

# CLIMATE PROJECT - PLANNING SHEET

**Title:** Avoid the Overshoot

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**Age:** 14-17

**Content:**

In this workshop, students explore the concept of Earth Overshoot Day and simulate its effects. Each group represents a country and plans how to reduce its "overshoot" through changes in habits and environmental policies.

World Overshoot Day is the day when we have used more natural resources than the Earth can renew in a year, showing how unsustainable our consumption is and its impact on the environment and climate change.

**Development goals:**

- Self-competence: Awareness of resource use and responsible management.
- Factual-competence: Understand biocapacity and overshoot, relating these to environmental issues.
- Social skills: Collaborate to find and share practical solutions.
- Methodological-competence: Simulate environmental decisions and predict the results of chosen actions.

**Planning:**

- Explanation of Earth Overshoot Day (30 min).
- Planning to reduce overshoot: each group creates a plan to reduce its environmental impact (45 min).
- Discussion and sharing of group strategies (1 hour)

**Resources:**

- Scientific sources and statistics on biocapacity
- Visual materials representing biocapacity and consumption
- Posters with data on Overshoot Day

**Feedback:**

Positive: Students actively engaged in discussions, proposing innovative solutions to reduce resource consumption.  
Suggestion: Some groups found it challenging to reduce national impact. Providing concrete examples at the start could help.