

Standard VI

Action Research Project Topic for 2016–2017

My Eco-friendly (Eco-efficient) Habit

Introduction

- A habit is a routine behaviour that is repeated regularly and tends to occur unconsciously.
- It is a more or less fixed way of thinking, willing or feeling, acquired through previous reception of a mental experience.
- The process by which new behaviours become automatic is habit formation. Though it is difficult to break old and form new habits, we can make it possible through repetition till it becomes automatic.

What are eco-friendly habits?

- Eco-friendly habit is nothing but low impact lifestyle.
- It is taking steps to reduce, reuse, recycle responsibly.
- It might initially be triggered by a goal, but over the time it will become more automatic.
- It is just simply adjusting one's routine.
- It can start with few easy steps like using reusable items like shopping bags.
- Person may feel skeptical about impact of individual efforts. But even a small effort will have significant effect, one must start taking steps.
- Each one of us is directly or indirectly responsible for damage caused to environment and hence changing our habits to bring in a small positive effect is essential.
- Being eco-friendly and trying to protect environment is a state of mind. When a person

is convinced that being eco-friendly helps the environment, he/she will develop such habits and help protecting environment.

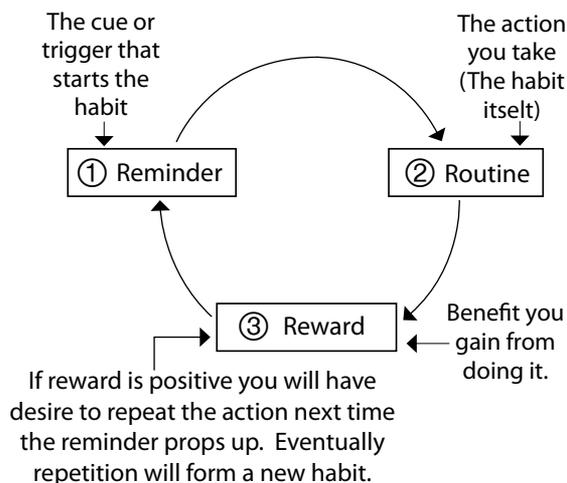
- Initial harmful habits might be unintentional, uncontrollable and an outcome of lack of awareness. With proper guidance and motivation, habits can be modified or changed.
- Some habits known as 'keystone habits' influence formation of other habits. For example, a person who is physically fit and has habit of exercising regularly can influence his own food habits of eating healthy and avoiding packaged junk food.

Why eco-friendly habits?

- Eco-friendly habits can help reinforce skills related to learning and study.
- Conservation, problem solving and creative thinking develop while nurturing eco-efficient habits.
- Adapting such habits help reducing one's Carbon footprint.
- Well formed habits are hard to break. But shaping habits towards eco-efficient life style helps in keeping expenditure under control. Over a period of time, economic benefits become evident.

How to change a habit?

Once we get into a certain routine, we simply plug along happily without giving a second



thought. A little positive change can prove beneficial. We can do this by following 3 Rs of habit formation:

Points to consider while setting new habit

- Setting up visible reminder linking new habit with current behaviour is essential. E.g. keeping shopping bag ready with house keys while going to market.
- Select a habit that is easy to adapt.

Precautions to be taken while developing eco-friendly habit

- Eco-friendly habits should be economical.
- While selecting eco-friendly goods as a part of change of habit we must be careful about. 'green washing' (word modelled on 'white wash') or 'green sheen'. Here green marketing is deceptively used to promote the perception that the products are environment friendly. E.g. Automobile market optimise fuel consumption strategies in order to reduce apparent cost of car ownership and to improve green image.
- Make a decision to make an eco-friendly change. Then follow through and do it. Pretty soon you will probably notice you are beginning to think

and act in a more eco-friendly manner without even realising it.

Examples

Eco-friendly habit change can be brought about at individual level, at home or even at community level.

Individual eco-friendly habits

- Use of water for brushing, bathing etc.
- Use of paper
- Neatness (can save on wastage of resources, energy, time).
- Study / play habit
- Food habits
- Birthday plans.
- Toys (You can make your own toys).

Eco-friendly habits at home : Most of our habits are formed at home

- Habits regarding consumption, shopping, celebrations, outings, recycling etc. E.g. using washing machine only when it is full and during off peak hours of electricity consumption.
- Buying locally grown and processed food items.
- Less packaging materials.
- Recycling waste etc.
- Eco-friendly activities save on resources as well as money. E.g. Solar cells/ panels.

Eco-friendly habits at community level

- Car washing system of a building or housing society.
- Members need not wash grills and sliding during festivals.
- Waste disposal.
- Greenery maintenances.
- In school or office, SOPs (standard operating procedures) can be eco-friendly minimising use of paper.
- Use of air conditioners, lights etc. can be

monitored

- Food packaging in canteen can be minimised (coffee machines and disposable glasses can be a good example).

Habits can also be classified as water related, energy related, waste related, food related, purchase related, travel related etc.

Water related

- Consumption related
- Recycling related
- Harvesting related

E.g. setting and maintaining borewell recharge.

Energy related

- Consumption
- Efficient use
- Avoiding wastage
- Warming food, cooking methods, etc.

Waste related

- Ways to minimise
- Recycling
- Processing
- Seggregating

Food related

- Amount stored
- Maintenance of stored food
- Locally grown or not
- Packaging material
- Transport involved etc. E.g. Using foil for everyday for tiffin.

Travel related

- Car pooling
- Public transport
- Maintenance of vehicle

Purchase related

- Shopping habits can change at major life moments like graduation, marriage, festivals, new home etc.
- Shops make use of such data for marketing. E.g. Festival/ monsoon/ End of season etc.
- Exchange offers etc.
- These are a few examples. students can select any topic that comes under main theme.

What students have to do?

- Identify any one habit (individual/ at home/ community) that can be changed for eco-efficient effect.
- Study ways of bringing about the change.
- Select most feasible habit change.
- Make a plan for inculcation of habit formation (follow 3 Rs) Exchange plan.
- Monitor the events before and after change.
- Analyse results with respect to feasibility of change.
- Think of modifications in required.
- Write the project report.