



Environmental activities free resources pack

Going green challenges

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Challenge tracker

Challenge	✓
Improving the look of a garden Links to: Personal Development Programmes	<input type="checkbox"/>
Helping your local environment Links to: Personal Development Programmes	<input type="checkbox"/>
Creating a going green pledge chart for your friends and family Links to: Environmental Short Course	<input type="checkbox"/>
Carrying out an environmental review of your centre or community Links to: Environmental Short Course	<input type="checkbox"/>
Finding ways to grow your own food Links to: Personal and Social Effectiveness qualifications	<input type="checkbox"/>
Making an environmental product from recycled materials Links to: Personal and Social Effectiveness qualifications	<input type="checkbox"/>
Reducing food waste in your centre Links to: Personal and Social Effectiveness qualifications	<input type="checkbox"/>
Making a positive impact on your local environment Links to: Realising Aspirations	<input type="checkbox"/>

Improving the look of a garden

Challenge description

Improve the look of a garden or area of waste ground by doing one of the following:

- tidying up or weeding
- mowing a lawn and trimming the edges
- planting seeds or plants
- making a wildlife area
- repairing or painting an item

How to approach this challenge

- Plan how you will improve your garden by measuring and drawing a plan using the garden landscaping metre-square grid.
- Follow the step-by-step instructions on how to build a home for a hedgehog.

Resource templates

- Garden landscaping metre-square grid
- Making a home for a hedgehog

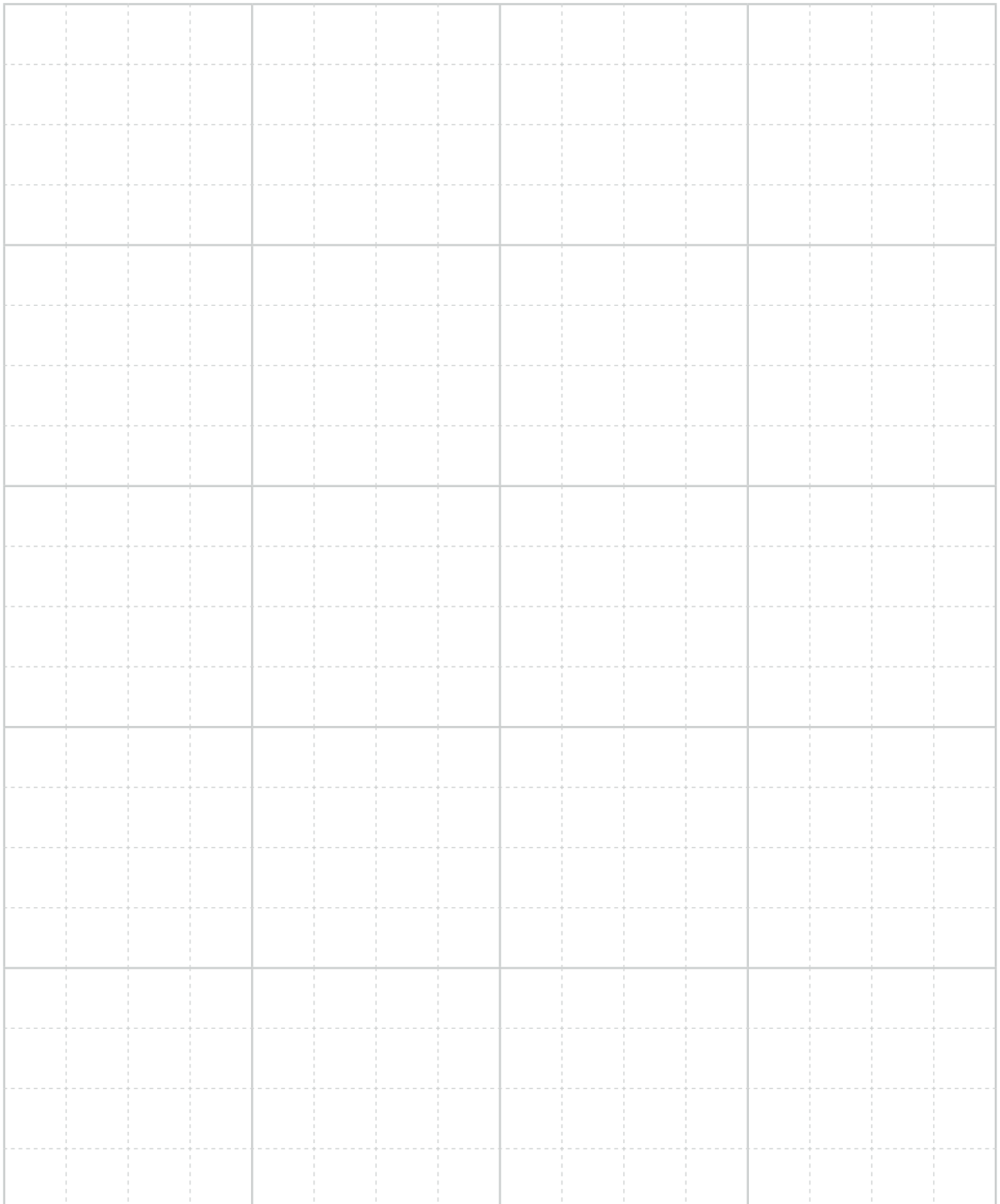
Links to challenge...

5B2: Improve the look of a garden

Personal Development Programmes

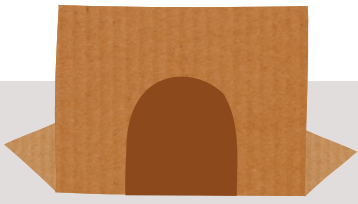
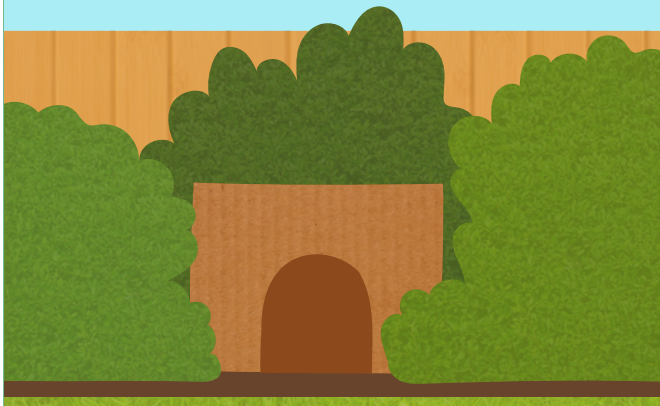
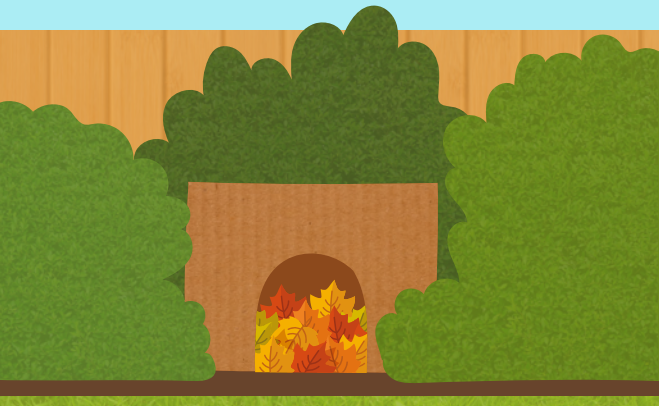
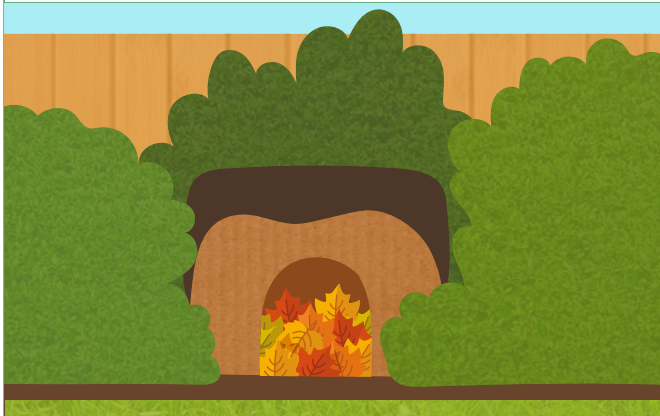

Garden landscaping metre-square grid

Name:	Date:
Challenge: Improving the look of a garden	



Making a home for a hedgehog

Name:	Date:
Challenge: Improving the look of a garden	

You will need:	1 Turn the cardboard box upside down and cut out a hole for the door
<ul style="list-style-type: none"> a quiet, fairly sheltered spot in your garden a cardboard box (Approximately 15cm square) a carrier bag or bin bag pair of scissors old newspaper, dry leaves or foliage 	
2 Find somewhere quiet and sheltered to place the house in your garden	3 Half-fill the inside with torn newspaper or dry leaves/foilage
	
4 Cover the roof of the house in the carrier bag to protect it from the rain	5 Place more foliage on top of the house to camouflage it
	

Helping your local environment

Challenge description

As a group, carry out a practical activity to help improve your local environment. For example, design and organise a corridor display of student work, or spend time with a local organisation on an environmental improvement project.

How to approach this challenge

Show how you worked as part of a group, demonstrating your team-working skills and roles and responsibilities.

Resource templates

- Working in a group: planning a group activity
- Working in a group: my role and responsibilities
- Working in a group: evaluating a group activity

Links to challenge...

5B4: Help improve your local environment

Personal Development Programmes

Working in a group: planning a group activity

Name:	Date:
Challenge: Helping your local environment	

Complete this worksheet as a group.

Members of our group:

Before the group activity

Write down a goal that you all share (this could be the activity you are doing or something that you will produce at the end) and then assign smaller tasks to each member of the group.

Shared goal	
--------------------	--

Tasks	Who will do it?

Working in a group: my role and responsibilities

Name:	Date:
Challenge: Helping your local environment	

Complete this worksheet on your own.

Before the group activity

Write down the role and responsibilities that you will have during the group activity.

My role is...	
My responsibilities are...	

After the group activity

Look at each of the skills below. How confident do you feel using these skills with others? Rate your confidence in each aspect from a scale of 1 (not at all confident) to 5 (very confident):

Group working skill	How confident do I feel?				
Communicating with others	1	2	3	4	5
Organising tasks with others	1	2	3	4	5
Cooperating with others	1	2	3	4	5
Listening to others	1	2	3	4	5
Sharing responsibility with others	1	2	3	4	5
Respecting one another	1	2	3	4	5






Working in a group: evaluating a group activity

Name:	Date:
Challenge: Helping your local environment	

Complete this worksheet as a group.

After the group activity

Use the scale below to show how everyone is feeling after the group activity. Use different coloured pens or write your initials in a square.

How we're feeling...					
----------------------	---	---	---	---	---

Compare this scale to the one you completed before the activity. Has anything changed?

--

Group-working health check

As a group, look at each of the skills below. How confident do you feel using these skills as a group? Rate your confidence in each aspect from a scale of 1 (not at all confident) to 5 (very confident):

Group working skill	How confident do we feel?				
Communicating	1	2	3	4	5
Organising tasks	1	2	3	4	5
Cooperating	1	2	3	4	5
Listening	1	2	3	4	5
Sharing responsibility	1	2	3	4	5
Respecting one another	1	2	3	4	5

Creating a going green pledge chart for your friends and family

Challenge description

Look at media coverage of ways in which people have been actively involved in affecting or improving the environment. Create a pledge chart where your friends and family can write their own personal promises (eg switching off lights, walking or cycling more, supporting endangered wildlife).

How to approach this challenge

Create a 'going green' pledge chart that you can put up in your home or centre to encourage friends and family to make their own promises.

Resource templates

- 'Going green' pledge chart

Links to challenge...

6A2: Create a pledge chart where your friends and family can write their own personal promises

Environmental Short Course

Going green pledge chart

Name:	Date:
Challenge: Creating a going green pledge chart for your friends and family	

Write your name and the going green pledge that you will keep for **one week**. This could be something like:

- walking or cycling to school or work
- turning down the heating at home
- reducing things you buy with plastic packaging

Going green pledge chart									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									
Name:		✓	M	T	W	T	F	S	S
My going green pledge is to...									

Carrying out an environmental review of your centre or community

Challenge description

As a group, carry out an environmental review of your centre or community. Include areas that are inside and areas that are outside.

Use a map or plan to show areas that require improvement. Show what is wrong and suggest what can be done to improve these areas.

How to approach this challenge

Create an environmental map of your centre or community, labelling different areas to show:

- recycling bins or recycling centres
- green spaces that support the natural environment and encourage wildlife
- bicycle-friendly roads or cycle parking spots
- sustainable features (eg solar panels, compost bins, vegetable gardens)
- areas that need to be improved

Cut out the icons provided to add them to your map or create your own.

Resource templates

- Environmental map of my centre or community

Links to challenge...

1A2: As a group carry out an environmental review of your centre or community
















Environmental Short Course

Environmental map of my centre or community

Name:

Date:

Challenge: Carrying out an environmental review of your centre or community

								
Recycling point			Bicycle-friendly area			Area of improvement		
								
Green space			Sustainable feature			Create your own		

Finding ways to grow your own food

Challenge description

It is popular for people to grow some of their own food in their home and garden. Find out how you could grow your own food. Consider:

- what plants you could grow
- what plants grow inside or outside (eg herbs, vegetables, fruit)
- any resources you would need

How to approach this challenge

Follow step-by-step instructions on how to build your own mini greenhouse using a recycled plastic bottle.

Resource templates

- Building a mini greenhouse

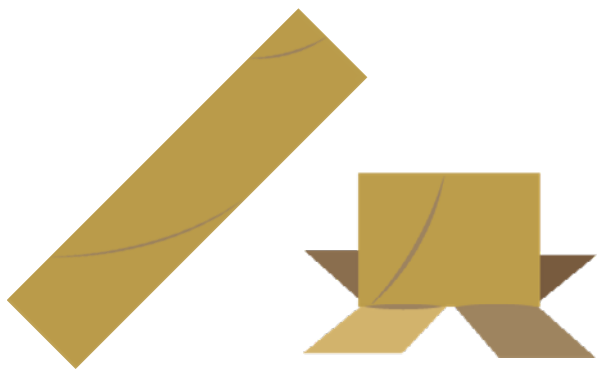
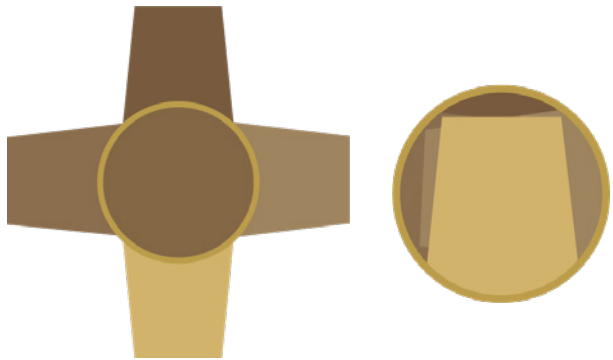

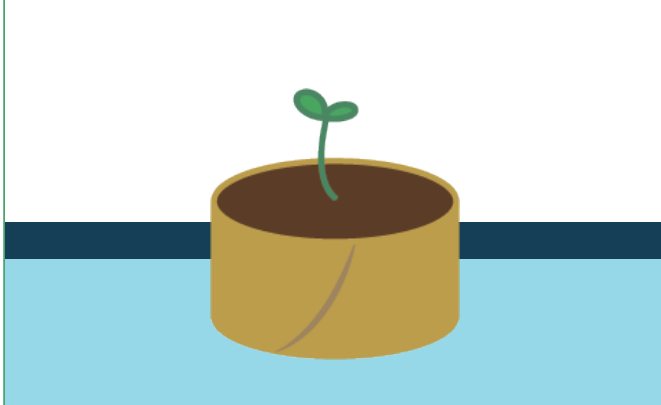
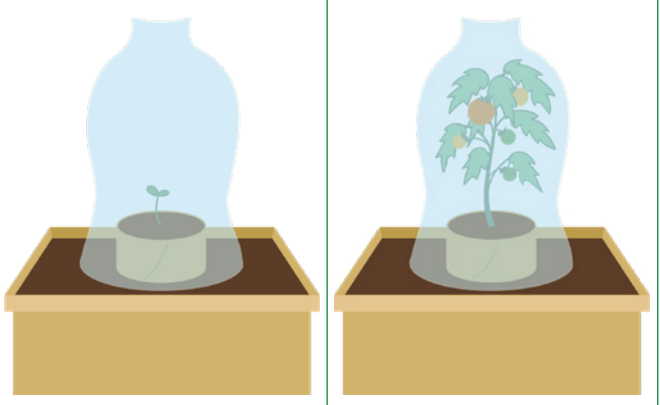
Links to challenge...

DM/HW/A8: Identify ways that you could grow your own food

Personal and Social Effectiveness qualifications

Building a mini greenhouse

Name:	Date:
Challenge: Finding ways to grow your own food	

<p>You will need:</p>	<p>1 Cut a 10cm length from the tube and make four slits half way up</p>
<ul style="list-style-type: none"> • a deep tray, pot or planter for growing plants in • left over kitchen roll tube or toilet roll tube • potting mix • a large empty pop bottle (2 litres) with the base cut off • tomato seeds 	
<p>2 Fold in the four flaps to make a base</p>	<p>3 Fill your compostible pot with potting mix and plant your tomato seeds</p>
	
<p>4 Leave the pot in a tray filled with water until shoots start to appear</p>	<p>5 Place the entire pot inside the planter and place the bottle over it to grow</p>
	

Making an environmental product from recycled materials

Challenge description

Design and make one of the following products using recycled materials to help support the natural environment in your garden:

- a birdfeeder
- a bug home
- a planter
- other

How to approach this challenge

Follow step-by-step instructions on how to make your own bird feeder.

Resource templates

- Make your own bird feeder

Links to challenge...

WW/TE/B2: Make a product using recycled materials to help support the natural environment

Personal and Social Effectiveness qualifications

Make your own bird feeder

Name:

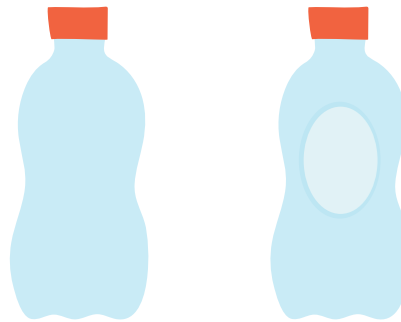
Date:

Challenge: Making an environmental product from recycled materials

You will need:

- a plastic bottle
- a pair of scissors
- some string or gardening wire
- bird seed

1 Cut out a circular hole out of one side of the bottle halfway up



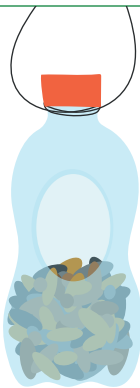
2 Pour the bird seed into the bottle filling it up to where the hole starts



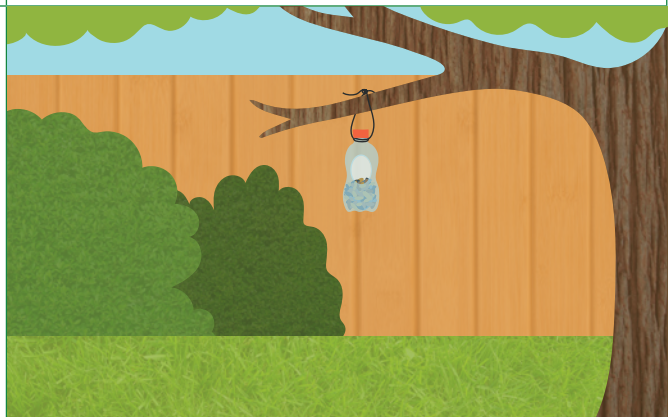
3 Find the middle of the string and wrap it twice around the top of the bottle



4 Tighten the cap over the string and make sure the ends are fairly even



5 Tie the bird feeder to a strong branch and leave for the birds to enjoy!



Reducing food waste in your centre

Challenge description

Reducing waste is an important way to reduce your negative impact on the environment. As a group, identify a way you can reduce food waste in your centre. Set up a composting station for food waste in your centre.

How to approach this challenge

- Use the food waste classroom tally chart to record the reasons that people left food on their plate.
- Follow the step-by-step instructions to set up a composting station in your centre.

Resource templates

- Food waste tally chart
- Set up a composting station in your centre

Links to challenge...

WW/TE/B1: Identify a way you can reduce waste in your centre

Personal and Social Effectiveness qualifications

Food waste tally chart

Name:

Date:

Challenge: Reducing food waste in your centre

Why did you leave food on your plate?

Make a tally mark next to the reason below or write a different reason.

Reason	Tally
I didn't like it	
There was too much of it	
I ran out of time to eat it	
I wasn't hungry yet	
I wanted to go outside	
I ate something else instead	

Set up a composting station in your centre

Name:	Date:
Challenge: Reducing food waste in your centre	

Compost is made by mixing two types of materials together - green and brown materials. Green materials are rich in **nitrogen** and brown materials are rich in **carbon**. Mixing them together in a ratio of **one part green** to **three parts brown** makes for a good, healthy compost.

Find out which category the following materials belong to.	
grass clippings	dried leaves
hay or straw	wood chippings
vegetable scraps and peels	living plant material
fruit scraps and peels	coffee grounds
egg shells	pine needles

Green material (nitrogen rich)	Brown material (carbon rich)

Set up a composting station in your centre

Name:

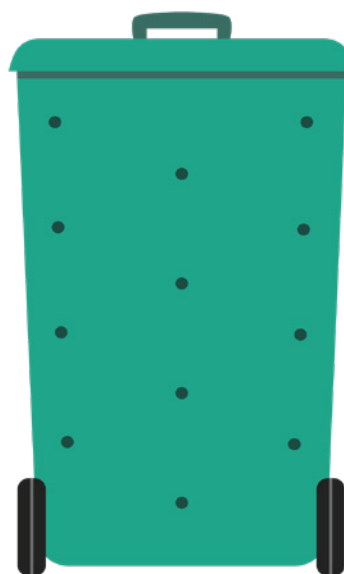
Date:

Challenge: Reducing food waste in your centre

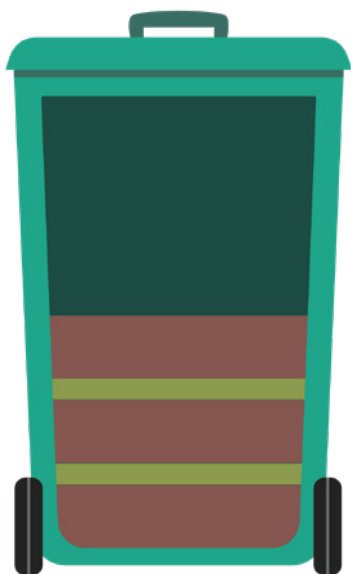
You will need:

- a large plastic bin or box
- green material
- brown material
- water

1 Make holes in the plastic bin about 1cm thick in diameter



2 Add layers of one part green material to three parts brown material



3 Regularly airate your compost with a garden fork and water if it gets dry



Making a positive impact on your local environment

Challenge description

Show how you have been an active citizen in your community and have made a positive impact on your local environment.

Completed a minimum of **three** different citizenship activities that have made a positive impact on your local environment. This could include activities:

- at school or college
- where you live
- with a charity
- as a volunteer

How to approach this challenge

Complete an active citizen record for each activity and show how it supports your local environment.

Resource templates

- Active citizen record

Links to challenge...

Section 2: My citizenship activities

Realising Aspirations

Active citizen record

Name:	Date:
Challenge: Making a positive impact on your local environment	

About the citizenship activity (what, how, when, who)

- What:
- How:
- When:
- Who:

What I did (my contribution)

What I liked best about this

How this supports my local environment

How I can continue or develop this in the future

Going green certificate



This certificate is presented to

For going green and participating in environmental activities.

Signed by (tutor signature)

Date



This certificate has been internally awarded by the operating centre



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