

# Impact on Health & Pollution Challenge

## “Breathe Easy, Live Clean”



### Challenge Description

Air and environmental pollution affect both human health and the planet. Your challenge is to take practical steps to reduce pollution in your daily life while improving your well-being. By focusing on air quality, transportation choices, and reducing pollutants, you will actively contribute to a cleaner and healthier environment.

**Who: Groups of 3 or 4**

**Where: At home or in their community**

**How long: Complete in 1 day**

### Steps

#### Reduce Air Pollution from Transport (5 points)

Walk, cycle, or use public transportation for all trips under 5 km instead of using a car.

**Proof: Take a photo of yourself using public transport, biking, or walking instead of driving.**

#### Improve Indoor & Outdoor Air Quality (5 points)

Spend at least 1 hour in a green space (park, forest, garden) to experience cleaner air.

**Proof: Take a photo of yourself in a green space or of the plant you added to your home.**

#### Reduce Air Pollution at Home or School (5 points)

Improve indoor air by placing a natural air purifier (e.g., houseplant, DIY air filter). Keep windows closed during high-pollution hours or use a wet cloth to trap dust.

#### Raise Awareness About Air Pollution (5 points)

Create a poster, social media post, or infographic explaining the impact of pollution on health.

Share it with at least 3 people in person or online.

### Evaluation Criteria (20 points total):

✓ **Transport Pollution Reduction (5 points):** Choosing sustainable transport for trips under 5 km.

✓ **Air Quality Action (5 points):** Spending time in a green space and adding an air-purifying plant.

✓ **Home or School Pollution Reduction (5 points):** Placing a natural air purifier (houseplant, DIY filter) and took steps to reduce indoor air pollution.

✓ **Raise Awareness (5 points):** Sharing of posts

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