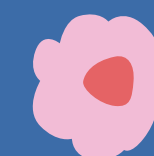
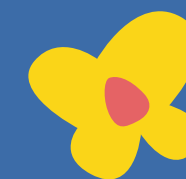


# AIR QUALITY & CAR FREE DAY

Why is it important for our health and  
environment?



# Welcome to class!

## TODAY'S AGENDA

1. What is air pollution?
2. What can we do to improve air quality?
3. What is Car Free Day?
4. Healthy Streets Everyday & Car Free Day **Mural Activity!**





# What is air pollution?

## ... BUT WHAT IS IT?


Like plants and animals, we all need air to breathe. Sometimes this air can get dirty because of unhealthy gases and compounds that get mixed and contaminate the air we breathe.

## WHERE DOES IT COME FROM?

These substances that contaminate our air have many sources. Road traffic, wood and coal burning, factories and many more daily activities release harmful compounds that dirty our air.

## HOW CAN IT AFFECT US?

When we breathe air that contains these substances, it can make us sick. It can worsen asthma, allergies, poor breathing capacity, and in cases, long term health problems.

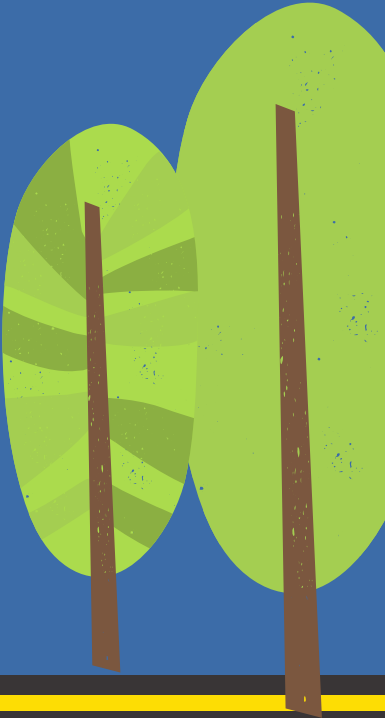
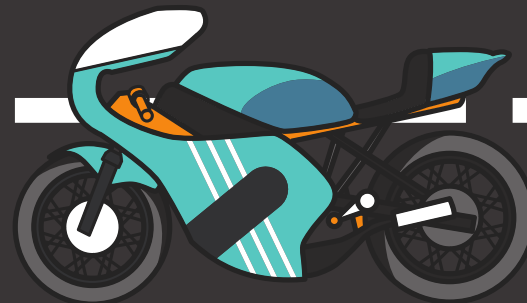




# Sources of air pollution



Which of these vehicles do you think emit pollutants into the air?



# Answers



# What can we do to improve air quality?



## **Walk or cycle to school!**

Instead of driving, why not try walking or cycling, or taking public transport to school? This cuts down on pollutants and reduces traffic outside your school.



## **Talk to your friends/family about air pollution**

Involve your friends and family to work together on improving air quality. There are small steps we can all take to make a difference.

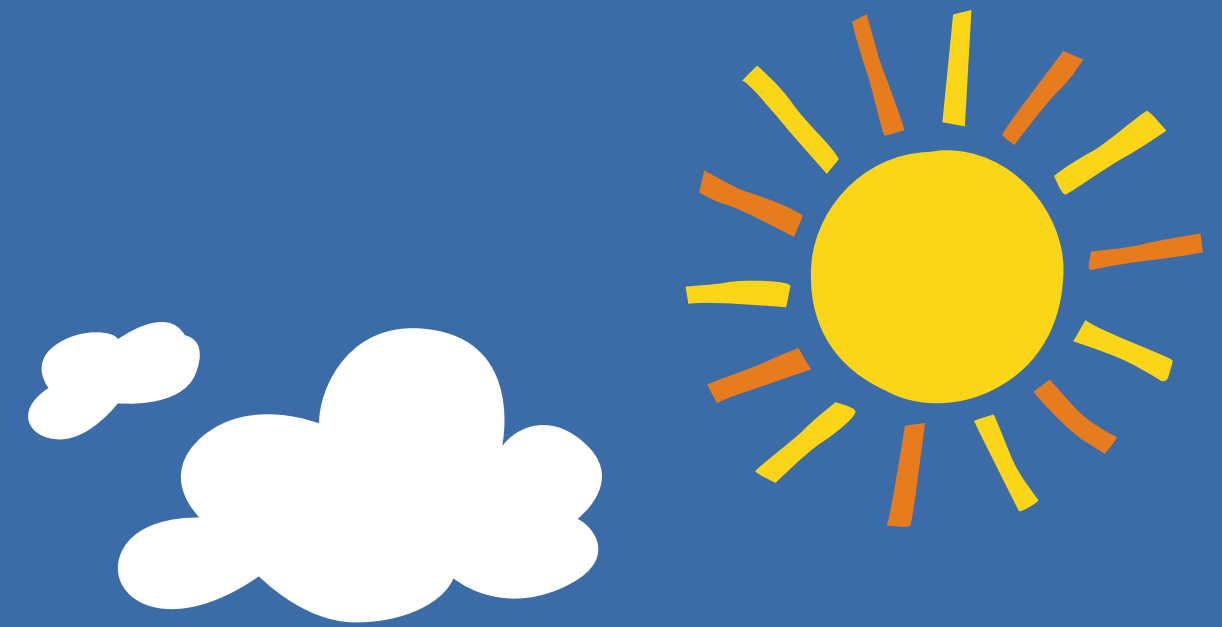


## **Reduce.Reuse.Recycle**

Before you throw something away, think if you can use it for something else! For example - make sure you use both sides of a paper or use refillable pens.

# How do you travel to school?

- do you travel with someone?
- are there a lot of vehicles on your journey to school?
- do you feel safe walking/cycling to school?
- what is your favourite part of your journey to school?
- what would make your journey more fun and better for air quality?



# CAR FREE DAY 2021

## What is Car Free Day?

- **Car Free Day** brings attention to reducing the amount of polluting vehicles on our roads so the air we breathe is cleaner and healthier for us all.
- This year it will be celebrated on the **22nd of September 2021** and will bring people together who are championing for better air quality and safer streets by having regular car free days around London and the UK.
- Want to get involved? You could try walking or cycling to school, or getting your parents to ditch the car on Car Free day!










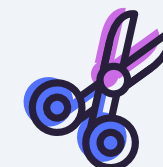
# HEALTHY STREETS EVERYDAY - CAR FREE DAY MURAL ACTIVITY!

GET  
CREATIVE!



To celebrate Car Free Day 2021, your school is also invited to participate in a **design-a-mural competition** run by CRP's Healthy Streets Everyday Programme. To take part, design a mural based on the following theme “**Creating Clean Air for our Future**”. Idea's for your design can include:

- 
- Walking, cycling and scooting to school.
  - Streets without cars.
  - Tree planting and nature.
  - Using renewable energy sources.
  - How clean air helps your health and wellbeing!
- 



# Summary of Today's Lesson

## 1. AIR POLLUTION

A mixture of harmful substances that get added into our air from road traffic emissions and other sources.

## 2. WHAT CAN WE DO?

We can raise awareness on the importance to keep our air clean and safe by walking/cycling, raising awareness among our peers and reducing our waste

## 3. CAR FREE DAY

A day to celebrate and demonstrate how spaces would be without motorised vehicles, improving safety, air quality and overall social wellbeing.

## 4. SCHOOL MURAL ACTIVITY

Design and create a mural for your school that showcases the role of clean air in your community and for our collective future.

