

Our Traditions

Overview

Reflect on a personal or cultural tradition and explore ways to make it more sustainable while keeping what makes it meaningful.

Learning outcomes

- Understand the role of traditions, rituals, and celebrations in culture and identity.
- Reflect on traditions that are already low-carbon and consider how other traditions could evolve to be more sustainable.

Proof to submit

Student reflection samples (drawings, stories, videos*, or short written pieces)

Curriculum Connections

- Social Studies: Culture, identity, traditions, communities
- Arts Education: Creative expression, visual communication, storytelling
- Science: Sustainability, environmental impacts
- Indigenous Education: Learning about traditions, relationships with land, community

Materials

- Writing or drawing supplies

Activity

Grades K to 6

Students share a family or cultural tradition, ritual, or event and draw or write one idea to make it more environmentally friendly while keeping it special.

Grades 7 to 12

Students research or reflect on a personal or cultural tradition, ritual, or meaningful event, exploring how it could be adapted to reduce waste or environmental impact. They propose sustainable alternatives through a short essay, poster, video*, or digital piece.

**Important: Please ensure that any videos submitted as proof do not include student names or clearly identifiable faces.*

Our Traditions

Resources for teachers

Visit the [Live Net Zero Classroom Challenge website](#) for additional resources and information.

Examples of personal, family, or cultural traditions

Teachers can use this list to help students brainstorm ideas for traditions to reflect on and adapt sustainably.

- Family-centred: weekly family meal or game night, storytelling or oral history sessions, annual family outing (e.g., nature hike, museum visit)
- Cultural or religious rituals: lighting candles or lanterns for a festival, preparing traditional foods, planting a tree for a seasonal or coming-of-age ceremony
- School or community traditions: end-of-year class party or assembly, community clean-up day or charity event, school spirit days, fundraising events
- Seasonal or environmental traditions: observing seasonal changes (e.g., spring planting, harvest festivals), birdwatching, camping, or other outdoor rituals
- Other examples: birthday customs, holiday gatherings, local festivals, commemorative events, family storytelling, intergenerational activities, community volunteering days