

CLIMATE CHANGE

Scientists know that human activity is causing Earth's climate to change. Rising global temperatures are causing extreme weather events to happen more often. Examples of these extreme events include intense droughts, heatwaves, severe fires, rising sea levels, flooding, melting polar ice and destructive storms.

These extreme weather events happen outside. However, many people across the world spend a surprisingly large amount of their day indoors. Think about your day yesterday. There are 24 hours in a day. Of those 24 hours, how many did you spend indoors? Two tips.

Tip 1: when you are sleeping, it is in your bed, indoors, that's a lot of hours!

Tip 2: don't forget to think about your journeys to places. If a journey you took was inside a bus, train or car, perhaps involved waiting in a station, all of that part of the journey counts as indoors!

Now ask an adult – perhaps your teacher or a parent. How does their answer compare with yours?



I spent:

Outdoors	hours
Indoors	hours

The adult I spoke to spent:

Outdoors	hours
Indoors	hours

The indoor air quality scientists would like to know your answers. You can ask a responsible adult to share these with us.



Many people will experience the impacts of climate change indoors. We know that people in the UK spend most of their time indoors. In fact, researchers have found that in the UK we spend less than 2 hours outside each day. **How does this compare with your answer?**

Are there buildings you spend a lot of time in? Maybe your home or your school. When we design buildings we need to think about how they can help protect us from all types of weather events including heavy rainfall, snow, storms and powerful heat from the sun.

Now, with our climate changing, we need to think about how the buildings we spend time in can protect us from these extreme events happening more often than we are used to.



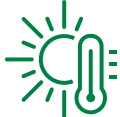
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Circle which extreme weather event you would like to focus on. Then use the boxes to create a comic strip about how climate change can impact the indoor environment.

You can use the suggested captions for flooding or create your own by thinking about a building where you spend a lot of time and what happens, or could happen, during the weather event you've chosen.



Droughts



Heatwaves



Severe fires



Rising sea levels



Flooding



Melting ice and permafrost



Storms

Suggested captions (insert the name of your main character in the blank spaces)

- Here is _____ and their home
- They live near a big river.
- Last winter there was lots of rain and the river level rose until it burst its banks.
- This flooded many of the homes in the area, including _____'s
- They had to leave because there was lots of dirty floodwater in their home.
- After the water went down it took a lot of work to clean and fix their home.

About this worksheet: More information can be found in the RCPCH RCP 2020 publication *The Inside Story: Health effects of indoor air quality on children and young people*. Many of the Indoor Air Quality Working Party members were contributing authors to this publication and have produced these worksheets as a first step towards addressing this request from children and young people.