check your local library or the WCEE (call number: BA LS 60)

EarthScore by Donald Lotter, Morning Sun Press, Lafayette, CA. (1993).

A workbook that can be used to analyze and improve attitudes and behaviors that affect the environment. Could be quite useful in the planning of classroom activities, especially those dealing with the higher-level goals of EE, such as values clarification.

Grade levels: Adult Length: 105 pages

Available for purchase from: Amazon.com (\$5.00)

Borrowing: Check your local library or the WCEE (call number: BA LS 16)

Good Green Homes by Jennifer Roberts, Gibbs Smith, Salt Lake City, UT. (2003).

A guide to green homes. Includes ways to make existing homes more sustainable, as well as, tips and plans for building a green house. Includes information on natural materials and using alternative energy. Has color photos from many green homes.

Grade levels: Adult Length: 160 pages

Available for purchase from: Amazon.com (\$26.37)

Borrowing: Check your local library or the WCEE (call number: BA LS 51)

Green Living: The E Magazine Handbook for Living Lightly on the Earth by The Editors of E/The Environmental Magazine, Plume, New York, NY. (2005).

A Reference guide on how to make informed, environmentally-conscious lifestyle and consumer choices. Includes recipes, lists of resources, and advice for everything from cosmetics to pet choices.

Grade levels: Adult Length: 320 pages

Available for purchase from: Amazon.com (\$11.56)

Borrowing: Check your local library or the WCEE (call number: BA LS 55)

Websites

Global Footprint Network

Students get to create a character and watch as their environment builds up around them depending on their answers to questions about food, housing, transportation, and lifestyle habits. Fun and interactive.

Grade Levels: 6-adult/university

Web link: <http://www.footprintnetwork.org>

Redefining Progress

This footprint calculator may not be as interactive as others, but the questions asked are more detailed providing a more accurate footprint.

Grade Levels: 6-adult/university

Web link: <http://www.myfootprint.org>

Center for a New American Dream

This website focuses on the connections between consumption, quality of life, and the environment. Good articles and information.

Grade Levels: 9-adult

Web link: <http://www.newdream.org/>

Earthlab

Geared towards adults, this site asks specific questions about your home, energy, work, commute, travel, and lifestyle. Results are calculated in total carbon emissions.

Grade Levels: adult/university

Web link: <http://www.earthlab.com>

Treehugger

Treehugger strives “to be a one-stop shop for green news, solutions, and product information.” The site offers blogs, newsletters, videos, and a radio broadcast to provide people with knowledge about current sustainability related information.

Grade Levels: adult/university

Web link: www.treehugger.com

Waste Free Lunches

The concept of Waste Free Lunches originated out of concern from moms on the garbage generated from their kids’ daily lunches. The site offers ways to turn your household and school into a Waste Free Lunch zone! Includes success stories from elementary schools through colleges and universities.

Grade Levels: adult/university

Web link: www.wastefreelunches.org

Worldwatch Institute

Worldwatch focuses challenges associated with climate change, resource degradation, population growth, and poverty. Their site gives education useful background information on each topic as well as current research that is being conducted to help resolve these challenges.

Grade Levels: adult/university

Web link: www.worldwatch.org