

Living simply

Now that we're hibernating due to the decreasing temperatures and the COVID restrictions, the Live Simply team have compiled a list of resources to help us all understand the current climate crisis and how we can live greener, simpler lives. They're suitable for all the family. We hope you enjoy watching them.



Netflix:

Our Planet (also Our Planet: Behind the Scenes) Similar to David Attenborough's Planet Earth or Blue Planet, this series focuses on the effect of climate change on the world's eco-systems.

David Attenborough: A Life on Our Planet For the die-hard fans of David Attenborough, this documentary follows Attenborough's life, the losses of countless eco-systems and the journey of life on Earth.

A Plastic Ocean A documentary showing the effects of plastic pollution on our oceans

Down to Earth: with Zac Efron A series following Zac Efron's journey of learning about sustainable living

What the Health This documentary explores the link between diet and disease and how a greener, more sustainable diet may benefit you and your health.

Chasing Coral This documentary explores the beauty of our world's coral reef and how rising sea temperatures have severely affected the reefs, leading to their disappearance.

Brave New World: Racing to Solve Our Water Crisis This documentary looks for possible solutions to our world's water crisis, while also looking for a sustainable future for water.

BBC iPlayer:

The Blue Planet; Blue Planet II; Planet Earth; Planet Earth II Awarding winning documentaries-series showcasing the beauties of the natural world, narrated by David Attenborough

War on Plastic with Hugh and Anita A 3-part series that challenges an average street in Bristol to try living waste-free, attempts to hold multi-million dollar corporations accountable for adding to the climate change crisis and goes straight to the government demanding answers for the current climate crisis.

Meat: A Threat to Our Planet (may be available on BritBox) A series where Liz Bonnin goes around America trying to understand the effect the meat industry has on climate change.

Plastic Not Fantastic A 3-part series where Hayley Pearce understands the amount of plastic we use in our everyday lives and how we can replace them with plastic-free alternatives.

Podcasts: found on Spotify, may be found on other sites too

How to Save a Planet; A Sustainable Mind Podcast; Environmental Studies and Sciences; The Environmental Podcast; Climate Change for Beginners from Extinction Rebellion; The Climate Question from BBC World Service