

Eco Schools at home ideas



Energy

Eco-Action 6: What's a Watt?

With most people (young and old) now working from home, more energy will be used, so its time to investigate your energy bills!

Nursery: Look around your home and count how many devices you can find that use electricity.

Primary: If you have a smart meter, use it! Find out how much energy you use each day and when your energy use is at its peak—do you know why you use more energy during these peak hours? If you don't have a smart meter, take a meter reading at the same time each day to work out how much energy you use in 24 hours. **Please ask an adult to help you with this.**

Eco-Action 7: Watt Can You Save?

Simple changes can help you to save money on your energy bills, so now its time save electricity and money!

Nursery: Investigate what electrical devices are switched on in your house, discussing whether they need to be switched on: freezer yes! Lights during the daytime, no!

Primary: Audit energy use in your house, if any devices are left on standby, when not being used, switch them off. Make sure phone (and other chargers) are unplugged or turned off at the wall when not in use. Make sure lights are off during the daytime! See if you can reduce your energy use this week.

Eco-Action 8: Watt Tariff?

Check who your energy provider is and what energy tariff you are on to save the planet (and some money).

Nursery: Discuss where your energy comes from, what is electricity? Why is it important? What would life be like without electricity?

Primary: Find out who supplies your energy and what energy sources they use. With your parent or guardian, visit a price comparison website and find out how much your energy would cost if you switched to a green energy supplier.

Eco-Action 9: Watt's Your Carbon Footprint?

Your carbon footprint is the amount of Carbon Dioxide released into the atmosphere as a result of your activities. Lowering your carbon footprint will help tackle climate change.

For All ages: Calculate your carbon footprint at www.footprintcalculator.org

Eco-Action 10: Take A Break From Electricity.

During self-isolation electricity is vital, it helps us: learn, keep in contact with loved ones and pass the time, but it's also important to take some time off!

For All ages: Take a one-hour break from electricity everyday for a week: do some exercise, read a book, create something. This task is good for you and the planet!

Litter

Eco-Action 20: Stay at Home Litter Pick

Looking around your home how many items can you find that are no longer used by your family, but still are working well or could be used? Collect these items over the week and decide as a family what you are going to do with these items. Did you forget you had them and will start using them again? Could you donate them to friends, family or charity? Could you upcycle them into a new more useful item?

Eco-Action 21: Voice for Nature

Litter doesn't just look ugly and cost money to clean up, it also harms wildlife. Write and plan a short presentation (no longer than a few minutes) about the dangers of litter to wildlife and what we could all do to prevent these dangers. Your presentation should include images and text and can focus on any form of wildlife, including aquatic. You may decide to focus your presentation on one creature and carry out a little more research about specific dangers of litter to them. Once you have created your presentation we would like you to safely deliver it to your class (maybe during an online lesson or assembly) or to your family. Let others know all about your findings and ask if they have ideas to protect wildlife from the dangers of litter too.

Eco-Action 22: Litter Healthy Living Campaign

Many littered items are linked to fast food, snacks and fizzy drinks. Based on this we would like you and your class, or family, to create a 'Healthy Living Anti Littering,' Campaign that includes a memorable slogan, eye-catching logo and a poster. Think carefully about the words you'll use in your slogan and what colours or images you'll use in your anti-litter logo to make it eye-catching and powerful. How can you get all your local community and wider family to support your new healthy living, anti-littering campaign?



Eco-Action 23: The History of Litter

Is the amount of litter getting worse? We would like you to think of 3 litter related questions to safely ask an older person either in school or at home (maybe a grandparent via zoom!) about the problem of litter in England. You could ask whether there is new items of litter that never used to be an issue. You could even ask them if they remember any of our old Keep Britain Tidy litter campaigns from a generation ago!

Eco-Action 24: The Story of Litter

Often archaeologists use the discarded items from hundreds, or thousands, of years ago to paint a picture of what everyday life used to be like. Imagine 500 years from now at a future archeology site, what do you think the littered plastic items they find may tell them about our society? Write a short statement about our society from the point of view of a future historian.

Eco-Action 25: Litter Letter

Get persuasive and write a letter to your MP or local business about any specific litter problems in your local area—maybe this could be about PPE or helping to support and promote your 'Healthy Living Anti Littering Campaign' (Eco-Action 22). Ask them for advice and help on reducing litter near your school or home. You could also ask them if they would be willing to visit your school for a litter picking event (when its safe to do so) in the future.

Eco-Action 26: Litter Poster

Draw, paint or collage an imaginative anti littering poster to put on display in a window in school or at home to let others know you are anti-litter and care about the environment. The poster can be personal to you—why do you think it's important to not drop litter? Be as creative as you can and use lots of bright, bold colours to help your poster stand out and make your message clear. As a class, or family, you could make lots of posters and place one in every window!

Waste

Eco-Action 39: Food

For our Transport **#EcoSchoolsAtHome** (Eco-Action 35) you looked at where your food travels from and now we're going to make sure it wasn't a wasted journey!

Nursery: Check the use by dates on items of food in your fridge and help a parent or guardian plan your lunches and dinners so no food is wasted this week.

Primary: Check the use by dates on items of food in your fridge and find a recipe, that you can help an adult to cook, which uses food items that may otherwise go past their use by date.

Eco-Action 40: Rethink Your Waste

Nursery: At Eco-Schools we love creating art from recycled material—your task is to create a sculpture or piece of art made from recycled materials. If you need some inspiration our friends at RSPB have guides for creating bug, birds and woodland artwork. www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/upcycling-for-nature/

Primary: Our friends at RSPB have fantastic guides for creating your own bird feeders using recycled materials. Use their design to create your own bird feeders using a plastic bottle (make sure you ask an adult for help before beginning). Once you have made your bird feeder, you may also want to consider what type of bird food is available in at your new 'Bird Feeder Restaurant' and the different mixes of feed you can use to attract different birds to your garden. www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/feed-the-birds/

Eco-Action 41: Recycle Education

Nursery: Have a recycling quiz! Ask a parent or guardian to gather rubbish for a day, rather than putting it straight in the bin. When a good amount of rubbish has been collected, have a recycling quiz seeing if you and other members of your household can guess the correct bin for each item e.g. cereal box—cardboard recycling.

Primary: Use the internet to research what can be recycled in your local area (you can do this by searching the name of your local authority + recycling), your local authority should have guidance for which bin to use in your area. When you have completed your research, share your findings with other members of your household and check your bins to see if you have been correctly recycling!

Eco-Action 42: Donate

For all ages: Donating old clothes, books, toys or games is great! It is better for the environment, helps others in need, declutters your bedroom and helps to protect our natural resources and the planet. All of these combine to make you feel great when you donate because you know you're doing something for a good cause. Take an hour out of your day to look through your belongings and see if there is anything you no longer use that you could donate, maybe set yourself a target such as filling a tote bag with donations. When lockdown is over, you can give your donations to a friend, relative or local charity shop (with adult permission of course). You could even begin planning a **(Re)Love Our Stuff** project in school. www.eco-schools.org.uk/eco-projects/relove-our-stuff/