

## BIODIVERSITY

Biodiversity is the variety of life that can be found on our planet including plants, insects, animals and even micro-organisms. It is important to protect our planet's biodiversity because biodiversity protects us. An important species that helps maintain our planet's biodiversity are bees -it is estimated that they are responsible for 1/3 of the food in our diets through pollination!

### Nursery

Show bees how much you care about them by **wearing yellow and black clothes for the day** (you might even already have a bee costume!) when you're dressed and ready to buzz make up your very own bumble bee dance to show the other bees where the best flowers are.

### Primary

When you go outside to exercise for the day (or travel to school if you're back), **count how many bees you see** - now is the perfect time to spot them. Investigate if the bees you find are on a particular plant or flower. You could always do some research to find out what plants and flowers bees prefer before you go out on your bee expedition to help you spot them. **BUT** remember to treat our bee friends with respect by admiring them from a distance

### Secondary

When you complete your daily exercise (or on your journey to school, if you've returned) **see how many bees you can spot and try to identify the species of bee you have spotted.** There are many different guides to spotting bees available on the internet - we like this one for beginners from Friends of the Earth. If you are only finding one species of bee why might that be the case- what could you do to increase the number of bee species around your garden or school grounds?

Did you know that in Britain we have around **270 unique species of bee?**



## ENERGY

Fossil fuels are burned (combusted) so we have energy to light and heat our homes, power our schools and manufacture the products we buy. Burning fossil fuels releases additional greenhouse gases such as carbon dioxide into the atmosphere which leads to climate change. Increasingly, ethical businesses such as Frugi are relying on renewable energy sources to provide their power and we can help them by reducing our energy usage at home and in school so our national grid can be powered more by renewables.

### Nursery

One of the reasons we may choose not to use renewable solar (sun) or wind energy is because we think solar panels and wind turbines look unpleasant. However at Eco-Schools we think this renewable machinery can also be very intriguing. **Draw a picture of a wind turbine** in the countryside or solar panels in a field to show the world that renewable energy can be incorporated into the natural landscape.

### Primary

Pick your favourite renewable energy source (solar, wind, hydro, tidal, geothermal etc.). **Design a flyer to advertise your chosen renewable energy source** - remember to include pictures and information about how the energy source works and the positives of using this type of energy over fossil fuels.

### Secondary

When it comes to clothes drying, the Eco-Schools team love drying our Keep Britain Tidy hoodies outside in the fresh air! Line drying clothes preserves them and enhances their freshness, it also helps save money. Your task is to **work out how much money you could save your household** (in a year) by air drying your clothes naturally rather than using a tumble dryer.



## GLOBAL CITIZENSHIP

Being a global citizen means caring for our planet and all people, plants and animals (no matter how small) who live on it. It's amazing to think that our eco-actions can have an effect on communities in different parts of the world, but they can. Remember by joining the Eco-Schools family it means you are part of the largest educational programme on the planet spanning 68 different countries!

### Nursery

Your task today is to **design a t-shirt that shows you care about the world** and every living thing on it! Remember to make your t-shirt look nice, so it's something you would be proud to wear whilst also containing a powerful eco-message or picture.

### Primary

Some of the most powerful images of youth action from around the world come from messages on the clothing people wear or the signs they hold. We want you to **design your own t-shirt containing a powerful ecological slogan**. As well as thinking about the design of your t-shirt, we want you to research what fabric you would use to create your t-shirt making sure it is as ethical and ecological as possible.

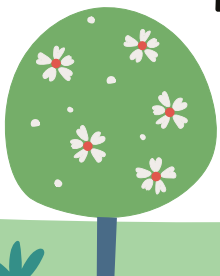
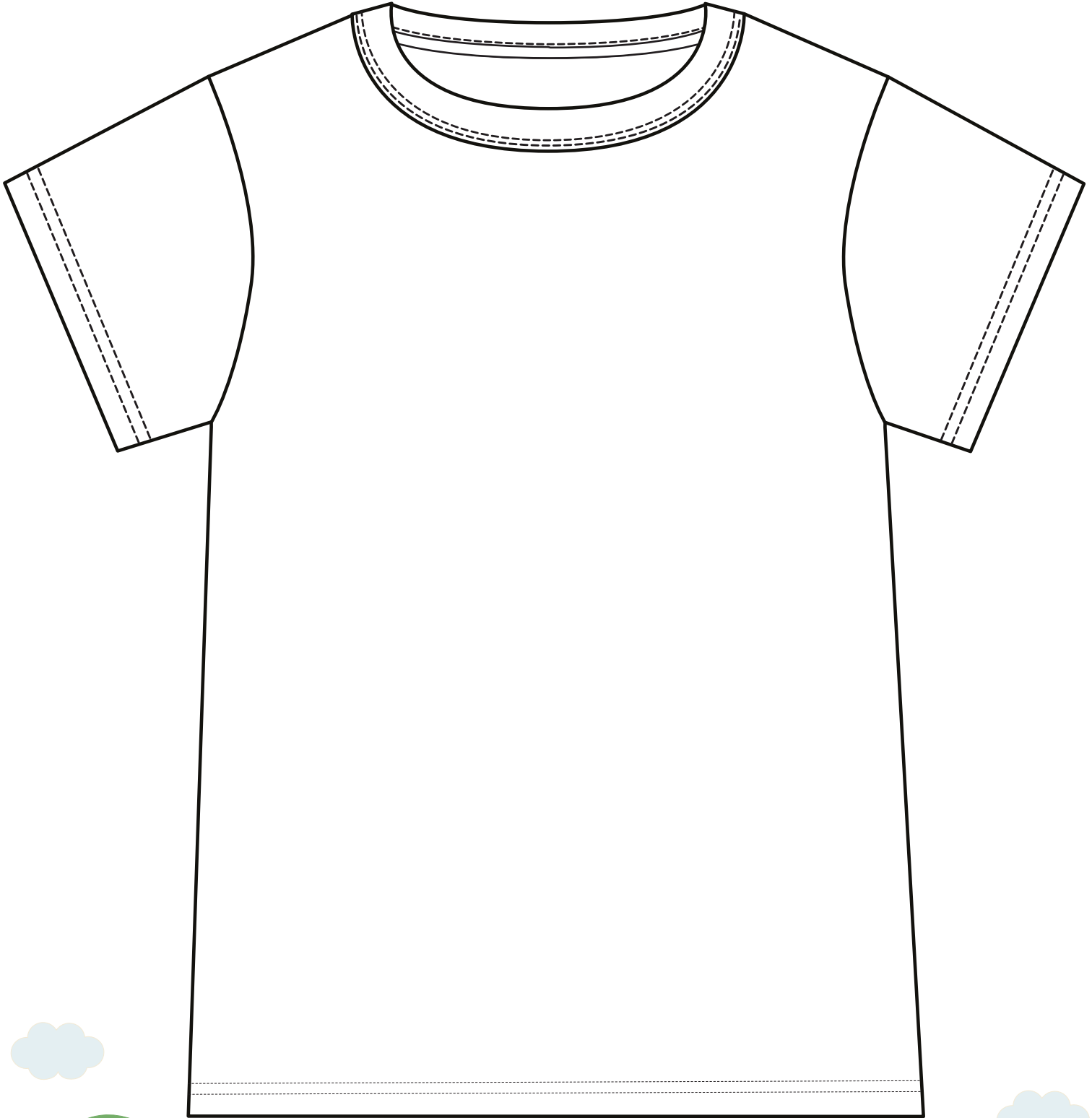
### Secondary

In the last few years, the news has contained more images of youth action. As well as marching, young people often use their clothing to enhance their eco-message. **We want you to design your own t-shirt with an ecological message**. We don't want your t-shirt to just have an ethical message, we want it to be ethically and ecologically produced too. So, as well as drawing your t-shirt, we want you to label your design with information about the material your t-shirt would be made of and the conditions in the factory where it is, hypothetically, produced. We also want you to think about the end life of your t-shirt. What can be done with it to have the least impact on the planet once it can no longer be worn? Recycled, reused or repaired?

Once your T-shirt design is complete [click here](#) to upload a photo of it. You can use the template provided below or just draw your own. For giveaway T&Cs [click here](#).



# DESIGN A T-SHIRT



## HEALTHY LIVING

At Eco-Schools we adopt a holistic approach to protecting our planet. This means that we think our physical and mental health is connected to our planet's health - in other words healthy planet, healthy people!

### Nursery

A nice simple task that is guaranteed to make you feel happy- we want you (and your family) to **wear your favourite piece of clothing today!** Do you have a cuddly jumper that makes you feel safe and warm or a pair of colourful socks that make you feel like you can run faster? When you are wearing your favourite piece of clothing, tell a relative or friend why it is your favourite item of clothing using your senses.

### Primary

Today we want you to complete some exercise, you might go for a walk or run, go for a bike ride or complete an online PE class. **Our only request is that you do it in your favourite active wear!** When you have chosen your favourite exercise clothing, consider why it's your favourite. Does it look nice? Feel good? What material is it made from? How is it different to your 'normal' clothing?

### Secondary

At some point all secondary school students will be heading back to school so you will need to find your PE or Sports kit - make sure it's clean and that it's not still in a bag from when you finished school months ago! Try it on to make sure it still fits - if it no longer fits tell your parent or guardian and consider what you will now do with it. **Do you have a relative or friend you can pass it onto? Does your school have a scheme for recycling old kit and uniform?**



## LITTER

Eco-Schools England is proud to be a part of Keep Britain Tidy- we are sure you will have seen our Tidy Man logo on packaging and rubbish bins! Litter is one of our most popular Eco-School topics to work on in schools and we know that because you hate litter as much as us. It looks ugly, harms wildlife and costs the country a lot of money to clean up each year.

### Nursery

Not every day, but sometimes we see items of clothing that have been left on the street as litter. If you're like us, you must wonder: where did this come from? How did it end up here? Recently, whilst litter picking a member of the Eco-Schools team found a mysterious, single sock. We want you to be as imaginative as possible and **draw a picture** to show the Eco Schools team how this single sock ended up as a piece of litter!

### Primary

When the Eco-Schools team go litter picking, we often find weird items that have been left as litter - we also hear from lots of Eco-Committee members who have had similar experiences. Amongst the weirder pieces of item we have found recently, was a single sock: where did it come from? Who did it belong to? Where is the other sock (is it lonely)? We want you to use your imaginations to **write a story** about how a single sock ended up as a piece of litter and what happened to the sock after it was tidied up!

### Secondary

If you're like us, when you have been out litter picking (or even just going for a walk) you will have found or noticed many unusual items of litter. Strangely, we often find items of clothing that have been littered. Prior to lockdown, one of the more unusual items of clothing litter we found was a single sock and we thought this was a brilliant find to stimulate some creative writing. Your task today, is to **write a poem** about the origins of this sock, how it came to be a piece of litter and what happened to it after it was recycled.

Once you have created your Odd socks picture, story or poem why not submit it for a chance to WIN some super soft fun Frugi socks for your whole family! Share it [here](#) and you could be one of our 5 winners!! Good luck! Giveaway T&CS can be found [here](#).





## MARINE

71% of the Earth's surface is water-covered and in recent years it has become increasingly obvious that human beings have not been treating our rivers, canals, lakes and oceans with the respect they deserve.

### Nursery

Our favourite swimming stroke is the butterfly, because it looks great and is named after one of the Eco-Schools team's favourite insects. We want you to **invent your own swimming stroke** based on the movements of an insect or mini-beast. When you have created your swimming stroke, practice it by pretend swimming around your home.

### Primary

At Eco-Schools we love swimming safely in natural water- although it looks like our holidays might be delayed this year. So in the meantime, we want you to investigate your swimming costume, **listing the properties that make it a good swimming costume** (think about the material it is made of and how it fits you). When your swimming costume no longer fits or gets old what will you do with it? What other items could you turn your costume into based on the properties of the material it is made from?

### Secondary

It is thought that modern swimwear was invented in the 17th century although artefacts show Romans and classical Japan may have had their own versions. Today's task is to **create a timeline documenting the evolution of modern swimwear**. You should include illustrations, label the materials the swimwear is made of and include facts. You may even want to extend your timeline to include what you imagine the future of ecoswimwear will be!



## SCHOOL GROUNDS

Our School Grounds topic is designed to give young-people a chance to enhance where they work and socialize every day, however, it can be difficult to work on from home! This task is designed to help you appreciate your school in the future and help you overcome any nervousness you may have about going back to school.

### Nursery

**Ask an adult you live with to write a note to you for the future.** When you have your note, keep it safe and put it in your pocket when you are next in school or nursery. If you are ever feeling a little upset or like you miss home - ask your teacher to read the note to you to cheer you up!

### Primary

Lockdown has given everyone a lot of time to think and the Eco-Schools team know that many young people are missing school and desperate to get back.

**Write a note to your future self**, telling them how much you are missing school at the moment and pop it in your book bag or pencil case. When you are back in school and having a sad moment or day read the note from your past self to remind you how much you missed school when you couldn't go and also that things always get better!

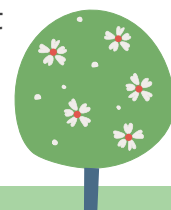
### Secondary

There has always been a phrase along the lines of "You don't know what you have until it's gone," and this uncertain period has made this phrase and its variants more relevant than ever. **Write a note to your future self**, explaining all the things you are currently missing about school and seeing your friends and teachers every day and pop it in your school bag or pencil case. When your return to school and are having a bad moment or day (we all have these), read the note to yourself to remind you that things aren't so bad and they always get better.



This is also a task that we think all our Eco-Coordinators and parents should do to, to help them when they return to work. Maybe you could write a message for your parents/ guardians too!

Also, if you'd like to be in with a chance of winning a fab Frugi Back To School kit and a copy of Alex White's Get Your Boots On book why not follow [this link](#) and tell us what you've missed most about school or your normal routine in the recent months!! Giveaway T&CS can be found [here](#).





## TRANSPORT

The way we travel contributes to nearly a third of carbon emissions in the world: leading to global heating and climate change. One of the few benefits of lockdown is people are rediscovering sustainable modes of transport like cycling, scooting and walking. Admittedly, cycling or walking (rather than travelling in the car) can mean it takes a little longer to get to your destination, but this isn't necessarily a negative!

### Nursery

With help from an adult, **create a set of bingo cards** that you can take with you on your next walk or bike ride. Your bingo cards should include things you are likely to see e.g.

Bike | Scooter | Dog | Litter Bin | Bird | Tree


### Primary

Choose a topic and **create a set of bingo cards** (based on this topic) for yourself and the other members of your family to take with you on your next walk or cycle. You might need to research your topic for example the Eco-Schools team created one for the five most popular tree species in the UK.

Alder | Beech | English Oak | Hawthorn | Hazel

You might want to include images to help you identify them or consider other topics e.g. types of bird, breeds of dog etc.

### Secondary

**Create your own back to school bingo** that you can share with your friends when you return to school. Your back to school bingo can enhance your sustainable journey and should include common sights from your commute to school, for example recycling bins, charity shops or local green spaces. You might also include the landmark that reminds you it's time to tuck your school shirt in before going through the school gates! (Can you tell our Eco-Schools team used to be teachers?!) 

## WASTE

In the UK our households produce over 27 million tonnes of waste per year, of this over 50% of it goes straight to landfill sites! Landfill waste produces methane which leads to global heating and climate change, it also harm wildlife and effects human health.

### Nursery

**Create a tally chart** for your home with each member of your household given their own count and place it near your rubbish bin. Every time someone uses the bin give them a tally. At the end of the day your Waste Winner is the person who has used the bin the least amount of times. Maybe you could make the winner a 'trash trophy' out of waste items!

### Primary

Your challenge for the day is to have a whole day when you **send no rubbish to landfill!** You can still use any recycling or organic waste bins you have, but not your general rubbish bin (so check your council's website to see what items you can recycle)! You may decide to expand this challenge to include your whole family!

### Secondary

Leave a notepad next to your general waste bin and ask everyone in your household to **make a note of what items they put in your general waste bin throughout the day** (your very own home waste environmental review). At the end of the day, look through the list of what has been placed in the bin. First, check whether it all belongs in the bin or whether some of the rubbish could have been recycled - if it could have been recycled let your family know it is recyclable. Next, use the internet to research if there are any equivalent products you could use, that produce no waste, instead!



## WATER

Water is a precious resource and we are all very lucky to be able to turn on a tap and get clean water (hot or cold) in an instant! But by using less water we can help to preserve this valuable resource, save energy and protect wildlife!

### Nursery

Today we want you to realise just how important water is! For a full day **count how many times your family uses water** - this includes having a drink, showering, brushing teeth, flushing toilets, cooking dinner, washing clothes, washing dishes- everything!

### Primary

Throughout the day **your task is to keep a water diary**, recording how much water you use in the day - you can find plenty of water facts online (e.g. a power shower uses 7.5 litres per minute). At the end of the day, give yourself a total for the amount of water you have used and see if you can reduce this tomorrow!

### Secondary

Did you know that manufacturing clothing uses a lot of water? In fact, the clothing industry uses the most water out of all industries apart from farming. Today we want you to **compare your water usage to that of the clothing industry**. Throughout the day record how much water you use, using the internet to research how much water is involved in various tasks e.g. flushing toilet 9-12 litres, using a dishwasher 9.5 litres. At the end of the day, give yourself a total and see if you have used enough water to manufacture any items of clothing - this should open your eyes to the high-cost of fashion on natural resources!

