COP26 One Step Greener Chain participation guide:

SHOW US WHAT YOU’RE DOING TO GO

#ONESTEPGREENER
In the UK, we’re doing much more to tackle climate change than you might think. All over the country, people are doing their part to go #OneStepGreener and lead more sustainable lives.

They’re people like you. They live life with the future of the planet in mind, and want to inspire others to do the same.
In November, the UK is hosting the COP26 conference in Glasgow. It’s a huge moment and everyone is playing their part to ensure progress is possible. World leaders, businesses, and everyday people up and down the UK are going One Step Greener.

We want to celebrate and shine a spotlight on everyday green actions to help inspire others to do the same. To do that, we need you to show your friends, family and colleagues the steps you’re taking - the positive environmental actions that will make a real difference.

On Tuesday 19th October, we’d like you to share the things you’re doing to go #OneStepGreener and nominate your network to do the same.

This is a handy guide to get you started.
4 SIMPLE STEPS FOR ALL SOCIAL CHANNELS

1. Record a video
2. Pledge how you are going #OneStepGreener
3. Tag and nominate 3 people to go #OneStepGreener
4. Post your video

Remember to always use the hashtag #OneStepGreener and nominate at least 3 people to keep the chain alive!
EXAMPLE POSTS

I will be going #OneStepGreener by cutting my old jeans into awesome festival shorts. I nominate (person 1, 2 & 3) to see how you will be going #OneStepGreener.

I plan to go #OneStepGreener by getting a smart meter - we can use less energy as a family by knowing what we’re up to. I nominate (person 1, 2 & 3) how are you guys going #OneStepGreener?

I pledge to go #OneStepGreener by walking to my local gym instead of taking the car. I’m challenging my gym buddies to join me so I’m nominating (Person 1, 2 & 3) how are you planning on going #OneStepGreener?

Here at (INSERT BUSINESS/ORGANISATION/SCHOOL) we are pledging to go #OneStepGreener by instigating a no print policy for internal meetings. And we’re nominating (1, 2 & 3) how are you planning on going #OneStepGreener?
IDEAS FOR GREEN ACTIONS

**Repair & Reuse**
Something you’ve fixed, or used for another purpose instead of throwing away, or looked after for a long time instead of replacing.

**Use carpooling and share car journeys**
Taking friends and family out, giving a colleague a lift to work.

**Replace short car journeys with walking, cycling or public transport**
Your commute, the school run, a shopping trip or a visit to a friend.

**Cut food waste**
Making things with leftovers, alternative uses for older or riper fruit and veg, buying more carefully, batch-cooking, using garden produce etc.

**Eat and/or shop local produce**
Let us know what’s great locally – fruit and veg, cheese, favourite local suppliers and dishes.

**Eat seasonal foods**
Favourite dishes or recipes with food that’s in season.

**Reduce energy waste**
Turning things off at night, replacing electric lights with solar, cooking in batches, washing at lower temperatures, switching to eco-energy suppliers etc.

**Speak to your friends, family and colleagues about climate change**
What are the big questions? Who needs most reassurance? Let us know who you talk to and how it goes.
INSTAGRAM STORIES

1. Record yourself telling us how you are going #OneStepGreener.

2. Tag 3 people to nominate going #OneStepGreener.

3. Click on the sticker icon, search for “COP26” and choose one of the following stickers.

4. Share your story or post to your grid and please tag @OneStepGreener on both.
FACEBOOK

1. Record yourself using the device camera explaining how you will be going #OneStepGreener.

2. In Facebook create a new post and select your video from the camera roll.

3. Write your post and nominate 3 people using the #OneStepGreener hashtag.

4. Post it.
TWITTER

1. Record yourself telling us how you are going #OneStepGreener

2. Select video from camera roll and click the smiley icon.

3. Select the brush icon in the bottom right corner of your image.

4. Select the globe sticker.

5. Write your post and nominate 3 people using the #OneStepGreener hashtag.
We’re working in partnership with TikTok and their many fantastic creators to show how the country is going One Step Greener. It’s easy to join them by taking part in their #OneStepGreener hashtag challenge.

It’s time for everyone to take steps in a cleaner and greener direction. Help the world by sharing your favourite eco tips and tricks.

1. Create your video
2. Begin recording
3. Add Cop26 sticker
4. Include #OneStepGreener
5. Post
RESOURCES

Read more about COP26 on our website
https://ukCOP26.org/

Tips for social media videos
https://eclincher.com/11-tips-for-creating-amazing-social-media-videos/

#OneStepGreener
THANK YOU FOR GOING #ONESTEPGREENER