

EVERYDAY ECO-HABITS



B1-B2 lesson plan

1. Think of the words connected with the topic of ecology/nature/transport that begin with each letter of the alphabet.

A		H		O		V	
B		I		P		W	
C		J		Q		X	
D		K		R		Y	
E		L		S		Z	
F		M		T			
G		N		U			



2. Discuss the questions below in pairs. Share your ideas and experiences about everyday actions that affect the environment.

- What are some things people do to help the environment?
- Do you think it's easy or difficult to live in an eco-friendly way? Why?
- How do you feel when you see rubbish on streets and in nature?
- What are some things we use every day that are bad for the planet?
- Do your friends or family care about the environment? What do they do?



3. Read the text about 10 simple eco-habits. Which ones do you think are the most important? Which habits do you already follow in your daily life? Talk about your ideas with a partner or in a small group.

Looking after the planet doesn't have to be difficult. Here are ten small habits that can help you live more sustainably.

1. Always try to **recycle** paper, glass, and plastic instead of throwing them away.

2. Don't throw everything in the bin – separate your **rubbish** into what can and can't be reused.

3. If you buy less and waste less, you can **reduce** your impact on the environment.

4. You can **encourage** others by sharing your eco-habits with friends and family.

5. Walking, cycling, or using public transport helps lower your **carbon footprint**.

6. Try to **cut down on** single-use plastics like straws and bottles.

7. If you want to live a **zero-waste** lifestyle, choose products that don't have unnecessary packaging.

8. Every time you choose to bring your own bag or bottle, you **make a difference**.

9. Before you throw something away, ask yourself if you can **reuse** it.

10. You can turn old fruit and vegetables into **compost** instead of putting them in the bin.

Just one change in your routine can help protect the planet – what will you try first?

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4. Match the words in bold with their definitions on the right.

1. **Recycle** paper, glass, and plastic instead of throwing them away. ____
2. Separate your **rubbish** into what can and can't be reused. ____
3. Buy less and waste less to **reduce** your impact on the environment. ____
4. You can **encourage** others by sharing your eco-habits. ____
5. Using public transport helps lower your **carbon footprint**. ____
6. Try to **cut down on** single-use plastics like straws and bottles. ____
7. A **zero-waste** lifestyle means creating as little waste as possible. ____
8. Every time you bring your own bag or bottle, you **make a difference**. ____
9. Before you throw something away, ask yourself if you can **reuse** it. ____
10. Turn old fruit into **compost** instead of putting them in the bin. ____

- a) to do or use less of something
- b) to use old materials to make something new
- c) the amount of CO₂ someone produces by their actions, like driving or flying
- d) natural fertiliser made from old fruit, vegetables, and garden waste
- e) to make something smaller or less
- f) a way of living where you try not to create any rubbish
- g) to have a positive effect on something
- h) things that are thrown away because they are no longer needed
- i) to give someone support or ideas to help them do something
- j) to use something again instead of throwing it away

5. Choose the correct alternative.

1. I always try to **recycle / make a difference / encourage** paper and plastic at home.
2. There's so much **carbon footprint / compost / rubbish** on the beach – it looks terrible!
3. We should all try to **recycle / reduce / reuse** the amount of energy we use.
4. You can help the planet and **encourage / cut down on / make a difference** others to do the same.
5. Driving less is a good way to lower your **compost / carbon footprint / rubbish**.
6. I've decided to **cut down on / recycle / reuse** eating meat during the week.
7. People who follow a **zero-waste / compost / rubbish** lifestyle try not to throw anything away.
8. Switching off lights when you leave a room can really **encourage / make a difference / cut down on**.
9. Instead of buying a new bottle, I just **reduce / cut down on / reuse** my old one.
10. You can throw fruit and vegetables in the **compost / zero-waste / rubbish** to help your garden grow.



6. Complete the sentences with the correct words.

1. When I go on a picnic, I always bring containers I can _____ so I don't need plastic wrap.
2. Have you ever tried to measure your _____ to see how your daily choices affect the planet?
3. My sister started using a/an _____ bin in her garden, and now she has the best tomatoes I've ever tasted.
4. A group of students organised a beach clean-up and really managed to _____ in their community.
5. We're trying to _____ how many plastic bottles we buy each week — it's harder than it sounds!
6. I watched a documentary about people living a _____ lifestyle — they don't even use toilet paper!
7. Every time you bring your own bag or coffee cup, you _____ others to think about their habits too.
8. The streets were covered in _____ after the festival — it took hours to clean it all up.
9. In our flat, we have separate bins to _____ paper, plastic, and glass — it's become a routine.
10. I've decided to _____ the amount of meat I eat and try vegetarian meals during the week.

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7. Use the scale from 1 to 5 to indicate how strongly you agree or disagree with each statement, where 1 means "completely disagree" and 5 means "completely agree." After selecting your ratings, discuss five statements of your choice in pairs or mini-groups.

1. People who don't recycle should pay a fine.	1	2	3	4	5
2. It's pointless to reduce waste if big companies don't change their habits.	1	2	3	4	5
3. Using compost is just a trend — it doesn't actually help the environment.	1	2	3	4	5
4. Living a zero-waste lifestyle is only possible for rich people.	1	2	3	4	5
5. Bringing your own bag or bottle doesn't really make a difference.	1	2	3	4	5
6. Your carbon footprint is your personal choice — no one should judge you for it.	1	2	3	4	5
7. It's better to throw away old things than to reuse them.	1	2	3	4	5
8. Most rubbish could be avoided if people just planned better.	1	2	3	4	5
9. Governments need to encourage people to develop more eco-friendly habits at home.	1	2	3	4	5
10. We don't need to cut down on flying or driving — technology will solve the problem.	1	2	3	4	5

8. Read each question and choose the answer that is true for you: A, B, or C. At the end, count your points: A = 1 point, B = 2 points, C = 3 points. Add up your total and check your result. Good luck!

1. What do you do with an empty plastic bottle?

- A. I throw it in the bin.
- B. I put it in a special bin for bottles.
- C. I carry a bottle I can refill.

2. How do you usually get to school or work?

- A. I go by car, even if I'm alone.
- B. I use the bus or share a car.
- C. I walk or cycle when I can.

3. When you go shopping, you...

- A. Take new plastic bags every time.
- B. Try not to use too many bags.
- C. Always bring your own bags.

4. What do you do with old clothes you don't wear?

- A. I throw them away.
- B. I give them to a charity shop.
- C. I sell, swap, or donate them.

5. What do you do when you leave a room?

- A. Nothing, I just leave.
- B. I sometimes turn off the lights.
- C. I always turn off the lights and electronics.

6. How do you deal with food waste at home?

- A. I throw everything in the bin.
- B. I try to plan meals better.
- C. I use leftovers or feed food to pets/plants.

7. When you buy something new, do you think about how it was made?

- A. No, I just buy what I like.
- B. Sometimes, if I have time.
- C. Yes, I try to choose eco-friendly products.

8. How much do you talk about the environment with others?

- A. Never.
- B. Sometimes.
- C. Often — I like to share ideas.

9. What do you do when your phone or laptop is fully charged?

- A. I leave it plugged in all night.
- B. I unplug it sometimes.
- C. I always unplug it to save energy.

10. How do you choose food products?

- A. I buy whatever is cheapest or looks good.
- B. I try to avoid lots of packaging.
- C. I look for local or seasonal products with less packaging.



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10–16 points: Getting started

You're just beginning your eco-friendly journey. You may not think much about your daily habits yet, but that's OK — we all start somewhere! Try making one small change this week, like using a reusable bag or turning off lights when you leave a room. Small actions can lead to big results!

17–23 points: On your way

You already make some good choices to protect the planet. You're aware of the issues and try to do your bit. With just a few more changes — like reducing plastic or wasting less food — you can make an even bigger impact. Keep learning and growing!

24–30 points: Eco expert!

Wow — you really care about the environment and it shows! You make smart, sustainable choices in your everyday life and probably inspire others too. Keep it up, and remember: even eco experts are always learning new ways to help the planet.

9. Work in pairs. One of you is a journalist writing a blog article about eco-living. The other is a zero-waste expert who has been living waste-free for 5 years! Prepare and act out an interview. The journalist should ask 4–6 questions. Then swap roles and do it again.

Interview Question Ideas:

- What made you start living a zero-waste lifestyle?
- Which habit has made the biggest difference?
- How do you deal with food and kitchen waste?
- What are your favourite things to reuse?
- Have you ever found it difficult? Why?
- What advice would you give to someone who wants to reduce their rubbish?

Journalist:

- Can you tell me more about...?
- Why do you think ... is important?
- That's really interesting!
- How do you manage to cut down on...?

Zero-Waste Expert:

- One thing I always do is...
- I try to reuse things like...
- I started because ...
- It helps reduce my carbon footprint.



10. Let's play! The goal of tic-tac-toe is to be the first player to get three in a row (vertically, horizontally or diagonally). You can play in teams or player VS player. Mark the squares with Xs or Os. Create the sentences using the given words. tic-tac-toe There are two slides, feel free to choose any of them.



Scan or click to play

11. Watch the video and tick the habits you hear from the list. Do you already do any of these things?

- ☐ Turning off the tap while brushing your teeth
- ☐ Picking up hair ties on the street
- ☐ Taking shorter showers to save water
- ☐ Relying more on seasonal and local food
- ☐ Using public transport instead of driving
- ☐ Planting trees or flowers to support biodiversity
- ☐ Making my own homemade body butter



Scan or click to watch



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12. Watch the video again. Read the sentences below and decide if each one is true or false. Be ready to explain your answers.



Scan or click to watch

1. She avoids plastic by buying everything online. _____
2. She picks up rubbish every time she leaves home. _____
3. She uses plastic spoons and forks in her kitchen. _____
4. She buys new beauty products every month. _____
5. She prefers secondhand clothes to buying new ones. _____
6. She has been doing these eco-habits for over eight years. _____



13. Extra task. Find 10 words from the lesson.

G N G V W E E U F S M I V B G Y K Y B Y
Z J D F S M B V U I T Q C U N R U C N G
F J F A E F J E A C A O H X M F Z A D Y
S L C U T D O W N O N U N Y C T O R T Q
E N C O U R A G E T I H E E Y O V B R Q
E A L O O E C F E C O M P O S T W O E D
R N D V Y B Z T Y R E B K Y V D A N U M
V G Z T B P I B P P I P G F V R R F S T
U V Z E R O W A S T E E S D N E Y O E I
I J J A T E Q F Q H F Z P A M C I O J T
L D D O E W D S G I V S U V T Y U T D T
U I Q E I P M U P A N Y B J L C H P C F
N W B T G D B E C Q L W R H O L F R O K
B K W M V Q Q O R E G L U L S E B I Y G
O O W U S P C L F C E U Q N L Y J N V G
X M A K E A D I F F E R E N C E J T O R
K F B W T J C I P N T B O K O W D S T Z
S E Z L M C R J H H K I M T E G B V D Z
R M P R Q G W H M V Y C H R U B B I S H
L I F D P T L U P B P X G F Q H W J U I

14. Extra task. Correct the mistakes in the following sentences by replacing the words in bold with words from Exercise 13. Make sure you use the correct form.

1. At our school, we've started to make a difference old notebooks to make sketchpads for art class. _____
2. After the festival, volunteers filled ten bags of compost from just one park. _____
3. By taking the train instead of flying, you can reuse the environmental impact of your holiday. _____
4. The teacher tried to cut down on students to bring their lunch in reusable containers. _____
5. Cycling to work is a great way to lower your zero-waste and stay fit. _____
6. We're trying to encourage food packaging by buying from the local market. _____
7. She follows a carbon footprint lifestyle — even her toothpaste comes in a glass jar! _____
8. Planting wildflowers in your garden can really reduce for bees and butterflies. _____
9. I always recycle wrapping paper and gift bags if they're still in good condition. _____
10. We put all our fruit and vegetable peels in the rubbish bin instead of the normal bin. _____



15. Extra task. Create a short presentation or poster about your Top 3 eco-habits. These can be inspired by the video or your own ideas. For each habit, explain: 1. What is the habit? 2. Why did you choose? 3. How does it help the environment? Be ready to share your project in the next lesson.

Useful Phrases:

- One way to cut down on waste is...
- This habit can really make a difference because...
- It helps reduce your...
- I already do this because...
- I'd like to try this, but...
- I think this would be difficult because...

Examples:

1. Bring your own bottle – easy and reduces plastic.
2. Go to a local market – less packaging and supports local farmers.
3. Use compost – good for the garden and cuts food waste.

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16. Revise the words for the next lesson. Use this [Quizlet](#) set. You can also play different games to practise or even test yourself in the Quizlet app or on the site.



Scan or click to play