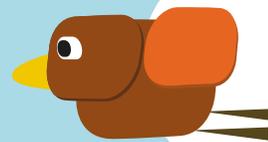


Eco activities

KS1



myjourneywokingham.com

The Wokingham Air Quality Project is delivered by Intelligent Health in partnership with My Journey, Wokingham Borough Council and funded by Defra.



Department
for Environment
Food & Rural Affairs

Intelligent
Health

HELPING
WOKINGHAM
GET AROUND
**my
Journey**



**WOKINGHAM
BOROUGH COUNCIL**

Eco activity chart

KS1

Activity 1 (10 points)
Scavenger hunt

Bonus activities (10 points each)
Walk, cycle, scoot, roll each day (10 points for each time).

Activity 2 (10 points)
Build a bee house

Make a poster for climate awareness e.g Save the bees, trees, anti car idling, walk to school.

Activity 3 (10 points)
Grow veggie scraps

Scatter seeds or seedballs in the garden.

Activity 4 (10 points)
Create a character from your walk

Create a painting or drawing of your school with more flowers/trees, nature and no cars or roads.

Activity 5 (10 points)
Design yourself a planet protector cape or outfit

Create a wall chart for your home, add everyone's name and add a star every time that person walks, cycles, rolls or scoots.



Name _____

Age _____

School _____

Tally (10 points per activity)

Bonus activities tally

Total

Bronze
30 points

Silver
50 points

Gold
80 points

Tag us on social media with a picture:

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Scavenger hunt

KS1

These clues will lead you to an animal or object

Let's see how many you can find? Tick them off as you go and for bonus points you could get your parent/carer to take photos for you.

- These often have a wooden trunk, stand tall and in the winter often lose their leaves.
- Most plants have leaves. Point out 3 different types of leaves.
- These are used for people to get around just like vans and buses. They are called vehicles and are not always the best option as they release bad gases into the air. Most families have one.
- These usually have 2 wheels, pedals and handlebars.
- They have feathers and can fly high in the sky.
- They are found mostly in the dirt, in the grass or on leaves. They are smaller than our hands and feet. Some have wings, some have a lot of legs.
- They have 4 legs and a tail, come in different shapes, sizes and colours and often wear a collar.
- You grow your flowers in it and worms live in it. You can find it outside, in the park or in pots.
- This can be found between the road and the path, to help us get to the other side.



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Build a bee house

Bees are necessary for a healthy earth and human life

However bees have been declining and 35 UK species are under threat of extinction. The good news is we can help and that is where you come in! Choose from either Option 1 or Option 2 below.

Option 1

Make your own bee house and answer the following questions:

1 Why are bees important to our environment and health?

2 How does air pollution affect bees?

3 What can we do to help them recover?

Option 2

Create an A4/A3 poster to include a drawing design of a bee house. The poster will be designed to educate people about bees.

Include on your poster:

1 Why bees are important to the environment or people's health.

2 Effects that air pollution have on them.

3 Tips on how people can help them.



For how to make a bee house check out Friends of the Earth, Back Yard Nature, Wildlife Trust and RSPB for instructions online.

Please make sure the equipment used is child safe and do ask your parent/carer to help if any cutting is involved.

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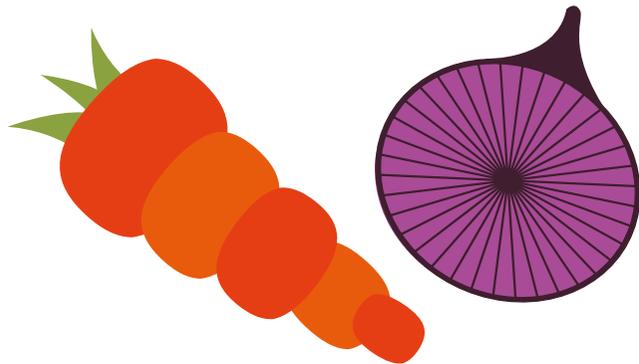
Grow veggie scraps

KS1

Get a parent/carer to help and get them to do any cutting needed!

What you need

- Vegetable/vegetable scrap
- Pot with soil or see through container with water
- Toothpicks (if doing option **2a**)



1. With your parent/carer look around the kitchen for some potential vegetables or vegetable scraps. Some of the best ones are; sweet potatoes, avocados, carrots, beetroot, onions, and ginger. Though many other vegetables can be used!
2. Once you have selected your vegetable you can now decide if you're going to put it into soil or water.
 - a. Sweet potato/ginger/avocado pip: Fill a container with water and use toothpicks to prop the veg/fruit over the water (only bottoms submerged in the water) and the rest above.
 - b. Carrots: Cut at least an inch off the tops of the carrots (the larger end where the leaves come out) and place in a see through bowl or container, add a small amount of water so it is just covering the bottom but not of the whole carrot. If carrot still has its leaves remove them before doing this.
 - c. Onions: Cut the top of the onion (where the roots would have come out) and place the slice of onion with the root end facing down into potted soil and with the flat cut side facing up. Then just damp the soil around it.
 - d. Garlic: Garlic can be pushed into soil with the head sticking out and then watered like above.

Continued ...



Grow veggie scraps

KS1

Top tips

- Replace water if it has evaporated or is dirty
- Place in the window, ideally a bright window with no direct sunlight
- Root growing can take weeks so be patient
- Soil planting – do not drench, just check top soil is damp. Water if soil is dry

More sources on how to grow your own
foodrevolution.org/blog/reducefood-waste-regrow-from-scrap

3. Place in the window – ideally a bright window with little or no direct sunlight.
4. When roots have grown in water you can now pot into soil!



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Create a character from your walk

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Time for a walk? Let's make this fun

Whilst you're out make a list of your 4 favourite things you see.

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Now using all 4 of your favourite things, create a character!

1. _____

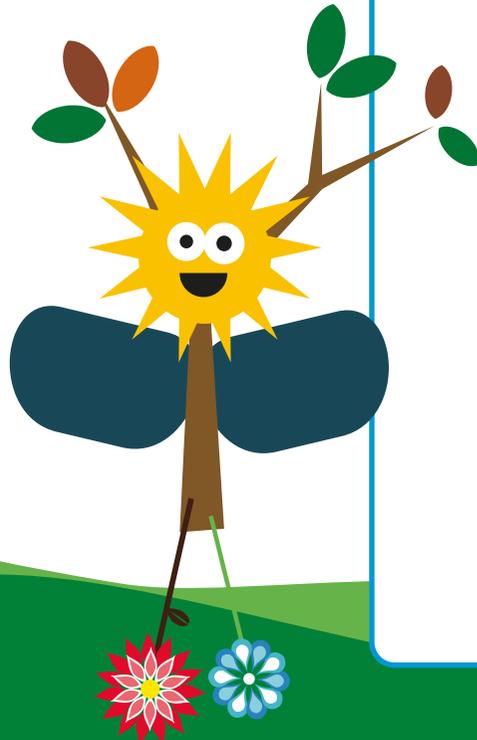
2. _____

3. _____

4. _____

This is our example

1. Tree
2. Flower
3. Sun
4. Bird



Design yourself a Planet Protector cape or outfit

KS1



Hey there planet hero!

Now you have completed the above activities it's now time to draw yourself a Planet Protector cape or outfit. Why? Many things such as gases from cars can build up and have a bad effect on our air. With your Planet Protector design you can spread the word to your family and friends too! Now you can design yourself an outfit or cape below.

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