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#EcoSchoolsAtHome

Seven Step Challenge



This challenge is designed to encourage families to discuss our planet's health and the role we all play in maintaining this health for future generations. It does this by adapting each of the Eco-Schools Seven Steps, so they can be completed by pupils, at home, with their families. This Seven Step Challenge is totally optional, flexible and straightforward. It can easily be set as Eco-Schools Homework during school holidays by giving pupils all seven challenges in one go (just leave this page off). Alternatively the content could be used to set a new challenge each week for seven weeks using your school newsletter or website—it's entirely up to you and your Eco-Committee. Either way, completing the #EcoSchoolsAtHome Seven Step Challenges provides great evidence for Step 5: Informing and Involving, when applying for an Eco-Schools Green Flag. We hope you enjoy!





Challenge 1: Eco-Committee

The first challenge is incredibly simple – it is just introducing environmental discussion into your home.

1. Discuss, with family members, why being eco at home is important to you, talk about concerns you may have for our planet and environmental issues that are particularly important to you, or your local community.
2. Explain that over the next few weeks, you have a series of #EcoSchoolsAtHome Seven Step Challenges to complete, ask family members if they would like to be involved and help you to complete them.
3. Set aside a time and day each week to discuss environmental issues and complete the #EcoSchoolsAtHome Seven Step Challenges – it might be whilst:
 - Completing your daily exercise on Monday
 - Commuting to school on Tuesday
 - Walking the dog on Wednesday
 - Eating dinner on Thursday
 - Washing dishes on Friday
 - Tidying up on Saturday
 - Having a late breakfast on Sunday

The point is, it doesn't have to be an extremely formal experience – caring for the planet can easily fit into everyday life!

When you have decided when your family Eco-Committee meetings will take place, record this – write it on a calendar or use a phone to set a reminder, so you don't forget!

“We have stopped using the car as often at home!”



“I am trying to eat less meat!”



Challenge 2: Environmental Review

The second challenge is completing our simple #EcoSchoolsAtHome Environmental Review (you can find this at the end of this document). Don't worry too much if you complete it and find you have a low score, there are many ways even the most conscientious of people could be more eco.

1. Complete the #EcoSchoolsAtHome Environmental Review.

“I turn the tap off when brushing my teeth!”

“I save electricity by turning the lights off!”



Challenge 3: Action Plan

Now you have discussed environmental issues with your household in Challenge 1 and completed our Environmental Review in Challenge 2, it is time to think about what you and your family could do to help protect our environment by making an eco-pledge. An eco-pledge is a promise to take one action, or make one behavioural change, to help protect our planet. Your pledges can be big or small, and relate to any of the ten Eco-Schools topics - it's entirely up to you and your family. Just remember that even the smallest changes can add up to make a big difference.

1. Ask every member of your family to make an eco-pledge. Remind them that their eco-pledge should be specific, focused and achievable. For example, 'I will use a shampoo bar instead of bottle from now on.'
2. Discuss each of the pledges as a family, write them down and keep these pledges somewhere safe!



Challenge 4: Curriculum Links

Challenge 4 is focused on learning more about our planet and environmental issues. Luckily, there are plenty of incredibly engaging books, documentaries and podcasts available to help you with this. You might decide to visit your school library to pick up a book about climate change, or browse through the Science and Nature section of BBC IPlayer for a documentary to watch – whatever works best for you and your family.

1. Learn more about the environment, nature and our planet by reading, listening or watching something that links to any of the ten Eco-Schools topics.



Challenge 5: Informing & Involving

Now your challenge is to expand your #EcoSchoolsAtHome work to friends and/or family members that you don't live with. You might:

- Discuss why protecting our planet is important, whilst walking to school with a friend.
 - Call a grandparent, aunt, uncle or cousin to tell them about your families Eco-Pledges (and encourage them to make their own Eco-Pledges).
 - Recommend an environmental book or documentary using your, or a family members, social media account – don't forget to @EcoSchools #EcoSchoolsAtHome.
1. Tell a friend or family member about any aspect of your #EcoSchoolsAtHome work.

“I love nature and recycle as much as I can!”



“I pick up any plastic I see!”



Challenge 6: Monitoring & Evaluation

Don't be intimidated by the name of this challenge, monitoring and evaluation can be really simple!

1. With your family, discuss everyone's eco-pledge. Have they gone well? If so, is it time to make new eco-pledges? Have they proved problematic? If so, can they be adapted or changed to become easier to keep in the future?
2. If your whole class or school is completing the #EcoSchoolsAtHome Seven Step Challenge your Eco-Coordinator and Committee, may also want to monitor progress to use as evidence towards their Green Flag Award. They might decide to count the number of pledges made and then the number of pledges adhered to, to create a bar chart. Alternatively, they might ask everyone to write out their pledges neatly to create a #EcoSchoolsAtHome Seven Step Challenge display.



Challenge 7: Eco-Code

Remember Challenge 3, when it said write your Eco-Pledges down? No? Well never mind, you can still write these pledges down now!

Once you have your pledges, place them in a (clean) old jar, box, scrapbook or on a noticeboard, fridge... basically anywhere you like. This is your families Eco-Code that can be added to as you make new eco-pledges. You should look through your pledges every now and then to celebrate your achievements and remember that even small changes add up to make a big difference!

1. Store your families Eco-Pledges somewhere safe. Remember to add new pledges you make and regularly check them to ensure you are all still sticking to them.

#EcoSchoolsAtHome Seven Step Challenge Environmental Review

Biodiversity	Yes	No
Have you watched any wildlife documentaries with your family such as David Attenborough's Perfect Planet?		
Do you nurture any plants inside your home?		
Have your family ever participated in a national wildlife survey like RSPB's Big Garden Birdwatch or The Big Butterfly Count?		
Energy		
Are electronic devices in your home turned off at the plug, or unplugged, when not in use?		
Are lights in your home turned off when it is still light outside?		
Does your family have a smart meter to keep track of energy use in your home?		
Global Citizenship		
Do you discuss the latest news with your family?		
Do any of your family members donate to charities or food banks?		
Does your family know about the 17 Sustainable Development Goals?		
Healthy Living		
Does each member of your household complete exercises to improve their physical health each week?		
Does each member of your household complete exercises to improve their mental wellbeing each week?		
Are meals in your house ever vegetarian or vegan?		
Litter		
When outside your home does each member of your household ensure they place rubbish in a bin, or keep hold of it to place in a bin at home?		
If safe to do so, if you saw a piece of litter outside, would you pick it up and put it in a bin?		
Have you or any members of your family ever participated in a community litter pick?		

Marine	Yes	No
Does each member of your household have a reusable water bottle, to avoid buying bottled water when outside the house?		
Does your family take reusable shopping bags, when visiting the supermarket?		
Have you visited, or do you plan to visit, a beach, river, lake or canal with your family?		
School Grounds		
Have you visited your local park recently?		
Are any of your family members of a 'friends of' group at your local park?		
Is the area directly outside your home clean and tidy?		
Transport		
Do members of your household only use cars, when the distance is too far to walk, cycle or scoot?		
Do members of your family ever use public transport?		
Do you and your family know how to cycle or scoot around safely?		
Waste		
Does every member of your household know how to recycle properly in your local area?		
Does your house ever recycle hard-to-recycle items (e.g. items that cannot be placed in kerbside recycling like batteries or clothing)?		
Does your family avoid single-use plastics when possible?		
Water		
Does everyone in your home turn the tap off whilst brushing their teeth?		
Do members of your household time showers to keep them short and save water?		
Is your dishwasher and/or washing machine only used when it is fully loaded?		