

# Acknowledging Our Part Understanding carbon sources and sinks



A carbon "source" is any process or activity where carbon is released into the environment.

The simplest example of a carbon source is an animal. Animals exhale carbon dioxide.

A carbon "sink", on the other hand, is a process or activity where carbon is taken from the environment as part of a natural cycle.

Plants are a great example of a carbon sink. They absorb carbon dioxide and create oxygen in the process of photosynthesis.

We as humans go beyond just exhaling carbon dioxide as we breathe. We exhale it as part of the world that we have built for ourselves, a world which relies on fossil fuels.



## As human beings we can affect how significant a carbon source we are by the choices we make:

- the food we eat
- the volume of water we use
- the temperature of the water we use
- how much waste we create
- how we manage our waste
- our choice of transportation
- how we heat and cool our homes and offices
- how we light our buildings



## Our lifestyle choices can be converted into our personal carbon exhale.

### How much of a carbon 'source' are each of us?

### What can each of us do to make ourselves less of a 'carbon source'?

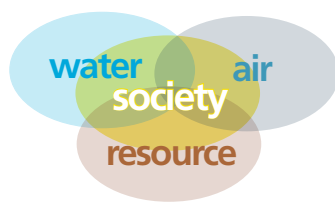


## Supporting the environment means reducing your role as a carbon source.



### QUESTIONS/DISCUSSIONS

1. What activities do you participate in that contribute to your role as a carbon source?
2. What recent changes have you made that reduce your role as a carbon source?
3. What choices could you make to reduce your personal carbon contribution?



You must be the change you wish to see in the world.  
Mahatma Gandhi  
www.walkerind.com

