



Eco - Life DAY 2025

How much can you reduce CO₂?



Junior/Senior high school

Name of School _____ Grade _____ Class _____ No. _____

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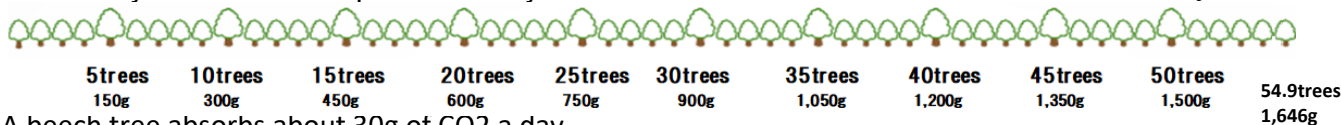
Please mark O on the figure that you did today, or, you usually do.

Electricity or Gas	I turned off the light of a room where no one was in.
	I turned off the television, when I didn't watch the TV program.
	I limited the time for playing video games in a day.(Or, I didn't play any video games.)
	When I didn't use electric appliances, I turned off the master switches, or I unplugged them.
	I set the temperature of air conditioner moderately through a year.(ex. 28°C or higher in summer, 20°C or lower in winter) or I did not use it.
Food	My family members took a bath successively, while it was hot.
	I ate up my foods at every meal and didn't waste anything.
Resources	I tried to eat foods that were supplied from nearby producing areas.(If it is not sure, ask your family members.)
	I didn't get any plastic bags that shops would give.
	When I went out, I always had my own water bottle.
	I used eco-friendly goods. For example, goods with Eco-Mark and energy-saving products.)
Water	I sorted garbage according to the Household Garbage Sorting Guide.
	I didn't leave the water running, when I brushed my teeth and took shower.
Car	I didn't use shampoo and hand soap too much.
	When I went out, I walked, or I took a bicycle, a bus and a train.

You	Your Family				
34	34	34	34	34	34
45	45	45	45	45	45
146	146	146	146	146	146
73	73	73	73	73	73
141	141	141	141	141	141
233	233	233	233	233	233
43	43	43	43	43	43
37	37	37	37	37	37
56	56	56	56	56	56
42	42	42	42	42	42
120	120	120	120	120	120
130	130	130	130	130	130
245	245	245	245	245	245
45	45	45	45	45	45
256	256	256	256	256	256

※ If you accomplish all the above things, you can reduce 1,646g of CO₂. Every person emits 5,036g of CO₂ in a day.

How many beech trees' equivalent did you reduce CO₂? (Color the trees worth CO₂ that you reduced.)



A beech tree absorbs about 30g of CO₂ a day.

※ In case of a 100 years old beech tree in the forest of 500 trees per 1ha (Absorption will depend on the condition of forest.)

2

Please sum up the figures that you mark O.

g	g	g	g	g
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※The figures show how much CO₂ (grams) could be reduced

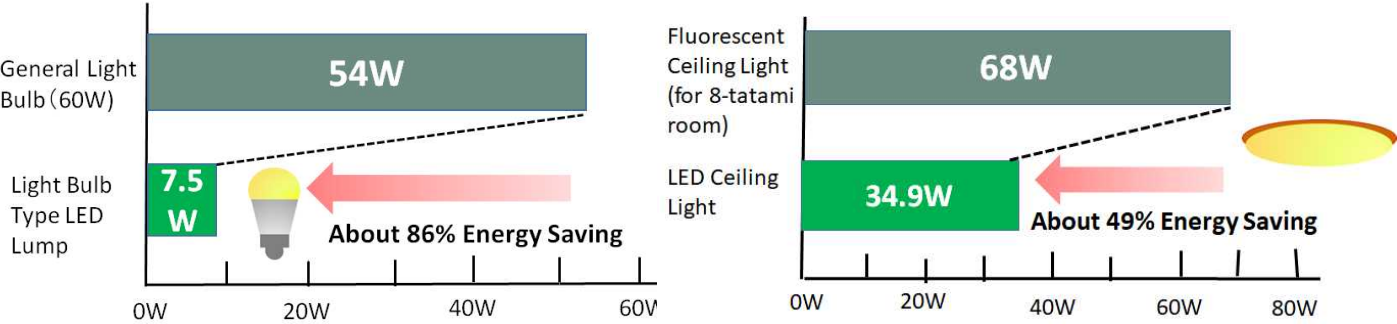
Please write it on the back side. Thank you for your cooperation.

Please feel free to write your impressions of participating and how you feel about the environment on a daily basis. Illustrations are also welcome.

Let's practice eco-life to reduce CO₂, which causes global warming!

In recent years, extreme weather such as heat waves, heavy rains, and droughts has been increasing all over the world, and there are concerns about the effects of global warming. In order to reduce CO₂ (carbon dioxide), which is the main cause of global warming, it is important for each of us to take eco-life initiatives such as turning off the lights in a room where no one is in and choosing eco-friendly products such as energy-saving products. For example, changing the lighting in the house from a general light bulb to an LED light bulb saves 86%, and changing from a fluorescent ceiling light to an LED ceiling light saves 49% of power consumption, resulting you can reduce significant CO₂ emissions. Why don't you start doing what you can for the future of the earth?

Energy Saving Effect in Case of Changing to LED Lights



Source : “Housing Lighting Book -Lighting5.0 Edition” created by “Akari no Hi” Committee

Last year's results

64,455 people joined in the Eco-Life DAY 2024, last year. This means that 10.6% of Kawaguchi citizens participated. Then, we were able to reduce 57,832,343g of CO₂ a day only.

Organized by Kawaguchi City, Kawaguchi City Board of Education, Kawaguchi Citizens' Environment Council
Supported by Kawaguchi Chamber of Commerce and Industry, Kawauchi Shopping Street Federation
Report: Public relations magazine of Kawaguchi, PRESS530, homepage.
Contact: Global Warming Countermeasure Section, Kawaguchi City Environmental And General Affairs Division 048-228-5320
Kawaguchi Citizens' Environment Council 080-5699-1154
For details, please refer to the Kawaguchi Citizens' Environment Council homepage.

The written contents may be used for HP, posters, etc.