The background of the entire page is a light green color, decorated with various tropical leaves in shades of green. There are large monstera leaves with characteristic holes, palm fronds, and other smaller leaf shapes scattered throughout. A small black lightbulb icon with radiating lines is positioned above the word 'ideas'.

ECO

friendly

ideas

for

**LOCKDOWN**

from the South Wolds Academy eco council

# Contents

Choose your favourite subjects and find some environmentally friendly activities you can do to pass the time.

ECO COUNCIL AT HOME  
PHYSICS  
BIOLOGY  
CHEMISTRY  
ENGLISH  
LANGUAGES  
MATHS AND COMPUTER SCIENCE  
HISTORY  
GEOGRAPHY  
ETHICS AND PHILOSOPHY  
PE  
MUSIC, DRAMA, DANCE  
DESIGN AND TECHNOLOGY  
ART  
PHOTOGRAPHY  
BUSINESS AND PSYCHOLOGY



Special thanks to Erin for the front cover art.

# Eco council at home

“Obviously it is difficult to maintain a productive school eco council when we are all at home, but I have been really proud of the groups commitment to helping the environment during this time. As a group we have been working on a few projects and have all been taking care of the planet in our day to day lives. I have been very busy with my schoolwork and online ballet lessons, but I have spent my free time making more food from scratch, instead of buying food in single-use plastic which cannot be recycled.” **Sylvie**

“For me, quarantine has proved ample opportunity to help out in the garden. My mother and I have invested in ways to attract more wildlife, such as bird feeders and hedgehog homes, although our attempts at saving frogs and fish seem to have failed (the Herons have been eating well). Due to self-isolation restrictions, we haven't been able to go to the rubbish tip, so we've also had to get creative with our rubbish. Both food waste and packaging from online deliveries seem to make good compost, while glass bottles and jars prove useful in the creation of borders for our newly planted fruit trees.” **Issy**

“I strongly encourage the use of natural light sources while we are all at home because the weather has been so nice and sunny. I have spent a lot of time in my garden.” **Husna**

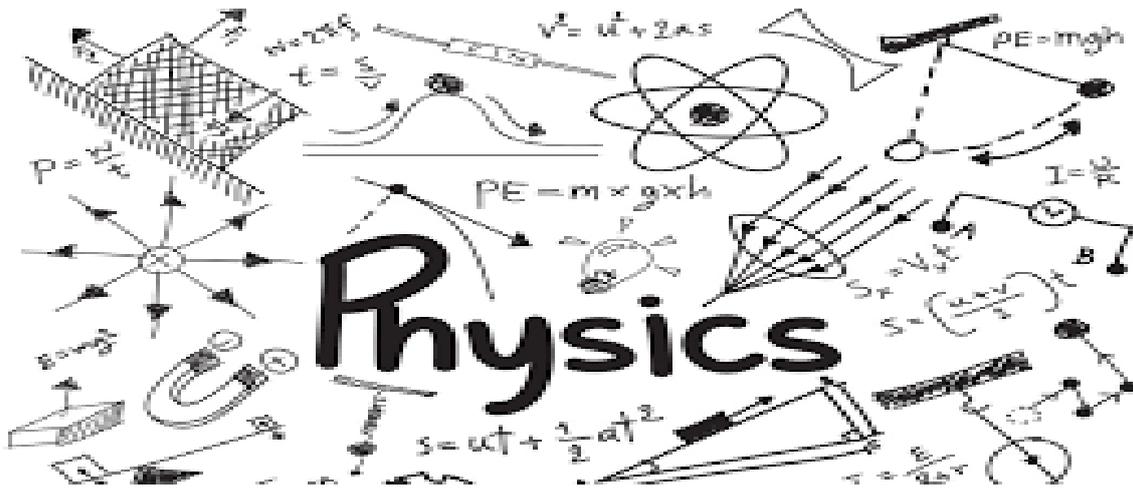
“Despite a lack of awareness of the day or even month, I have managed to not only continue with old hobbies such as ballet classes throughout the week, but also attempt new ones. I really miss going to Eco club though! Languages as it is a passion of mine, learning a new one that doesn't share our alphabet seemed exciting, albeit daunting and this fits in nicely with the global citizenship section of the eco schools programme. So, I have devoted some of my time and efforts to learning Korean- the perfect pastime for quarantine boredom. Also, I have been interested in the impact of the coronavirus on the environment and have been following along with graphs of pollution from around the world.” **Amy**

“During lockdown, I have had more time to help out at home and in the garden. As well as building up our stocks of recycling materials, ready to take to recycling points when they reopen. We've been growing some bee-friendly plants for the garden. As bees love the clover on the lawn, we have left 'paths of clover' for the bees instead of mowing all the grass. My dad and I also made a hedgehog house, and hope it gets used by one of the 3 hedgehogs that we regularly see visiting the garden. **lolo**



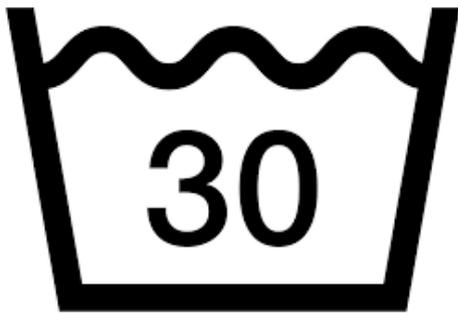
“I am staying eco-friendly in quarantine by using the dishwasher as it surprisingly uses much less water than handwashing. And since we are all home 24/7 we are using our bathrooms and kitchens much more. I am also growing a lot of new fruit, vegetables and plants which is helping reduce our carbon footprint. We have a small pond in our garden which is home to many newts and frogs. My dad loves birds, so we often have a few fluttering around the garden near the feeders and water supply. I ordered the hedgehog homes which will go in the school grounds when we return to school. We raised the funds for these from our bake sale which we held at the beginning of the calendar year. I opened up one of the hedgehog homes packages today and I think they look really nice!” **Maisie**





With most people working from home now, more energy will be used in your household.

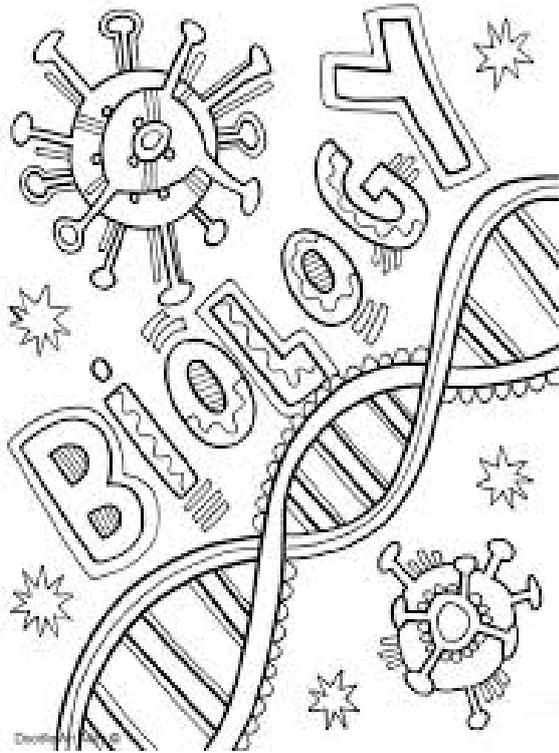
Either read your smart meter or take meter readings to work out how much energy is used in your house each day. Check online whether your energy use is above or below the average energy use in the UK and/or other countries around the world.



**Watt can you save?**  
 Simple changes can help you to save money on your energy bills. Use the internet to research how you can save energy at home and share this information with your household e.g. wash at 30 degrees or less.

**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 is also important to take some time off.

**YOU MATTER.**  
 Until you multiply yourself times the speed of light squared. Then you Energy.



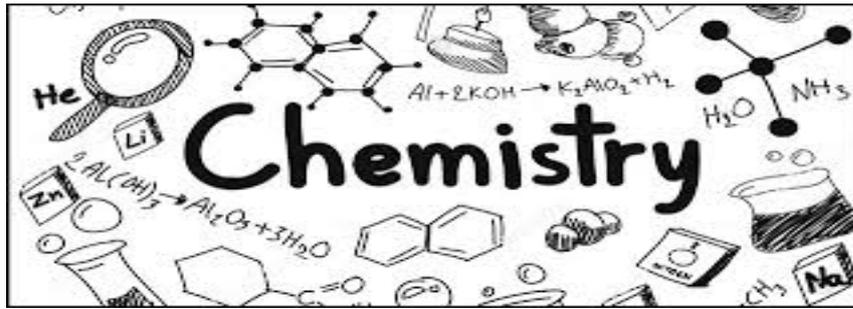
Many museums and art galleries are offering free virtual tours. Perhaps visit the world-famous natural history museum in London.

Note the adaptations that animals have undergone, are some of these adaptations due to climate change?  
What is the impact of humans on biodiversity?

Find out the national trees for as many countries as possible!  
Which national tree has the most interesting story?



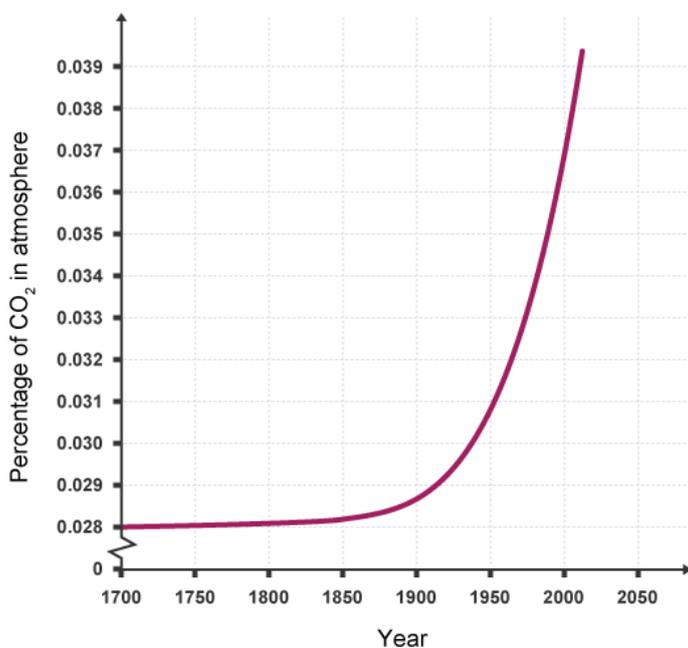
Lichen and moss are indicators of good air quality.  
Carry out a lichen count to determine the level of air pollution around your house.  
Listen to this interview from the BBC.  
[Pat Wolseley — The Life Scientific](#)



## Care about the Environment!

R N R H H S E I C E P S D E R E G N A D N E J O  
 J D G R E E N N O I T U L L O P L I V P K U B K  
 I D L X X T I N V J E T M T Y N M A P C E X H X  
 T M E K B K K R F A R F T G U Y T O A Q S K N M  
 O L S R N O Y P Q U E L B A W E N E R A C Y K B  
 Z N E D F G D T Q R Z E E O E O H K D Y G S E S  
 Q F S V K R Q L U E Q U J N H V L W L V T R V I  
 A E A Q H E Z N Y U R O E A S N E G Y X O N U P  
 W V G J J C Y W B S B R T W K P S D Q C U K W H  
 U Y E A V Y H H A E G E H A C I D R A I N C E K  
 N T S M P C Y B I Y T S T N L I P H A T N D G Q  
 R L U R O L G T I D P S R A U H D V L I I F N P  
 D F O Z N E F K M H W Z A H M M D L W X I G I P  
 D L H D N E K M T M G D A W G I U U O A D E M R  
 Q T N E M N O R I V N E K R C W L I M O C O R G  
 A B E C V M A G D S W F Z U K I D C P I I V A C  
 G L E P V E U Y Q U X H L Q L N X X P N G D W L  
 B Y R U Q M R G K A N B A N O L K O B F Y L L E  
 Y R G I M C F T Q D T U A B Z R O K T S I A A G  
 Z L S P E N A T U R A L R E S O U R C E S N B T  
 T V L R M C C W G B N A G N W X X T O F H E O Y  
 Q K P T D B A R U I C A S R V F T A D Z A H L Z  
 D K V M A O I L S P I L L S Z T R S Y L Q Q G K  
 V Q S S P Y C N R A V S D J V L V Z N N J L D O

Acid rain	Carbon dioxide	Climate	Earth
Endangered species	Energy	Environment	Global warming
Green	Greenhouse gases	Natural resources	Oil spills
Oxygen	Pollution	Recycle	Renewable
Reuse	Toxic waste		



Freesciencelessons on climate change: <https://www.youtube.com/watch?v=MxS4pMc2O2Y>

**Match the gas to the cause of its release**

**Carbon dioxide**  
**Methane**  
**Nitrous Oxide**  
**Combustion (driving)**  
**Cattle Farming**  
**Burning Fossil Fuels**

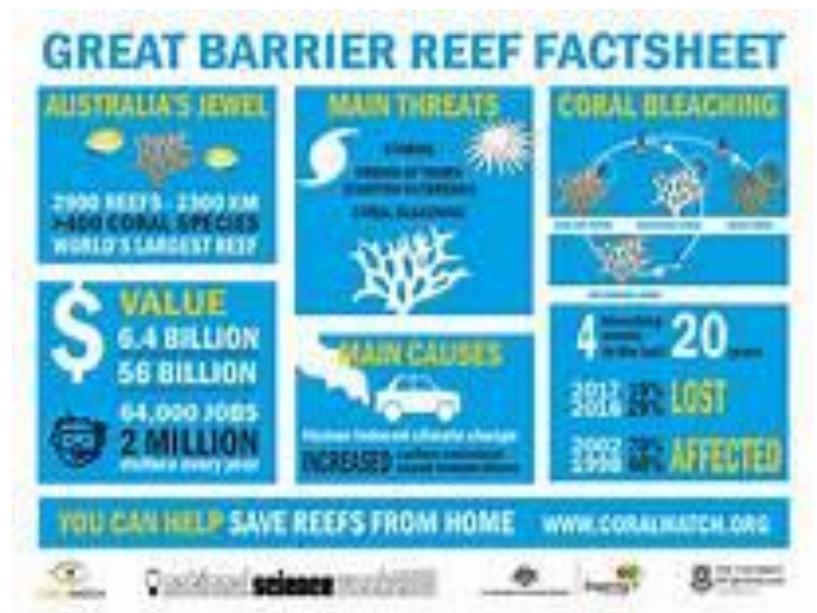
# English



Look at these pictures of healthy and bleached coral and describe the differences. Perhaps look into why coral bleaching occurs.

<https://www.englishmaven.org/HP6/Crossword%20Puzzle%20-%20The%20Environment.htm>

Follow this link to an online crossword puzzle!



# languages



Watch an environmental film or TV show in a foreign language. Either watch a foreign film or change the language or subtitles in the settings.

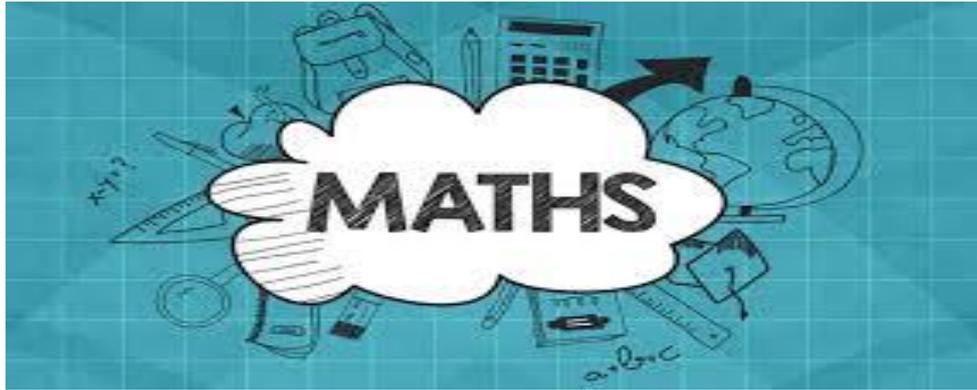
Recommendations:

- **We are the wave-German**
- **Chasing coral-Netflix audio in European Spanish, French, Polish, Brazilian Portuguese**
- **Mission Blue-Netflix audio in European Spanish, French, Polish, Brazilian Portuguese**

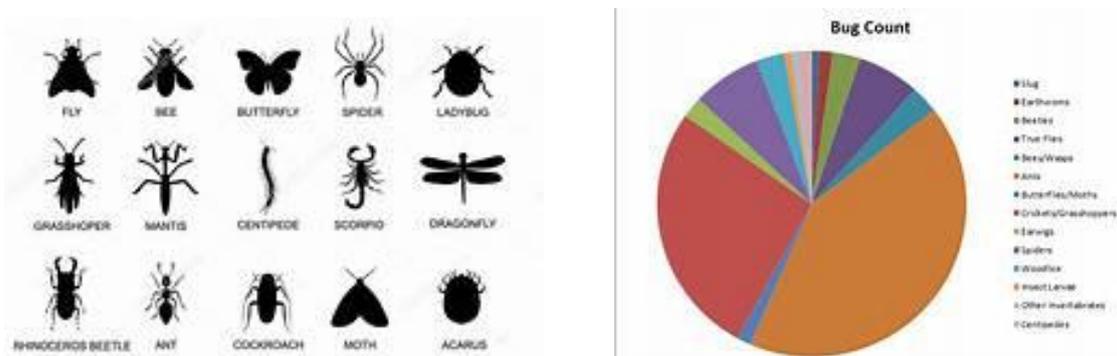
Translate these words into a language of your choice!

Recycling  
Glass bottles  
To recycle  
Packaging  
Deforestation  
Energy  
Polluted  
Coal  
To save  
Responsibility  
Biodiversity  
Trees  
Climate change  
Greenhouse gases  
Scientists  
Ice caps  
To protect  
Carbon footprint  
Plants  
Waste  
Now try and put them into sentences in the past, present and future





CONDUCT A BUG COUNT. EXPLORE AROUND YOUR LOCAL GREENSPACE, WHILE FOLLOWING GOVERNMENT GUIDELINES. THEN CREATE A PICTOGRAM OR CHART OF THE DATA.



E-WASTE IS A MAJOR PROBLEM IN THIS DAY AND AGE AND IT IS ONLY GETTING WORSE. PERHAPS CONSIDER DONATING YOUR OLD DEVICES, ESPECIALLY TO MORE ISOLATED MEMBERS OF YOUR COMMUNITY OR FAMILY. YOU COULD ALSO TAKE THEM TO BE RECYCLED.

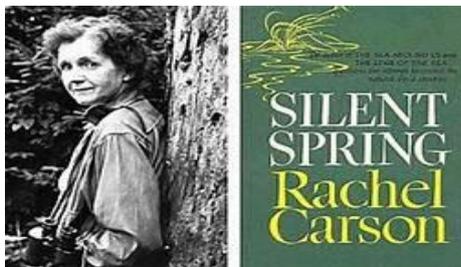
YOU MAY HAVE AN OLD MOBILE PHONE IN YOUR HOUSEHOLD OR ANOTHER ELECTRONIC DEVICE THAT YOU NO LONGER REGULARLY USE.





**Complete the 'be more gilbert virtual trail' and find out about naturalist gilbert white and complete the challenges.**

**Find out about these environmentalists from history.**

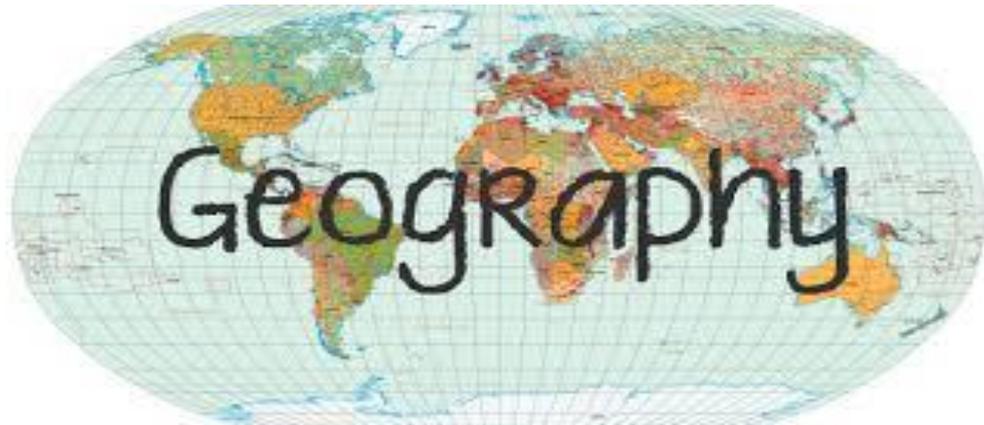


**Rachel Carson and her work on pesticides.**

**Theodore Roosevelt and his conservationist work.**



**Aldo Leopold and his work on wilderness conservation.**



THINK GLOBAL  
ACT LOCAL

Go for a walk in nature and pick up litter along the way. Don't forget to wear gloves.

Find out about your local recycling area. Research what can and cannot be recycled there.

Inform your family of your findings and come up with some recycling tips such as flattening cardboard boxes before recycling them, in order to save space when it's collected and thus saving on fuel!



What would the world look like if all the ice melted? Look on the national geographic website to find out.

# ETHICS AND PHILOSOPHY

Gabriella Carne

Gabriella Carne was a 2016-2017 Environmental Ethics Fellow at the Markkula Center for Applied Ethics.

"With all the attacks on our environment, we need to extend ourselves to include everyone, not just the familiar faces. It only makes sense to add faces that are currently underrepresented, those faces are of colour." - Teresa Baker

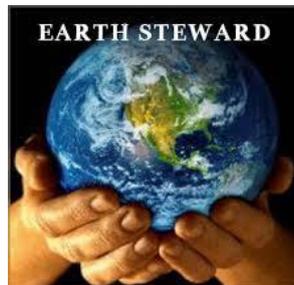
Environmental ethics films:  
Silent running  
The 11<sup>th</sup> hour  
Okja  
Before the flood

Alliance for religion and conservation



## QUIZ

1. Which religion totally prohibits the killing and consumption of animals?  
A) Buddhists B) Hindus C) Jainism
2. According to a study published in 1993, which type of Christians are more willing to spend money on conserving the environment?  
A) Fundamentalists B) Catholics
3. For Buddhists, which of the Buddha's lessons teaches about conservation and responsibility for the future?  
A) Karma B) Magga C) Sila
4. What job did God give to humans in Genesis?
5. One way the The Alliance for Religions and Conservation has helped is by banning *what* in Tanzania?
6. True or False: The Gaia Philosophy states that humans are such a negative force on the planet that once we wipe ourselves out, the planet will heal and thrive.



Answers

1. Jainism
2. Catholics
3. Karma
4. Steward of the planet
5. Fish dynamite, also

Watch the video

"Killing One Owl to Save Another Owl?"

List the ethical perspectives which seem to be in conflict in this video and note what your opinion is. Would you do the same thing in this situation?

<https://www.youtube.com/watch?v=YGFpSgQzeds>

# Physical Education @Home

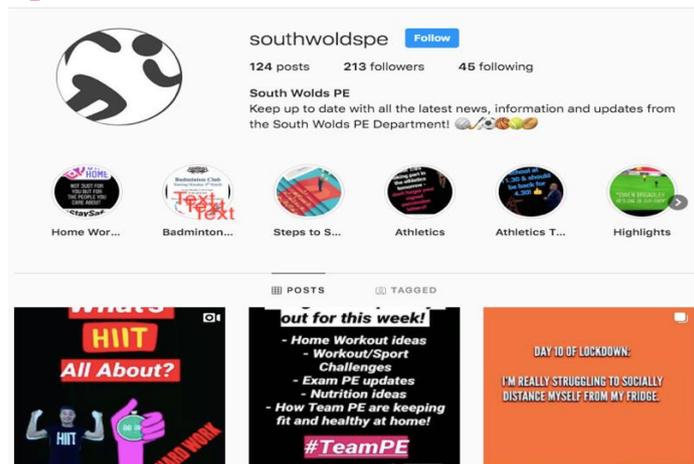


Use your reusable water bottles as hand weights

Make a waste circuit. No need to buy gym equipment! Line up objects such as:

- stacked up cereal boxes as hurdles
- fill a bucket with old wood slabs or books and use it as a dumbbell.
- You don't need a treadmill... just go outside. Make sure you follow all government advice.

Follow @southwoldspe on Instagram for some great home exercise ideas!





Some great environmental films that you could watch from the comfort of your home. All of these can be found on many websites, including Netflix.:

**Cowspiracy**

**Chasing coral**

**The game changers**

**A plastic ocean**

**Mission blue**

**The last animals**



**The sustainable theatre movement:**

It's may seem obvious, but reusing, donating, repurposing or recycling sets, props, costumes and production materials is becoming increasing popular in the theatre industry. Doing this saves money too. Constructing sets and props so that they can be dismantled and recycled properly is important

**Make an instrument out of recyclable waste. e.g. guitar out of a cereal box**  
**Now that you have your instruments try composing your own climate action song.**

**The sustainable theatre movement:**

It's may seem obvious, but reusing, donating, repurposing or recycling sets, props, costumes and production materials is becoming increasing popular in the theatre industry. Doing this saves money too. Constructing sets and props so that they can be dismantled and recycled properly is important



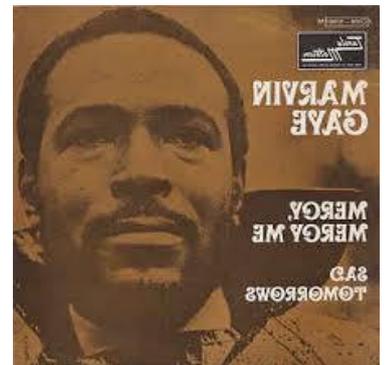
Listen to music from different eco schools nations. Look around for current artists from around the globe who are writing about global issues. Here are some great climate action songs;

**Marvin Gaye- 'Mercy Mercy Me'** has really good lyrics to read.  
**Macaco - 'Mama tierra'** which is in Spanish  
**Smash Mouth- 'All Star'** scan the lyrics to find the climate change part.

**Childish Gambino- 'Feels Like Summer'**

**Billie Eilish- 'All The Good Girls Go To Hell'** scan carefully as the lyrics are subtle.

**Neil Young- 'After the Goldrush'**



# DESIGN & TECHNOLOGY

- Upcycle your old clothes there are many YouTube videos and Pinterest posts that you can follow. For example, you can make a T-Shirt Pillowcase.



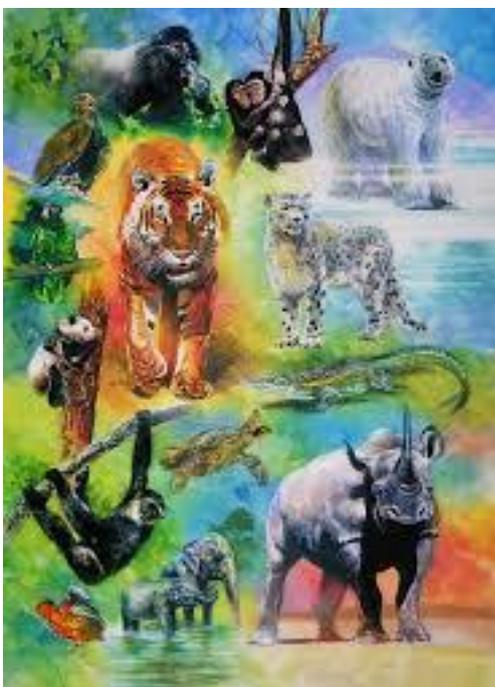
- Some of the biggest fashion brands around the world are creating fashionable and innovative clothing using recycled marine plastic. You could try drawing your own design for an outfit!
- See if you can make an entire dish made of only locally grown food. Try growing your own too. Now is a great time to try out gardening. Growing herbs is a great starting point.
- Design your own 'Fridays for future' sign.



- Research food labels and design your own version of a 'palm oil free' logo.

# ART

**DRAW OR PAINT YOUR FAVOURITE  
ENDANGERED ANIMAL IN DIFFERENT STYLES-  
ART DECO, POP ART, SURREALISM.**



**HERE ARE SOME  
EXAMPLES FOR YOU TO  
USE AS A GUIDE.  
PLEASE SHARE WITH US  
ANY OF YOUR ECO  
ARTWORK ON OUR  
INSTAGRAM ACCOUNT-  
@SOUTHWOLDSECO**

# Photography

CREATE AN ECO PINTEREST BOARD OF ALL YOUR FAVOURITE ENVIRONMENTAL PHOTOS.

THEN, TRY TAKING YOUR OWN ECO THEMED PHOTOS

## ECO FRIENDLY



11 followers



Pins More ideas



Amazon.com: animal shirt women



Plastic pollution: Images of a global problem



www.mindwanders.com



Biodegradable confetti, Biodegradable Wedding confetti, Leaf...



16 Eco-Stylish Reusable Bags, Water Bottles, Coffee Cups



# BUSINESS

SEE IF YOU CAN SUPPORT A LOCAL CHARITY THAT IS ECO-FRIENDLY, OR A SMALL, LOCAL ECO-BASED BUSINESS.

RESEARCH WHAT THEIR MAIN AIMS AND VALUES ARE.  
SOME GREAT CHARITIES ARE:

- 350.ORG
- WWF
- ENVIRONMENTAL DEFENCE FUND
- FRIENDS OF THE EARTH

## Psychology

### Eco anxiety

#### Extract from a BBC article

"Adults keep saying, we owe it to the young people to give them hope. But I don't want your hope, I don't want you to be hopeful, I want you to panic." - Greta Thunberg  
And, it seems, some people are indeed panicking, but, overwhelmed by the magnitude of the issue and mindful of their position as just one person on a planet of billions, they feel powerless. This has led to the phenomenon of 'eco-anxiety', described by Psychology Today as "a fairly recent psychological disorder afflicting an increasing number of individuals who worry about the environmental crisis".

