



CLEAN

AIR DAY

# Take a deep breath...

Did you know...?

Every day, we breathe in and out about 22,000 times!

We breathe a special gas into our lungs. We can't live without it.

**Do you know what life-sustaining gas is called?**

**We can't see oxygen but it's in the air all around us.**

**Do you know where we get oxygen from?  
Let's find out on the next slide.**



# Where does oxygen come from?

About 20% of Earth's oxygen comes from trees and plants on the land.

Most of Earth's oxygen, however, comes from the ocean.

**It feels great to take a deep breath of fresh, clean air!**



# What Is a **pollutant**?

But we can't always breathe in fresh, clean air.

Planet Earth has been polluted in different ways, including the air we breathe.

Can you use these pictures to help you identify different types of pollution?



# Types of pollution

Sadly, a lot of **rubbish** ends up as landfill. This pollutes the land, below ground level and on the earth's surface.

The solid and liquid waste contaminates the soil and groundwater.



**Marine pollution** (or sea pollution) is a combination of rubbish and chemicals. It causes great damage to the wildlife that lives in the ocean and a lot of the rubbish washes up on our beaches.



**Air pollution** is particles of harmful substances being released into the air that everyone on planet Earth breathes in.





**What causes**

**air pollution?**

## Burning fossil fuels

Fossil fuels are coal, oil and natural gas. We burn these to create heat, to power engines and to generate electricity. When we burn fossil fuels, harmful particles are released into the air.



## Releasing chemical pesticides

Pesticides are used to kill pests , such as insects, rodents and weeds, that damage crops being grown on farms. These chemicals can damage the quality of the air we breathe.



## Plastic pollution

Drilling for oil and gas to make plastic releases enormous amounts of pollutants into the air. Many plastics aren't recycled so they are incinerated (burnt) instead. This releases toxic substances into the atmosphere that we then breathe in.





# The problem with air pollution

Air pollution is bad for everyone but it is especially bad for people with asthma and other lung conditions.

When we breathe in polluted air, we draw it into our lungs.

Breathing in polluted air can cause difficulty breathing, a tight chest and coughing. In some people, it can cause an asthma attack.

# Air pollution around the UK



# Air pollution is worse in some parts of the UK than others

Big cities like London, Manchester and Birmingham have more polluted air.

Can you think why large cities might have more polluted air than small villages in the countryside?

# A clean air future





# What do you think a **clean air future** would look like?

What difference would it make to people's lives?

A clean air future is possible, if we all work together.

# What is clean air day?



Every year, in June, hundreds of thousands of people take part in events up and down the UK to campaign for cleaner air.

Communities, businesses and schools learn more about pollution and changes we can all make.

Clean Air Day is very important to health organisations and charities like [Asthma + Lung UK](#).

If more people know about pollution and help to reduce it, we can all help those with lung conditions to live healthier, happier lives.



# Make every day a clean air day!

Pollution is a big problem, but that doesn't mean we can't do something about it.

Little changes can make a big difference.

The government and big companies can make changes that will have a big impact.

We can all make small changes that add up to having a big impact when we all work together. Let's take a look at things we can all do...





# Reduce your air pollution footprint

We all have an air pollution footprint. It's a way of measuring how much our actions contribute to air pollution. Lots of things contribute to our air pollution footprint.

- Every journey we make in a car.
- Every order we place online that is delivered by a van.
- Every time we put the gas heating on in our home.
- Every time we buy plastic that can't be recycled.
- Every time we throw something away that could have been reused or recycled.



# Make some changes

Try to make some simple changes to help the environment.

- Use a refillable water bottle.
- Walk, skate, scoot or ride your bike.
- Wrap up warm rather than turning up the heating.



**Talk about**

**clean air actions**

The more you know about how important clean air is for us all, the more you can spread the word to others!

Tell family members, friends and the community about air pollution and how we can all help to reduce it.

You can start by telling someone about this assembly when you get home tonight.

Together, we can all make a difference.

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Let's all do our bit to make the air cleaner.