

LESSON 3: HOW CAN WE PROTECT THE RAINFOREST?

Lesson plan overview

In this lesson, students explore the causes of deforestation and learn how everyday choices can help protect the rainforest. Through two engaging videos —‘What is deforestation?’ and ‘How Can we Help the Rainforest?’—students discover why forests are cleared, how that affects ecosystems, and how eco-friendly habits like recycling, reducing waste, and choosing products with trusted sustainability labels can make a difference. The accompanying Rainforest Hero worksheet invites students to match everyday actions (like using recycled paper or eating Rainforest Alliance Certified chocolate) with their positive impacts on rainforests and tropical forests. These activities empower students to become young conservation advocates while building awareness of global environmental challenges and personal responsibility.

Educational materials

- **Videos:** ‘What is Deforestation?; ‘How Can We Help the Rainforest?’
- **Worksheets:** Rainforest Alliance Hero! (matching eco-actions and impacts, coloring pages, and create your own recycling sign)
- **Quiz:** Rainforest actions
- **Math tie-in:** How much paper do we use?
- **Art tie-in:** Design a rainforest protector badge
- **Classroom discussion questions:**
 - Have you seen the Rainforest Alliance’s green frog seal before?
 - What choices can you make at school or home to help?

WORKSHEET: Rainforest Alliance Hero



Name: _____ Date: _____

Draw a line or write the letter to match each eco-action with how it helps the planet. Then color the Rainforest Alliance Hero badge!

Match the eco-actions to their impacts

Eco-actions

A. Use recycled paper



B. Eat chocolate with the Rainforest Alliance green frog seal



C. Use a reusable water bottle



D. Recycle old electronics



E. Turn off lights when not in use



F. Buy bananas with a trusted sustainability label



G. Plant a tree or care for a school garden



H. Use both sides of your notebook paper



Impacts

1. Reduces plastic waste that can harm rainforest rivers.

2. Helps consumers know they are buying more sustainable products.

3. Supports farmers who grow crops without harming forests.

4. Restores green space and provides habitats for birds and insects.

5. Keeps harmful materials out of rainforest ecosystems.

6. Helps reduce demand for cutting down trees.

7. Reduces the number of new notebooks needed—save trees!

8. Saves energy and helps slow climate change.

WORKSHEET: Answer Key



A. Use recycled paper

6. Helps reduce demand for cutting down trees.

B. Eat chocolate with the Rainforest Alliance green frog seal

2. Helps consumers know they are buying more sustainable products.

C. Use a reusable water bottle

1. Reduces plastic waste that can harm rainforest rivers.

D. Recycle old electronics

5. Keeps harmful materials out of rainforest ecosystems.

E. Turn off lights when not in use

8. Saves energy and helps slow climate change.

F. Buy bananas with a trusted sustainability label

3. Supports farmers who grow crops without harming forests.

G. Plant a tree or care for a school garden

4. Restores green space and provides habitats for birds and insects.

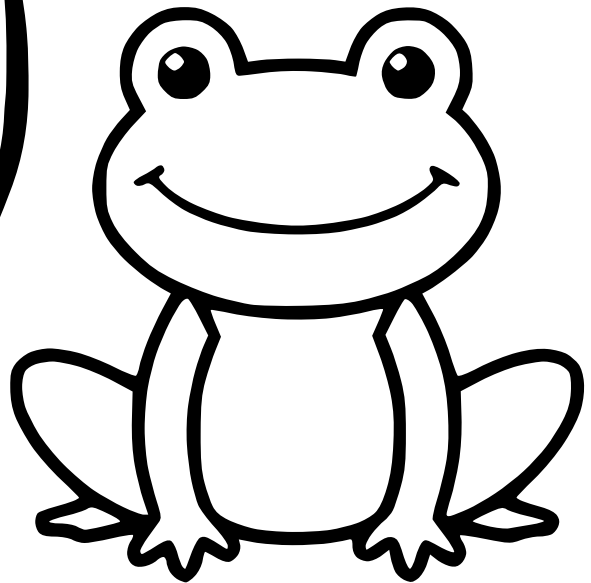
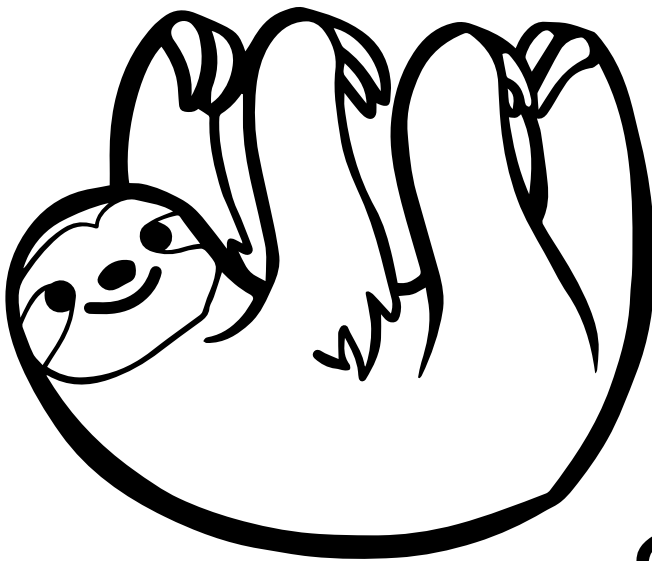
H. Use both sides of your notebook paper

7. Reduces the number of new notebooks needed—save trees!

WORKSHEET: Hero Badge!



RAINFOREST ALLIANCE HERO



NAME

WORKSHEET: Reforestation Color In



WORKSHEET: Create a recycling sign to encourage students and your family to recycle!



Name: _____ Date: _____

INSPIRATION



QUIZ: Rainforest Actions



Name: _____ Date: _____

Test your knowledge and think like a Rainforest Alliance hero!

Part 1: Multiple choice (circle your answer)

1. What label shows that a product helps support healthy forests?

- A. Fast & Fresh
- B. Rainforest Alliance Certified
- C. Mega Saver
- D. Tropical Fun Pack

2. Which of these helps reduce paper waste?

- A. Drawing on new paper only
- B. Buying more notebooks
- C. Throwing paper away
- D. Using both sides of paper

3. What is one way you can help save water at home?

- A. Letting the faucet run while brushing your teeth
- B. Taking shorter showers
- C. Washing clothes in very small loads only
- D. Leaving sprinklers on all day

4. What does turning off lights when not in use help save?

- A. Energy
- B. Water
- C. Soil
- D. Trees

Part 2: Opinion question

5. Which action would YOU choose to help the rainforest today and why?

QUIZ: Answer Key



1. What label shows that a product helps support healthy forests?

☒ B. Rainforest Alliance Certified

2. Which of these helps reduce paper waste?

☒ D. Using both sides of paper

3. What is one way you can help save water at home?

☒ B. Taking shorter showers

4. What does turning off lights when not in use help save?

☒ A. Energy

5. Opinion Question: Which action would YOU choose to help the rainforest today and why?

Sample acceptable answers might include:

"I would recycle paper because it helps reduce cutting down trees."

"I would take shorter showers because saving water protects rivers."

"I would buy Rainforest Alliance Certified products because it supports healthy forests."

(Note: Any thoughtful, reasonable response is correct here—it's meant for reflection.)

MATH TIE-IN



How Much Paper Do We Use?

Work with your class to calculate how much paper you use in one school year!

Step 1: Estimate how many sheets of paper you use in one day.

Step 2: Multiply that number by how many days you have school.

Step 3: Multiply that number by the number of students in your class.

Step 4: Divide your answer by 8,000 to find out how many trees were used (about 8,000 sheets come from one tree).

My paper usage math:

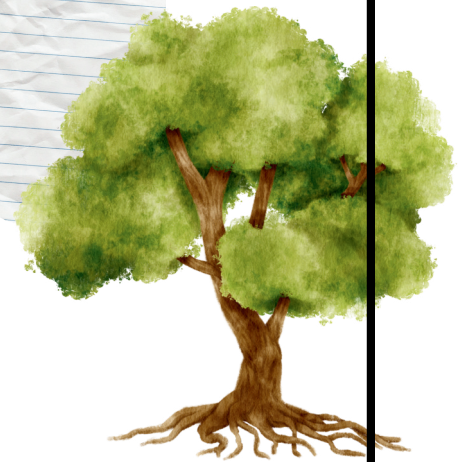
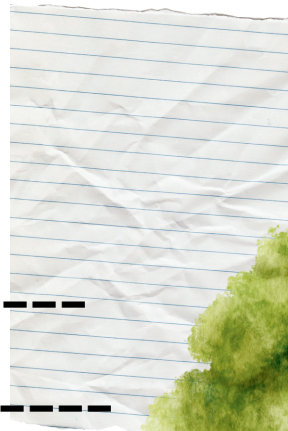
Sheets per day: _____

School days per year: _____

Students in my class: _____

Total sheets used: _____

Trees used: _____



ART TIE-IN



Design a Rainforest Protector Badge!

Design your own 'Rainforest Protector' badge with a creative logo that shows how you help the environment!

1. Draw your badge inside the box below.
2. Add a logo (example: an animal, a tree, or a recycling symbol).
3. Write your own pledge on how you will protect the rainforest.

 My Rainforest Pledge:

I promise to _____

and to _____

because I care about our planet and its forests!