

# Ways we can look after ourselves and our planet!



Have you noticed that we are hearing lots of information in the news about climate change?

This news can make us feel lots of different emotions.

## Take a moment

How does climate change news make you feel?



Have you noticed that some of the **climate change** actions required are out of our control. Focusing on what we can control can help us manage our worries and fears.



## I CANNOT CONTROL

(So, I can LET GO of these things)



WHAT OTHER  
PEOPLE THINK

HOW OTHER  
PEOPLE BEHAVE



WHAT  
PEOPLE DO

WHAT OTHER  
PEOPLE SAY

## I CAN CONTROL

(So, I will focus on these things)

USING LESS WATER

TURNING OFF LIGHTS

WHAT I RECYCLE



**Challenge:** Can you think of more ideas?

Sometimes we think we can't make a difference but we can.

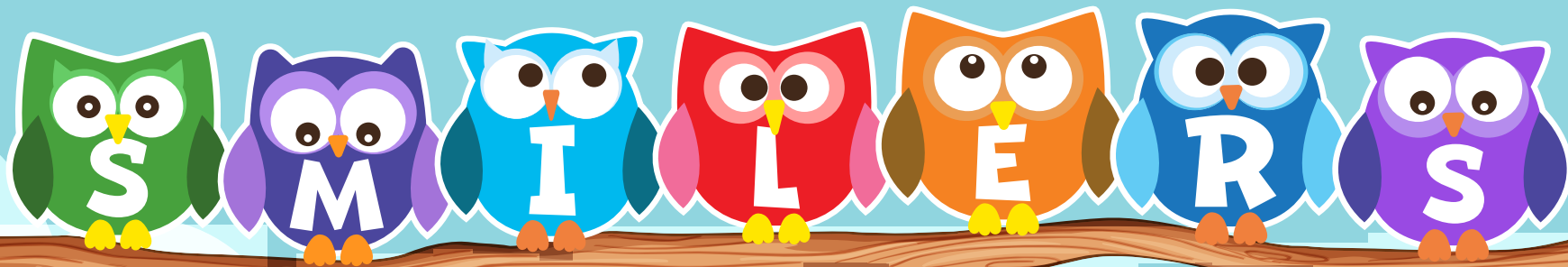
The small choices we make every day about what we buy, do, eat and throw away has an impact on the world around us.



**Did you know?**

Taking action & setting goals can make us feel good.

Each of the **SMILERS** ways to wellbeing have been shown to have a big impact on our happiness and all can be done in ways that have a small impact on the planet.



Can you complete the **SMILERS** challenge?

# Stay connected

**Message:** When we notice nature, we are more likely to take helpful actions, and when we are kind to others this makes us feel good too.



## Challenge

Go outside and take a picture or draw something in nature. Send your picture with a message to a family member or friend to show you are thinking of them.





# Move

**Message:** By using your own power to get to school (walking, cycling or scooting) you can help keep the air around school cleaner which helps to keep both you and the planet healthy.



## Challenge

If you can, try walking, cycling or scooting to school or why not try a woodland workout in nature.

# Interests

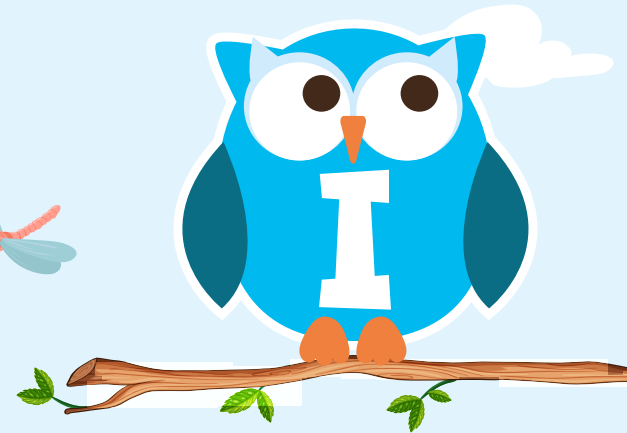
**Message:** There are many ways you can take climate action. The more you know about helping the planet, the more you can do to help.

## Challenge

Can you research the recycling symbols and what they mean?

Find out what you can recycle at home and identify the correct bin to use.

Research: [Understanding recycling symbols](#)  
[Recycle Now](#)





# Look

**Message:** When we notice what is around us, we are more likely to take helpful actions.

## Challenge

### Go Wild! Go Outside!

5,4,3,2,1 Noticing Nature Challenge

**Notice 5** things that you can **see**

**Notice 4** things that you can **feel**

**Notice 3** things that you can **hear**

**Notice 2** things that you can **smell**

**Notice 1** thing that you have **never noticed before**

Record your ideas.



# Eat well

**Message:** Unfortunately, lots of food is wasted.

This could be because it is 'wonky' or an unusual shape or it could be because we do not eat it before it becomes rotten.



## Challenge

Can you find a wonky fruit & veg section in your supermarket?  
Share with your family the [Foods and recipes | Love Food Hate Waste](#).

Can you create a tasty meal from leftovers or wonky veg?

# Rest

**Message:** Getting a good night's sleep improves your memory, mood, and mental health.



## Challenge

Did you know some insects and animals like hedgehogs, bats and bears sleep for long periods over winter to preserve energy.

Can you help them by making or designing a hedgehog house or minibeast hotel?

[How to make a hedgehog house - Woodland Trust](#)

[How to Make a Minibeast Hotel | Wild Challenge - The RSPB](#)

# Support

**Message:** Looking after our planet is a big task but we can all help a little or a lot, added all together this makes a real difference.

## Challenge

**Notice:** What things do you currently do to look after yourself and the planet?  
What are your goals for 2023/24?  
Add your ideas to a footprint.  
Display in your school.

