

WHAT IS AIR POLLUTION?

Air pollution is when the air around us is made dirty by activities in our day-to-day lives. Air pollution can be caused by burning fossil fuels such as coal or petrol in cars. We use energy from these for all sorts of things, from cooking and washing, to lighting and heating our homes and travelling by car.

Air pollution is made of lots of chemicals called pollutants and the most damaging ones are nitrogen dioxide, particulate matter and sulphur dioxide.

These pollutants build up in our atmosphere and damage our health, wildlife and our planet.

WHAT IS AIR QUALITY?

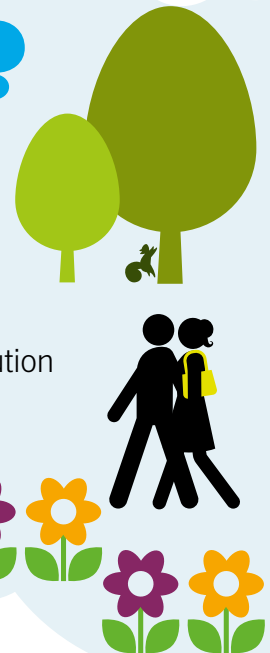
Air quality is how we describe the air around us and how much pollution is in the air.

Good air quality is clean, clear and unpolluted air. Clean air is important to make a healthy environment for people, wildlife, plants, water and soil.

Poor air quality is when there is a high amount of pollution which can harm people's health or the environment.



Part of our commitment to becoming carbon neutral by 2030.

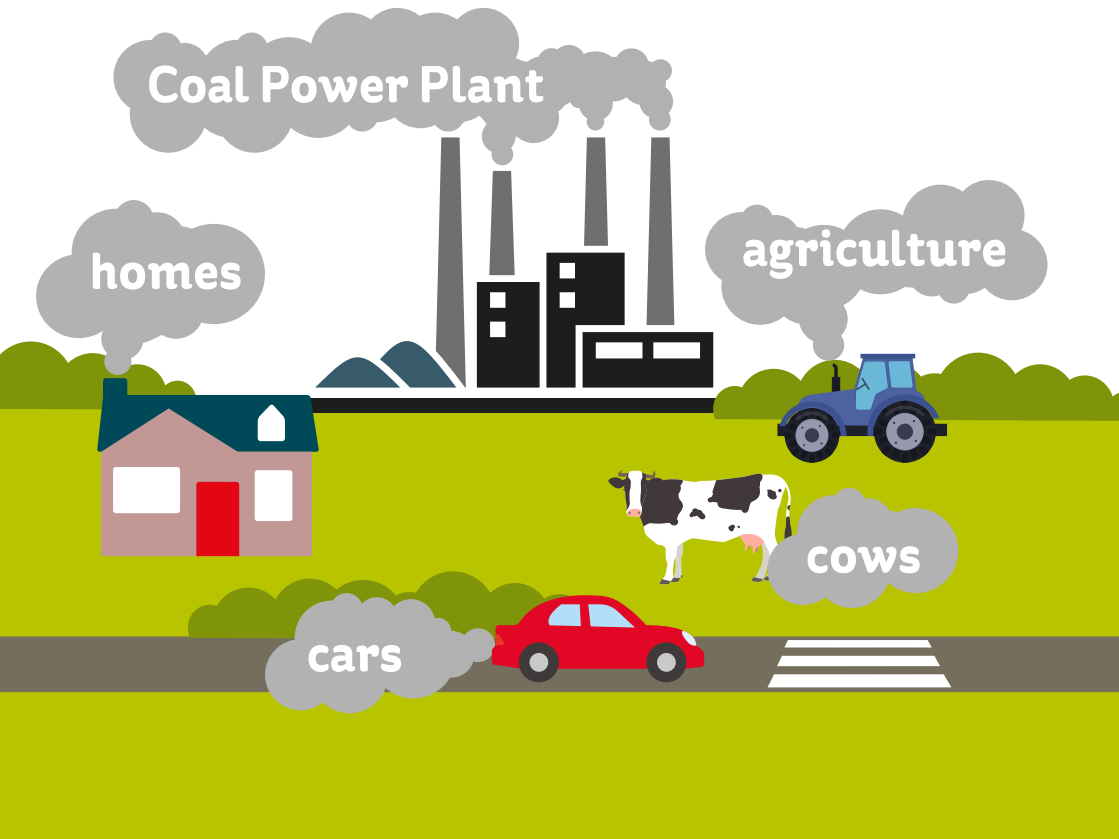


Where does Air Pollution come from?

One of the biggest causes of air pollution is transport, especially cars. Today there are about 25 million cars on the road!

Cars that use petrol or diesel as fuel cause gases and particles to be ejected from the exhaust, which contribute to air pollution.

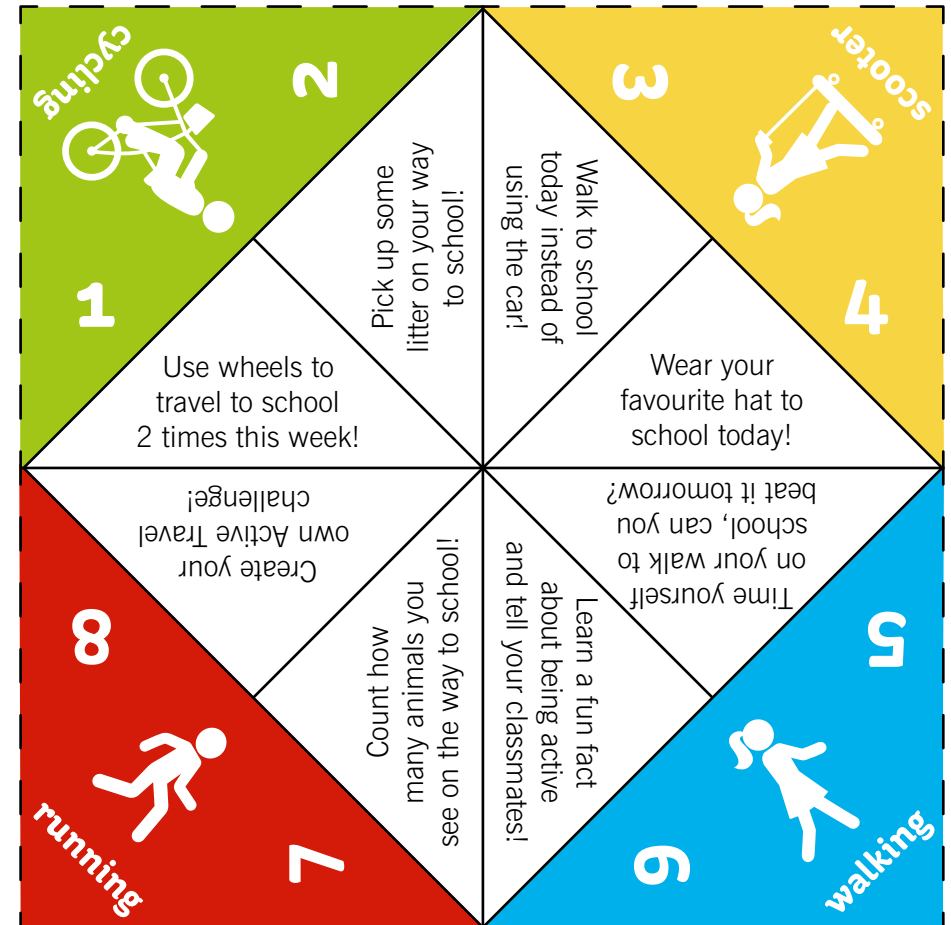
Car exhaust fumes can be very dangerous for children as children's lungs are still developing. So it's important to do things like switching car engines off when waiting at school areas.



What can you do to help?

How to make your Active Travel fortune teller:

1. Cut around the dotted line
2. Fold in half, and again, down the solid black lines
3. Open it, flip it over to the back and fold each corner into the middle
4. Flip back over and fold in the corners.
5. Slide your thumb and your finger behind 2 of the pictures, press together and touch
6. Repeat with the other hand for the other 2 pictures
7. All the pictures should now be touching and you are ready to use your fortune teller!



Fun Facts:

1. A walk before school will help you concentrate better in class.
2. Being active helps you to sleep better, ready to start a new day.
3. Being active will help boost your immune system, which helps you not to get sick.
4. Being active helps your brain learn and remember better - useful for your next maths test!
5. Walking, cycling or scooting to school is a simple way you can help clean up the air and reduce emissions and climate change!

Now see if you can find the words in the grid below.

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

active travel

bike

move

walk

healthy

scooter

car

carbon dioxide

active

climate

planet

emissions