

Be More Sustainable

online-friendly class by ESLhome



Kickoff: What's your least sustainable habit?

We all have one (or two) habits that might not be as sustainable as they could. Have a little think and own up: What do you think is the least sustainable or eco-friendly habit you have?



Vocabulary: You will be presented with a number of sentences. Group them into the three categories on the table below:

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy

e.g. I'm totally willing to do that.



that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
		I'm totally willing to do that.



1. There's no way I'm doing that.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
		I'm totally willing to do that.



2. That seems doable.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
There's no way I'm doing that.		I'm totally willing to do that.



3. I don't see why not.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
There's no way I'm doing that.		I'm totally willing to do that. That seems doable.



4. I guess I could if I had to.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
There's no way I'm doing that.		I'm totally willing to do that. That seems doable. I don't see why not.



5. Not a chance in hell.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
There's no way I'm doing that.	I guess I could if I had to.	I'm totally willing to do that. That seems doable. I don't see why not.



6. That sounds pretty workable.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that. Not a chance in hell.</p>	<p>I guess I could if I had to.</p>	<p>I'm totally willing to do that. That seems doable. I don't see why not.</p>



7. That's out of the question.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that. Not a chance in hell.</p>	<p>I guess I could if I had to.</p>	<p>I'm totally willing to do that. That seems doable. I don't see why not. That sounds pretty workable.</p>



8. That's not even worth considering.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p>	<p>I guess I could if I had to.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p>



9. I'm hesitant but it's not impossible.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p>



10. That's very straightforward.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p>



11. It'd be tough but not unconceivable.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p>



12. That sounds effortless.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p>



13. It would be a pretty painless change.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p>



14. Piece of cake!

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p>



15. That's easier said than done.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



16. It's totally unfeasible.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p> <p>It's totally unfeasible.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



Speaking I: Discuss the sustainability tips.

You will see 20 tips for being more sustainable. Discuss, using the language from the last exercise, whether you can / are willing to make those changes.



1. Switch to LED light bulbs around the house.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



2. Turn off lights when leaving a room.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



3. Double up on your clothing in winter instead of turning on the heating.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



4. Use a fan instead of air conditioning.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



5. Stop eating meat.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



6. Grow your own food.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



7. Waste less food; buy and cook only what you will eat.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



8. Avoid letting food go out of date.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



9. Switch to an energy provider that uses only renewable energy.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



10. Put solar panels on the roof.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



11. Take the car less often.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



12. Buy an electric vehicle.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



13. Shower only once per week.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



14. Buy plastic-free toiletries from zero-waste stores.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



15. Stop taking flights.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



16. Don't take your own vehicle when you travel.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



17. Buy more second-hand clothes.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



18. Wash your clothes less often; air them when they don't need a full wash.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



19. Collect scrap paper and use it to take notes, etc.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



20. Ask shops not to print your receipt when you don't need it.

that's impossible / I'm unwilling	it's not easy but it could happen	easy peasy lemon squeezy
<p>There's no way I'm doing that.</p> <p>Not a chance in hell.</p> <p>That's out of the question.</p> <p>That's not even worth considering.</p>	<p>I guess I could if I had to.</p> <p>I'm hesitant but it's not impossible.</p> <p>It'd be tough but not unconceivable.</p> <p>That's easier said than done.</p>	<p>I'm totally willing to do that.</p> <p>That seems doable.</p> <p>I don't see why not.</p> <p>That sounds pretty workable.</p> <p>That's very straightforward.</p> <p>That sounds effortless.</p> <p>It would be a pretty painless change.</p> <p>Piece of cake!</p>



Speaking II: Ask and answer the questions.

1. What other tips would you add to the list?
2. How many of the changes were you willing to make?
3. Which changes do you think are the most important ones?



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Check out the printable version of this worksheet and additional exercises at [ESLhome.io](https://www.eslhome.io) and [ESLhome.es](https://www.eslhome.es)

