本教案電子檔

Green Fighters: Invest In Our Planet

課程涵蓋指標

教案內容說明			
教學目標/活動階段	教學內容	教學時間	學習評量
第一節課	1.2021Earth Day: The Road to Recovery 2.創價學會:認識 SDGs / 永續愛地球的重要性 「SDGs x 希望與行動的種子展」啟蒙影片 ※Choose three important people or institutions and write down what they do: https://www.youtube.com/watch?v=RohS-Kyw0eFs 3.【Before the video 看 IKEA 影片之前】Know Key Words: greenhouse gas (溫室氣體) carbon footprint (碳足跡) climate action (氣候行動) circular business (循環經濟)	45分	學習單
第二節課	1.認識北歐瑞典與丹麥：環保先鋒 2.影片：IKEA 創造更好的日常 https://www.youtube.com/watch?v=dRhtNRx-fP9k&t=345s 3.【During the video】How does IKEA develop new products for sustainable living? 找出 3 樣你覺得有趣或很不錯的永續商品，並提出理由。 4.【After the video】導引問題： · What do you think “Sustainability shouldn’t be a reason for being expensive(永續不該是昂貴的理由)”? · How do you have a healthy and sustainable living (健康和永續的生活)？ · 什麼是全民綠生活運動？	45分	學習單
	1.影片：打開世界之門 《借鏡北歐環保進行式》 https://youtu.be/956nNXJM03U?t=462		

第三節課	2.小組活動：IKEA 永續生活提案 - 永續商品超級銷售員 ● **Guides to sustainable living** https://www.ikea.com.tw/en/sustainable-products 在以下類別中選出 2-3 個類別，從這些類別中找到 4 樣永續商品，用英語發表這些產品的特色及永續理念。以下網頁可以選擇中文或英文說明 (1) How to choose more sustainable materials https://www.ikea.com.tw/en/sustainable-products/sustainable- materials (2) How to choose furniture that lives longer https://www.ikea.com.tw/en/sustainable-products/sustainable- furniture (3) How to eat more sustainably https://www.ikea.com.tw/en/sustainable-products/sustainable-food (4) How to save energy and water at home https://www.ikea.com.tw/en/sustainable-products/saving-water-and-energy (5) How to enjoy a healthier home https://www.ikea.com.tw/en/sustainable-products/healthy-homes 3. 簡報製作	45分	簡報PPT
第四節課	簡報小組發表會：IKEA 永續商品超級銷售員 共計 3 組： Group1(劉百宜、紀旻瑄)：環保吸管、分類垃圾桶、省水水龍頭、素丸子 Group2(廖子頡、葉呈偉)：智能燈具、廚房砧板、環保吸管、垃圾桶 Group3(蔡宇宸、吳定龍)：無限動態感應器、寢具、木頭櫃、櫥櫃	45分	簡報 小組發表會

第五節課	1.介紹 Earth Hour: **(3/26 星期六晚上 8:30~9:30)** https://www.sow.org.tw/lightoff2022 https://www.youtube.com/watch?v=h-qcm8uKRKiE 2.行動任務： (1) 課堂完成行動呼籲看板並錄製影片 (2) 設計綠生活 Board Game 桌遊遊戲 (3) 回家作業:響應 3/26 Earth Hour 貼上照片描述：若無法貼上照片請以文字敘述自己做的事(20字以上)，可超過 1 張照片 **8 Ways You Can Spend Your Earth Hour Evening:** ☐ Explore your nearby parks, beaches, or other natural spaces. 親近大自然 ☐ Dine in the dark this Earth Hour and cook up some planet-friendly dishes. 在黑暗中用餐並煮食蔬食料理 ☐ Spend time with someone in dark. 黑暗中與某人度過 ☐ Learn about nature loss and climate change. 學習生態失衡和氣候變遷 ☐ Attend a local Earth Hour event! 參加地球關燈活動 ☐ Go on a night cycle or night run! 晚上慢跑 ☐ Go to your nearest park, beach, nature trail, or outdoor space and pick up any trash you find. 去家裡附近的公園或戶外空曠地區撿拾垃圾 ☐ Do some night photography or challenge yourself with “light painting” 將燈火點燃創造燭火藝術 https://www.earth-hour.org/take-part/spend-the-hour?hsCtaTracking=19ae5736-45b6-4b93-88cd-88cc8ca1d699|c980ae46-8b36-4ad4-8a22-8dbb5ca421d7 3.回家作業：舊衣服探索任務 ・尋找家裡最近 3 個月的新衣服，總共穿了幾次？ ・家裡多久整理不要的舊衣服？ ・不要的舊衣服後來去了哪裡？ ・家裡真的需要這麼多的衣服嗎？	45分	學習單、 錄製行動呼籲影片、 設計桌遊遊戲
	1.討論回家作業: 舊衣服探索任務 2.認識 fashion(時尚)、fast fashion (快時尚)和 trashion(廢時尚)		

第六節課	3.廢時尚網站：揭露時尚背後的醜陋真相／聚酯纖維是環境殺手 https://www.trashion.net/ 4.影片：台灣舊衣回收的現況 https://www.youtube.com/watch?v=gez-jRM2oAMY&t=144 s 5.讀文章並思考問題：The Ugly Truth Behind Beautiful Clothes 6.回家作業： (1)行動任務：請跟自己的家人或朋友倡導快時尚對環境的影響 ●對誰倡導：□family □friend □classmate ●已有幾人了解並願意減少買衣服的次數： □1 人 □2 人 □3-5 人 □5人以上 (2)預覽英文繪本「10 Things You Can Do To Reduce, Reuse and Recycle」，並為這 10 件對環境保護的行為做重點排序 □Reduce Invisible Waste (減少看不見的廢棄物) □Grow Your Own Food (種自己的食物) □Keep Your Stuff Out of Landfills (你的東西該遠離垃圾掩埋場) □Find a Second Life for Your Things (為你的東西找到第二次生命／成為二手用品) □Choose Reusable over Disposable (選擇多次利用的商品而不是用完即丟的商品) □Find a Cool Way to Use Trash (找到使用垃圾的另一種酷炫方式) □Be Sure to Recycle Every Day (每天務必要做回收工作) □Think Outside The Box (不能回收的東西/循環經濟) □Compost Your Food Waste (食物堆肥) □Spread The World (傳播環境永續信念給全世界)	45分	學習單、 課堂討論
預期效益	1.從了解 SDGs 到將永續精神逐漸落實在生活中。 2.覺察北歐瑞典人與丹麥人的環保意識，認識並推廣 IKEA 的永續生活提案。 3.學生從了解到介紹IKEA永續商品的過程中，學習到為地球做到永續精神不再是大人的專利，而是每一個人都能在自己的食衣住行中逐點落實而不用花費過多的時間和金錢。環保意識本就不是一個昂貴消費的理由！ 4.響應今年的Earth Hour(3/26)：全球每年的三月最後一個星期六的晚上一起關燈一小時，在台灣這一個小時竟然可以減少529255公斤碳排放，等同於種植48114棵樹木，學生從這樣的數據中了解人類的用電對地球環境造成的傷害。 5.台灣舊衣回收的新聞與快時尚的省思，學生逐漸了解人類無知又浪費的消費行為造成環境多		

	大的汙染。 6.學生了解綠生活活動後，設計綠生活桌遊遊戲Board Game，可以對全校推廣綠生活與SDGs永續地球環境的精神。
參考資料	1. 親子天下 2021 年 11 月號 121 期：Let's SDGs 2. 英文繪本「10 Things You Can Do To Reduce, Reuse and Recycle」:SCHOLASTIC出版 3. IKEA 創造更好的日常 https://www.youtube.com/watch?v=dRhtNRxfP9k&t=345s 4. Guides to sustainable living https://www.ikea.com.tw/en/sustainable-products 5. 2022 Earth Day: Invest In Our Planet https://www.earthday.org/earth-day-2022/ 6. 2022 Earth Hour: Shape Our Future https://www.earthhour.org/ 7. SDGs 全民綠生活教案徵選活動 https://sdgs-glife.com/ 8. 打開世界之門 《借鏡北歐環保進行式》 https://www.youtube.com/watch?v=956nNXJM03U&t=462s 9.「SDGs x 希望與行動的種子展」啟蒙影片 https://www.youtube.com/watch?v=RohSKyw0eFs

各階段課程附件內容	
活動階段名稱	**附件內容**
Fight For SDGs	附件一: Know SDGs 附件二: IKEA 永續生活提案(1) 附件三: IKEA 永續生活提案(2)
Fight For Fast Fashion	附件四: The Ugly Truth Behind the Beautiful Clothes 附件五: 舊衣服探索任務 / 快時尚的省思與行動倡導
Fight for Green Evolution	附件六: 響應 Earth Hour 活動 附件七: 綠生活 Board Game 附件八: 繪本排序活動

附件一

Know SDGs

一、聯合國17項永續發展目標 (SDGs)

Goals:

1. No_____ 在全世界消除一切形式的貧困。

2. _____ _____消除飢餓，實現糧食安全，改善營養狀況和促進永續農業。

3. _____ _____and Well-Being 確保健康的生活方式，促進各年齡人群的福祉。

4. Quality_____ 確保包容和公平的優質教育，讓全民終身享有學習機會。

5. _____ Equality 實現性別平等，增強所有婦女和女童的權能。

6. _____ _____and Sanitation 為所有人提供水資源衛生及進行永續管理。

7. Affordable and _____ _____確保人人負擔得起、可靠和永續的現代能源。

8. Decent _____ and _____ Growth 促進持久、包容和永續經濟增長，促進充分的生產性就業和人人獲得適當工作。

9. _____, Innovation and Infrastructure 建設具防災能力的基礎設施，促進具包容性的永續工業化及推動創新。

10. Reduced Inequalities 減少國家內部和國家之間的不平等。

11. Sustainable_____and Communities 建設包容、安全、具防災能力與永續的城市和人類住區。

12. Responsible Consumption and Production 確保永續的消費和生產模式。

13. _____ _____採取緊急行動應對氣候變遷及其衝擊。

14. _____ Below _____保護和永續利用海洋和海洋資源，促進永續發展。

15. Life on _____保育和永續利用陸域生態系統，永續管理森林，防治沙漠化，防止土地劣化，遏止生物多樣性的喪失。

16. _____ , _____ and Strong Institutions 創建和平與包容的社會以促進永續發展，提供公正司法之可及性，建立各級有效、負責與包容的機構。

17. _____ for the Goals 加強執行手段，重振永續發展的全球夥伴關係。

*Choose three important goals you think:

Ex: Goal 4

I think quality education is important because everyone needs equal education.

Goal _____ I think _____ because ___ _____
Goal _____ I think _____ because ___ _____
Goal _____ I think _____ because ___ _____

二、「SDGs x 希望與行動的種子展」啟蒙影片

*Choose three important people or institutions and write down what they do:

1	Who / 機構：_____ Where: _____ Goal: _____ 行動內容：_____ Reflection: _____
2	Who / 機構：_____ Where: _____ Goal: _____ 行動內容：_____ Reflection: _____
3	Who / 機構：_____ Where: _____ Goal: _____ 行動內容：_____ Reflection: _____

附件二

IKEA 永續生活提案(1)

【Before the video】

※ What are they? Look for the information about them.

1. greenhouse gas(溫室氣體)

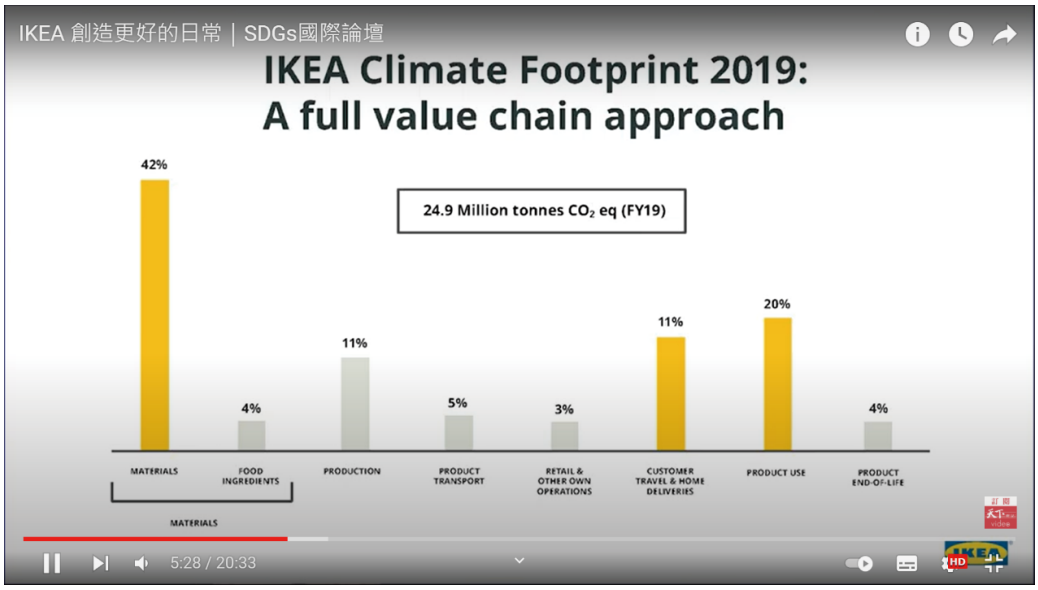
2. carbon footprint(碳足跡)

3. climate action(氣候行動)

4. circular business(循環經濟)

【During the video】https://www.youtube.com/watch?v=dRhtNRxfP9

1. What do you see on the chart?



2. How does IKEA develop new products for sustainable living?
找出 3 樣你覺得有趣或很 不錯的永續商品，並提出理由。

Product: _____
SDG Goal: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17
產品特色:
_____
_____

You think:
_____
_____

Product: _____
SDG Goal: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17
產品特色:
_____
_____

You think:
_____
_____

Product: _____
SDG Goal: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10
☐11 ☐12 ☐13 ☐14 ☐15 ☐16 ☐17
產品特色:
_____
_____

You think:
_____
_____

【After the video】
1. What do you think “Sustainability shouldn’t be a reason for being expensive(永續不該是昂貴的理由)”？

2. How do you have a healthy and sustainable living (健康和永續的生活)？

3. 什麼是全民綠生活運動？

附件三

IKEA 永續生活提案(2)

1. **【Video: Earth Day 2021: Road to Recovery】**

global	pandemic	climate	energy	challenges	renewable
greenhouse	Reduce	Change			

This Earth Day, we're in the midst of the worst 1._____

2._____in a century. The COVID-19 pandemic has been hard on everyone.

Half of the world's population-3.9 billion people experienced lockdown. 8.8 working hours were lost, the equivalent of 255 million full-time jobs. By mid-April 2021, 140 million people had tested positive and three million deaths were officially attributed to COVID-19 globally. In 2020, the global economy shrunk 4.3%.In 2020, international tourism fell 74%.Manufacturing fell 8%.There was a 9% drop in trade. Global energy use fell 4% in 2020, including for natural gas(-2.5%), coal(-4%) and oil(-8.6%).CO2 emission experienced the biggest drop in history- 7%.To meet the Paris Agreement targets to limit global warming, we would need to cut CO2 every year through 2030.When we emerge from the pandemic, human activity will pick up again.Can we still cut 3._____

gases?

YES, if we ACT now to-

1. Dispose of refrigerants properly.

2. Use cleaner cookstoves.

3. Restore tropical forest.

4. Invest in health and education.

5. Switch to plant-rich diets.

6.4._____food waste.

7. Shift to 5._____energy.

The shift to 6._____is happening, much faster than expected, as costs plummet.

Producing energy from wind and solar is now cheaper than from coal and gas.

Institutions are divesting from fossil fuels and investing more sustainably. Renewable energy can power new jobs, industries, and a more resilient global economy. While lowering the costs of

7. _____changes and air pollution, and saving millions of lives.

The pandemic has shown we can:

8. _____ our behaviors quickly.

Innovate.

Work together to meet big 9._____ .

What will future Earth Days look like? Together, we decide!

2. **【Pair work】** 2 人小組活動，在以下類別中選出 2-3 個類別，從這些類別中找到 4 樣永續商品，用英語發表這些產品的特色及永續理念。以下網頁可以選擇中文或英文說明

1.How to choose more sustainable materials
https://www.ikea.com.tw/en/sustainable-products/sustainable-materials

2.How to choose furniture that lives longer
https://www.ikea.com.tw/en/sustainable-products/sustainable-furniture

3.How to eat more sustainably
https://www.ikea.com.tw/en/sustainable-products/sustainable-food

4.How to save energy and water at home
https://www.ikea.com.tw/en/sustainable-products/saving-water-and-energy

5.How to enjoy a healthier home
https://www.ikea.com.tw/en/sustainable-products/saving-water-and-energy

- 介紹自己的公司：We are the company-IKEA……..
- Do you how to …….?
- 介紹產品：It is ……
- 產品特性：It is made of …….(由…製成)
- It is useful for ……..(….. 很好用)
- It can help people ……..
- When we use the product, we can also …….
- 永續精神： We hope we have a healthy and sustainable living. Let’s love our Earth…..

附件四

The Ugly Truth Behind Beautiful Clothes 漂亮衣服背後的醜陋真相

Thanks to fast fashion, people now can buy new clothes with nice design at a low price. However, the truth behind those beautiful clothes can be really ugly.

To keep the prices low but still make money, fast fashion companies will do anything. They move factories to countries like India for cheap workers. Those workers work long hours for very low pay. In some countries, a worker makes only about 2.5 NT dollars for an hour's work. What's more, most companies use polyester(聚酯纖維) to make clothes because it is cheap. However, the polyester comes off the clothes little by little when you wash them. In the end, it goes into the sea and hurts the environment.

By using cheap workers and polyester, those fast fashion companies can make many cheap clothes at a low cost in a short time. But, those clothes are in fact high in cost in many ways. Next time, when you want to buy clothes from these companies, stop for a second and think about the cost to the environment and poor workers.

Maybe you don't need to buy them at all.

【Know The Word】

英文	中文	抄寫
1. fast	快速的	
2. fashion	時尚	
3. truth	真相	
4. low	低的	
5. price	價格	
6. still	仍然	
7. anything	任何事物	
8. move	搬遷	
9. cheap	便宜的	
10. pay	工資	
11.what's more	而且	

英文	中文	抄寫
12. most	大部分的	
13. come off	從.....脫落	
14. environment	環境	
15. cost	成本；代價	
16. high	高的	
17. second	秒	

【Q&A】

1. What can we get from fast fashion?

_____

2. How do the fast fashion companies keep their clothes clean?

_____

3. How do fast fashion companies get cheap workers?

_____

4. How do fast fashion companies treat the workers?

_____

5. Why do fast fashion companies use polyester?

_____

6. What do polyester do to the environment?

_____

7. 我們要如何減少快時尚對環境的衝擊？

_____

附件五

I. Feedback: 快時尚的省思

· 尋找家裡最近 3 個月的新衣服, 總共穿了幾次?

_____

· 家裡多久整理不要的舊衣服?

_____

· 不要的舊衣服後來去了哪裡?

_____

· 家裡真的需要這麼多的衣服嗎?

_____

· 請跟自己的家人或朋友倡導快時尚對環境的影響

_____

對誰倡導：☐ family　☐ friend　☐ classmate

已有幾人了解並願意減少買衣服的次數：☐1 人　☐ 2 人　☐ 3-5 人　☐ 5 人以上

II. Earth Hour : What we can do to save our earth? How do we shape our future? (3/26 星期六晚上 8:30~9:30)

1. 2010 年起荒野保護協會與世界自然基金會（WWF）合作，參與世界性的Earth Hour 地球一小時活動，在每年三月最後一個週六晚間 8:30 至 9:30 與全世界共同關燈 一小時，藉此呼籲在全球氣候變遷下，每個人無論年齡、階級等背景，都有改變世界 的能力與責任。

   2022 年以 shape our future 作為主題，在看到了過去一年的環境變化、天然災害、疫 情肆虐，嚴重地影響了我們的生活，呼籲大眾重新思考我們想要什麼樣的未來，現在 做的每一個決定，每一個行動都正在影響著我們的未來。

https://www.sow.org.tw/lightoff2022

2. An Hour for Earth and for us

Every year, at 8:30 pm on the last Saturday of March, supporters in over 190 countries and territories unite, taking action on and raising awareness of the issues facing our one home.

But Earth Hour is more than just an hour for Earth - it's a movement for our own futures, for the benefit of people and planet.

And it's not only a symbol of solidarity - it's a catalyst for change, harnessing the power of the crowd.

3. 8 Ways You Can Spend Your Earth Hour Evening: (3/26 星期六晚上8:30~9:30)

☐ Explore your nearby parks, beaches, or other natural spaces. (親近大自然)

☐ Dine in the dark this Earth Hour and cook up some planet-friendly dishes.在黑暗中用餐並煮食蔬食料理

☐ Spend time with someone in dark. 黑暗中與某人度過

☐ Learn about nature loss and climate change 學習生態失衡和氣候變遷

☐ Attend a local Earth Hour event! 參加地球關燈活動

☐ Go on a night cycle or night run! 晚上慢跑

☐ Go to your nearest park, beach, nature trail, or outdoor space and pick up any trash you find 去家裡附近的公園或戶外空曠地區撿拾垃圾

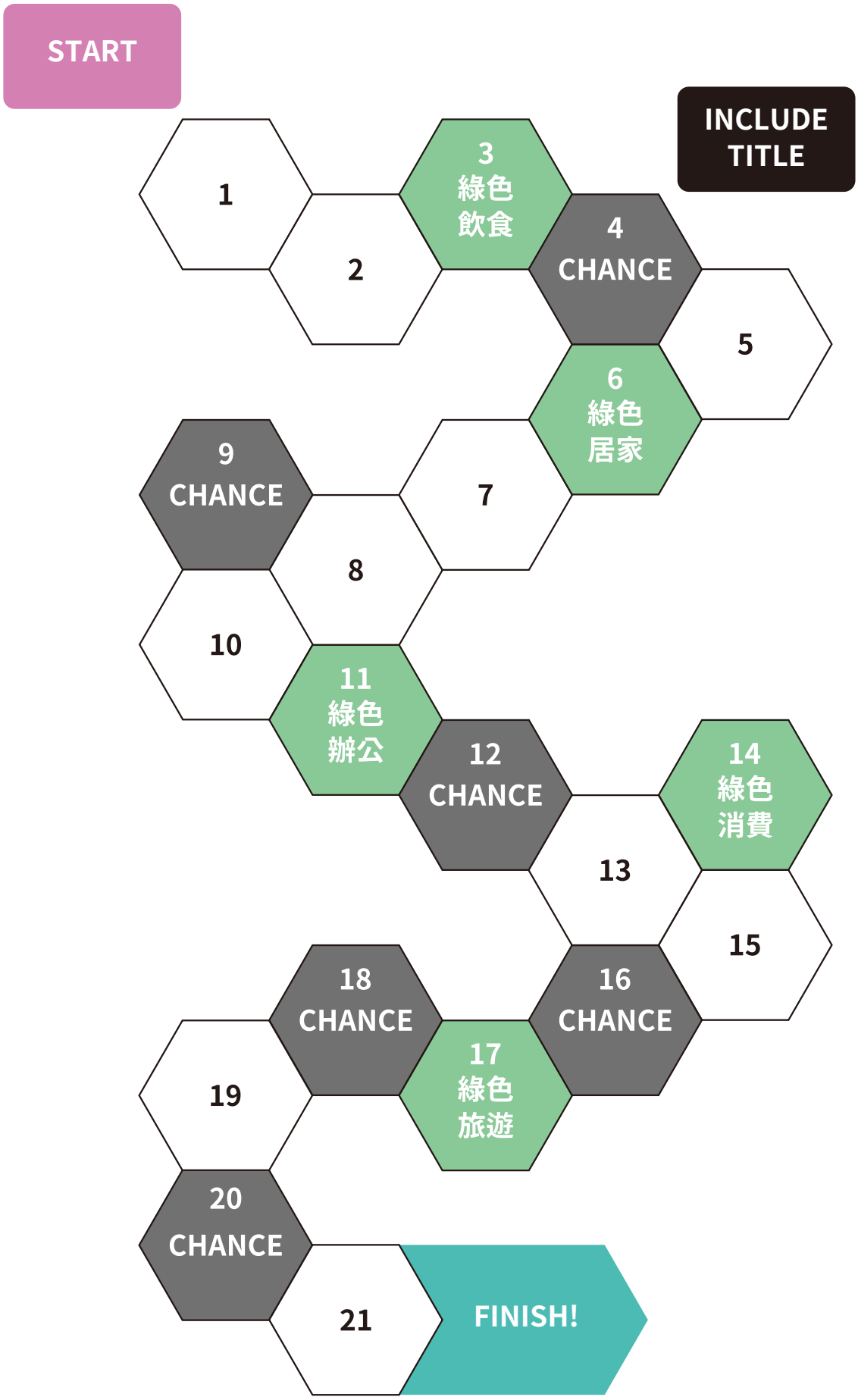
☐ Do some night photography or challenge yourself with “light painting”

將燈火點燃創造燭火藝術

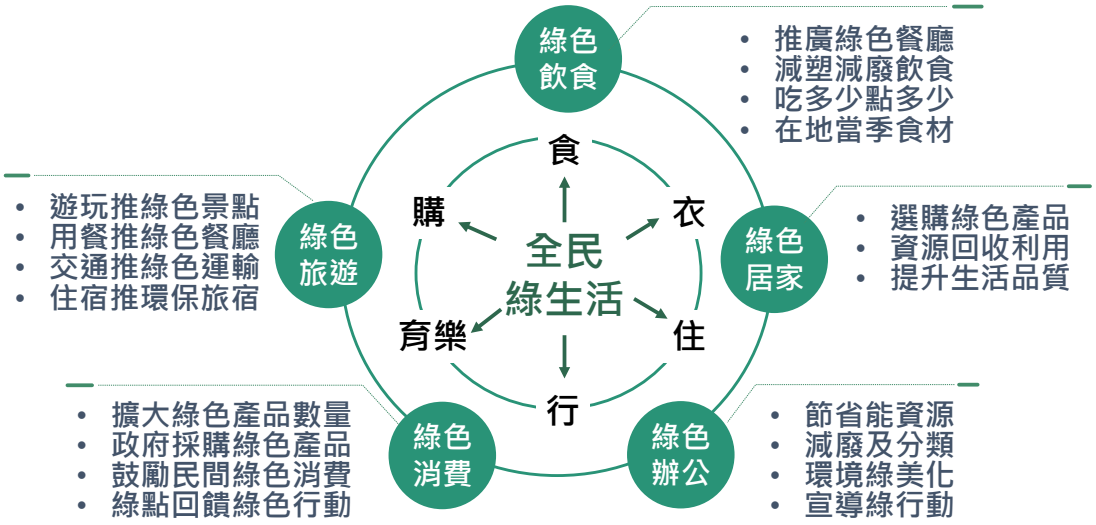
https://www.earthhour.org/take-part/spend-the-hour?hsCta-Tracking=19ae5736-45b6-4b93-88cd-88cc8ca1d699|c980ae46-8b36-4ad4-8a22-8dbb5ca421d7

4. 貼上照片描述：若無法貼上照片請以文字敘述自己做的事(20 字以上)，可超過 1 張照片

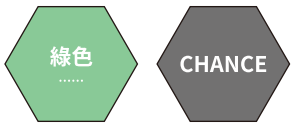
附件七


START
INCLUDE TITLE
1
2
3 綠色飲食
4 CHANCE
5
6 綠色居家
7
8
9 CHANCE
10
11 綠色辦公
12 CHANCE
13
14 綠色消費
15
16 CHANCE
17 綠色旅遊
18 CHANCE
19
20 CHANCE
21
FINISH!

推動重點



Board Game: 每組準備一個骰子和棋子，猜拳決定遊戲順序，看到「綠色……」或「chance」每組必須完成任務。

You will see: 

請每組說出該綠色活動的一項行為或政策

請每組完成該任務與依據步數前進或後退

設計「chance」任務是關於最近我們有學到關於 SDG，環境保護的內容或愛地球活動的範疇。每人設計前進任務 1 個(前進步數 Go forward 不超過 3 步)和退步任務 1 個(Go Back 退步步數不超過 3 步)，任務可以以中文或英文書寫

Example:

內容: You know 17 SDGs 任務: Go forward 3 steps.	內容: You eat too much meat. 任務: Go back 1 step.

內容: We can buy a lot of clothes and throw them away. (T / F)
任務: 回答正確 Go forward 2 steps.
回答不正確 Go back 2 steps.

內容: We can buy a lot of clothes and throw them away. (T / F)
任務: 回答正確 Go forward 2 steps.
回答不正確 Go back 2 steps.

附件八

◆ **Ranking:**

預覽英文繪本「10 Things You Can Do To Reduce, Reuse and Recycle」，並為這 10 件對環境保護的行為做重點排序 1-10

☐ Reduce Invisible Waste (減少看不見的廢棄物)

☐ Grow Your Own Food (種自己的食物)

☐ Keep Your Stuff Out of Landfills (你的東西該遠離垃圾掩埋場)

☐ Find a Second Life for Your Things (為你的東西找到第二次生命／成為二手用品)

☐ Choose Reusable over Disposable (選擇多次利用的商品而不是 用完即丟的商品)

☐ Find a Cool Way to Use Trash (找到使用垃圾的另一種酷炫方式)

☐ Be Sure to Recycle Every Day (每天務必要做回收工作)

☐ Think Outside The Box (不能回收的東西/循環經濟)

☐ Compost Your Food Waste (食物堆肥)

☐ Spread The World (傳播環境永續信念給全世界)