

# #EcoSchoolsAtHome

## Food Miles

### Nursery

Look through your kitchen cupboards, fridge and freezer look at all the different countries that your food comes from (it should tell you on the packaging), then, see if you can find these countries on a map of world.

### Primary

Pick just one cupboard or your fridge/freezer, list all the different countries that the food you find has come from. Then using [this link](#) work out roughly how far the food has travelled to reach your home. Add the total number of miles all the food has travelled - has it travelled enough miles to go around the world or reach the moon?

### Secondary/College

Keep a food diary for a week, recording everything you eat. When you have your food diary use it to give you a rough estimate of your diet's Carbon Footprint using this [BBC Food Calculator](#). When you have a rough estimate of your diet's carbon footprint, think about the easy and more challenging changes you could make to reduce your footprint.

## Time Travel

### Nursery

Imagine you're all grown up and travelling to work. Draw a picture of grown up you showing how you would like to travel to work. Make sure you think about having a nice journey to work and being as eco as possible!

### Primary

Recently innovative shoe design helped Eliud Kipchoge complete a marathon in under 2 hours, design a futuristic perfect pair of shoes that will help everyone walk, cycle or scoot to school more quickly and safely in 2050. Give your shoes a name and label the features on the shoe that make them faster and safer.

### Secondary/College

Will you be learning to drive in the future or are you learning to drive now? Think about what type of vehicle you could be driving in 2050. Design a sustainable mode of public transport that is suitable for all and has a low (or no) impact on the environment. The technology for your ideas may not currently exist, however, don't let that limit your creative vision!

<https://www.pinterest.co.uk/ecoschoolsengla/transport-topic/>



# Transport



## Family Routes

### Nursery

List all the different places where your family and friends live. Find a map of the UK or the world and stick a photo or drawing of your family members or friends where they live. Don't forget to add your home to the map and some string or wool linking your home to all your friends and family to show you are all still connected.

### Primary

List all your family and friends on a sheet of paper (as many people as you want) and use google maps to calculate the distance to their homes from your house. How many of your family and friends could you walk to and if so how long would it take to walk there? If they live a long way away think about the most eco-friendly way you could travel to see them.

### Secondary/College

Work out which family member or friend lives the furthest from your home. How many possible routes and ways can you find to reach their home not using private transport? You are only allowed to walk, cycle, scoot or take public transport (taxis not included!) How much would it cost to reach them? What is the cheapest option you could realistically take?

## Spring Map

### Nursery

When you are out for your daily exercise near your home see how many different coloured spring flowers you can spot? How many insects and birds can you see? When you get back home decide, with your family, which area near your home makes you the happiest and why?

### Primary

Draw a map of the streets and roads that surround your home. Whilst you are out on your daily exercise over the next week, try to spot as many signs of spring as possible. When you come home from your walk add these to your map - you could even take photos of the flowers you see and add them to your Spring Treasure map.

### Secondary/College

Being at home, not seeing friends and family or worrying about when you might be able to return to school can be extremely stressful. Take some time to out to create a spring break walk around your local neighbourhood. Produce a guide for your walk, including a map detailing interesting sights and picturesque gardens. Share your walk with a friend and you may even bump into them en route (maintaining social distancing of course).

## Sustainable Transport

### Nursery/Primary/Secondary/College

A positive from lockdown is that people are rediscovering the joy of sustainable transport: walking, cycling, scooting and jogging. Help to promote the benefits of these modes of transport by creating an advert for your chosen type of transport. Your advert might be a poster, flyer or video, it's up to you! When you have created your advert make sure to share with friends, family and Eco-Committee members.

