THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

ACTIVITY PACK

THREE, TWO, ONE...

Your taking part guide

Win fab sustainability prizes by posting photos of activities using #ClimateActionCountdown

LET'S GO ZERO 2030

Letsgozero.org

THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

Download your resources for the Climate Action Countdown from all of our brilliant coalition members and partners at letsgozero.org/resources

SECONDARY

We're excited you're joining thousands of schools and community groups across the UK taking action on climate change. These 29 days of climate challenges will help our classrooms, homes and planet become happier and healthier places to be.

PLUS YOU CAN WIN FANTASTIC PRIZES BY TAKING PART!

What we do

Let's Go Zero is the campaign uniting schools to become zero carbon by 2030. Our coalition members, made up of 16 of the biggest charities in climate action, and partners, are asking government to commit to all UK schools cutting their carbon emissions to zero. This means helping schools adapt to the impacts of climate change and creating long-term policies and funding to support schools on their journey.

The campaign connects schools with expert advice through our Climate Action Advisor programme. This gives schools free support to develop Climate Action Plans, access funding and helps schools embed sustainability using free climate action resources from a whole range of charities.

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THE CLIMATE ACTION COUNTDOWN

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HOW TO PREPARE

1. Pick the activities you'd like to take part in from the Climate Action Countdown Calendar and this Activity Pack.
2. Speak to your headteacher, department heads, parents, community leader or anyone else you would like support from for your chosen activities.
3. Put up posters (these can be downloaded and coloured in from the resources page), send out newsletters, tell the local press, and post on social media using our social media assets on the **resources page.**
4. Organise and hold an assembly to launch the Climate Action Countdown at the start of the month of action, or even before, to get students and communities excited!
5. Learn the Climate Action Countdown song with your class using all the **resources** on our website!
6. Hold your Countdown and post pictures of your activities online using #ClimateActionCountdown for your chance to win great sustainability prizes!
7. At the end of the Countdown, take part in the Great Big Climate Quiz to shout about what you have achieved, and for pupils to download their Climate Action Countdown certificate.

Remember:

We have only suggested which activities could be done on which days. If our calendar doesn't fit in with your lesson or activity plans, you can simply move the activities to another day. Many of them are so simple you could easily combine two or three into one lesson or one weekend, and you don't need to do them all to take part!

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THE CLIMATE ACTION COUNTDOWN 2024

7 JUNE - 5 JULY

LINKS ARE ADDED THROUGHOUT THE DOCUMENT CONNECTING TO ALL OUR PARTNER ORGANISATIONS SO YOU CAN CONTINUE ON YOUR CLIMATE ACTION JOURNEY

				JUNE FRIDAY 7 THE CLIMATE ACTION COUNTDOWN KICK OFF	SATURDAY 8 BECOME AN OCEAN ACTIVIST	SUNDAY 9 POSTER POWER
MONDAY 10 SING TO SAVE THE EARTH	TUESDAY 11 BANKING ON THE PLANET	WEDNESDAY 12 WHAT A WASTE	THURSDAY 13 POP UP SWAP SHOP	FRIDAY 14 THE BIG WEEKEND SWITCH OFF	SATURDAY 15 HEAVENS ABOVE STARGAZING	SUNDAY 16 BATHROOM WATER BLITZ
MONDAY 17 ACTIVE TRAVEL ADVENTURE	TUESDAY 18 THE PLANT-POWERED PICNIC	WEDNESDAY 19 BUILD A BUG HOUSE	THURSDAY 20 BECOME A CLEAN AIR SUPERHERO	FRIDAY 21 SHOW YOUR STRIPES	SATURDAY 22 GETTING SCRAPPY	SUNDAY 23 BLINDFOLD SAFARI
MONDAY 24 JUST GROW UP	TUESDAY 25 THE HIDDEN NATURE CHALLENGE	WEDNESDAY 26 EXPLORING ECO-ANXIETY	THURSDAY 27 SHARE FANTASTIC NATURE FACTS	FRIDAY 28 HOT OFF THE PRESS	SATURDAY 29 FOOD FOR THOUGHT	SUNDAY 30 PETITION TIME
JULY MONDAY 1 SCHOOLS SUSTAINABILITY BINGO	TUESDAY 2 TEMPERATURE'S RISING	WEDNESDAY 3 SPOTLIGHT ON SUSTAINABLE	THURSDAY 4 WRITE YOUR MANIFESTO	FRIDAY 5 THE GREAT BIG CLIMATE QUIZ		

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THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

WELCOME!

Are you ready for a month of amazing and fun activities to help save the planet? We thought so! Each day of the Climate Action Countdown you'll get an email with a simple action you can take at school or home to help challenge climate change. Climate action really can start with you!

And, if you post a photo or video of you taking part in any of the month's challenges you can be in with the chance of winning one of our brilliant weekly Climate Action Countdown prizes! Just use #ClimateActionCountdown on any of the Let's Go Zero social channels and tag a school or friend you think should join in!

YOUR SMALL ACTIONS CAN MAKE A HUGE DIFFERENCE!

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

FRIDAY 7 JUNE

THE CLIMATE ACTION COUNTDOWN KICK OFF!

Launch this month-long event by holding a Climate Action Countdown assembly to get your students and staff excited!

In this assembly we'll learn how one individual can have a far-reaching effect on systems and societies.

Download our fun PowerPoint presentations and Assembly Guides for secondary schools from our resources page.

• Or, you could invite one of our climate experts to come to your school to give the assembly in person. You can register your interest here and someone from the team will be in touch.

• Or what about asking your eco club to lead the assembly using our simple-to-follow script?

You can hold the assembly in the weeks leading up to the Climate Action Countdown, or on the 7th June itself.

And don't forget to set the mood at the beginning of the assembly by playing our music video about climate change with eco choir S.O.S From the Kids. You'll find this fantastic and catchy song on our resources page.

ACTIVITIES

WEEKEND CHALLENGES

Weekend activities are designed to be easy to do at home so you can set these as home learning to use with parents or carers, or use them to replace another day's activity you aren't able to do.

RIGHT! LET'S GET STARTED.

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PARTNERS

THE CLIMATE RELAY!

One of Let's Go Zero's brilliant partners, Running Out Of Time, will be delivering assemblies in schools as they run the whole length of Britain! From Ben Nevis to Big Ben covering 2,500km! The third annual Running Out of Time Climate Relay takes place between 6th June – 4th July 2024.

Their relay includes 200 stages and 80+ visits to climate and nature projects, sporting bodies and venues, schools, events and popular locations!

The relay raises awareness of climate change and celebrates the great climate and nature work taking place across Britain and the team will be taking a baton of your climate asks to Parliament! We'll keep you updated with their progress throughout the Climate Action Countdown.

If you want to get involved in the relay and run a section close to you, you can book your place at running-out-of-time.com

And if you'd like to join us in London on the 4th July to hand over the baton to Parliament, **email** abigail.ray@ashden.org

RUNNING OUT OF TIME
running-out-of-time.com

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SATURDAY 8 JUNE

BECOME AN OCEAN ACTIVIST

Did you know
The ocean covers more than 70% of the Earth's surface and contains about 97% of the planet's water?

Whether you are five minutes from the coast, or five hours, this activity gives you the tools to become an official ocean activist!

Not only is it the second day of the Climate Action Countdown, but it's also World Ocean Day! So we thought we'd take you on an underwater adventure from the safety of your home.

Use your home computer to explore our immersive ocean school and find out why, in order to thrive as people, we need an ocean teaming with life!

Share this link with your students for their ocean adventure:
digitaloceanschool.com

PLASTIC FREE SCHOOLS
SURFERS AGAINST SEWAGE
plasticfreeschools.org.uk

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THE CLIMATE ACTION COUNTDOWN
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SUNDAY 9 JUNE

POSTER POWER

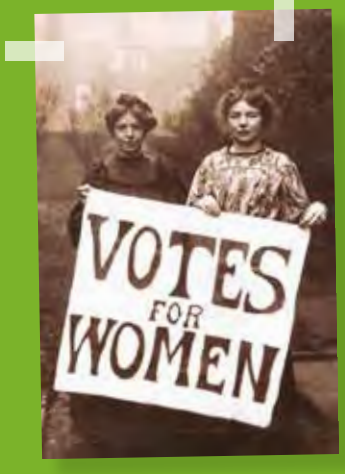
Posters are a powerful way of spreading a message and have been used throughout history to inspire people into action.

You could ask the class to find posters online, or for homework, that have caused social change.

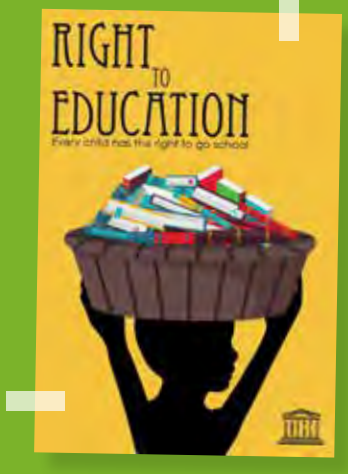
We've found one or two here, but you can search online for your own examples to share with the class.

You can print one or two out and see if students can guess what they are for. Which ones do they like? Which ones don't they?

You can then either ask children to pick and print off and colour in or collage one of our Climate Action Countdown posters from the **Climate Action Countdown resources page**, or design one of their own.



Postcard C1908 Suffragettes Annie Kenny & Christabel Pankhurst campaign for women's right to vote.



This poster was an awareness poster for UNESCO's children's rights to education campaign.

Artists Anisa Makhoul poster for the Global Climate Strikes @anisamakhoul

If they are designing their own, ask them to think about

1. Who's it for?
2. What do they want to say?
3. What do they want the audience to do as a result?

Stick it up where people will see it

Take a photo
Share your photo on socials using #ClimateActionCountdown
Tag @LetsGoZero

LET'S GO ZERO 2030

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THE CLIMATE ACTION COUNTDOWN
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MONDAY 10 JUNE

SING TO SAVE THE EARTH

Protest anthems are songs that capture the spirit of activism, addressing people and politics. These anthems have played a big role in inspiring and mobilising people towards change throughout history.

S.O.S From the Kids are a group of young people who love singing and want to protect the planet. You may have heard them when they got to the semi-final on Britain's Got Talent 2020.

They write and sing songs as environmental activism and have let us borrow one of their songs for the Climate Action Countdown.

Whether you're a music teacher, a choir leader or a parent wanting to learn the songs with your children, we'd love you to use the lyrics and sheet music in this pack and even share your performance with us on social media using #ClimateActionCountdown

You'll need to download the resources: letsgozero.org/resources/

If you don't want to learn the song, you could play your class some protest or thought provoking songs and ask some questions. We've put one or two suggestions below, but you can pick songs that are right for your class:

John Lennon – Imagine (1971)
The Wailers – Get Up, Stand Up (1973)
Joni Mitchel – Big Yellow Taxi (1970)

ACTIVITIES

What do you think the songs are about? Why do you think this was important at the time?

You could also set this activity: Think of a tune you already know, and try writing your own protest lyrics to it, and even have some children perform them.

S.O.S. FROM THE KIDS
www.sosfromthekids.com

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THE CLIMATE ACTION COUNTDOWN
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TUESDAY 11 JUNE

BANKING ON THE PLANET

Teach pupils how they can use their power as customers of the future (and children of existing customers!) to help tackle climate change.

To protect the planet, scientists are clear that we need to stop taking fossil fuels out of the earth. These are things like coal, oil and gas that we burn to release energy. But fossil fuels make a lot of money, so getting governments and companies to stop investing in fossil fuels isn't easy.

Points for discussion

As fossil fuels burn they produce gases including carbon dioxide as well as other pollutants.
These gases act like an invisible blanket around the Earth, trapping heat in the atmosphere and warming the planet. This is called the greenhouse effect and the gases that cause it such as carbon dioxide are known as greenhouse gases.

Ask students if they know what banks do?

The simplest explanation is that banks look after people's money. Banks are also businesses and people who keep their money safe in the bank are their customers. When you put your money in a bank, the bank will then lend money to someone else – a person or a business. That person or business has to pay back more money to the bank than they borrowed - this is one of the main ways banks make money.

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TUESDAY 11 JUNE

BANKING ON THE PLANET...

When you put money into a bank to keep it safe, or when you borrow money from a bank, you get a bank account. At some point, everyone in this room will get a bank account. Many people will stay with the same bank for many years after they open their first bank account (or their parents open an account for them).

So we know individuals have bank accounts - you, me, friends, family - but companies and organisations like schools also have bank accounts. These often have much more money in them so businesses and big organisations are important customers to the banks. But it's very unusual for students to get to know who their school banks with.

Banks like to lend money to businesses that they can make a lot of money from. One of these kinds of businesses is fossil fuel companies. These are the companies who dig up and then sell coal, oil and gas.

Now guide students to discuss how they feel about their parents, carers or school's money being used by fossil fuel companies.

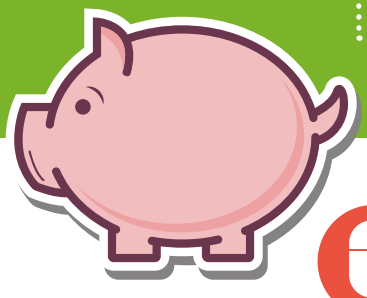
Customers can have a big influence on what banks choose to invest in. but banks will only change their behaviour if they are hearing from lots of customers or if they are worried they will lose customers (and therefore lose money!).

What does this make the children think about opening a bank account? How do they think we can change it?

What kind of businesses could banks invest money in that would be better for the planet?

Find out more
For lesson slides, visit the Action Network.

To explore this subject further, visit We Don't Have Time.



PARENTS FOR FUTURE UK
parentsforfuture.org.uk/

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

WEDNESDAY 12 JUNE

WHAT A WASTE

By recycling materials that would otherwise end up in landfills, we can make a big difference to our environmental footprint and combat climate change.

Recycling is not just a trend; it's a crucial step towards preserving our planet for future generations. **Why Recycling Matters**

Imagine all the waste we generate daily – where would it all go without recycling? Landfill sites would overflow, harming wildlife, polluting water sources, and damaging the Earth. Recycling helps reduce these bad effects by giving new life to used materials and protecting valuable resources.

DESIGN YOUR RECYCLING BIN LABEL

Today's class challenge is to design your own recycling bin label! Have students draw the Recycle Now logo below and stick it to the school's recycling bins. They can customise them to make them eyecatching

recycle

wrap.org.uk

LET'S GO ZERO 2030

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THE CLIMATE ACTION COUNTDOWN
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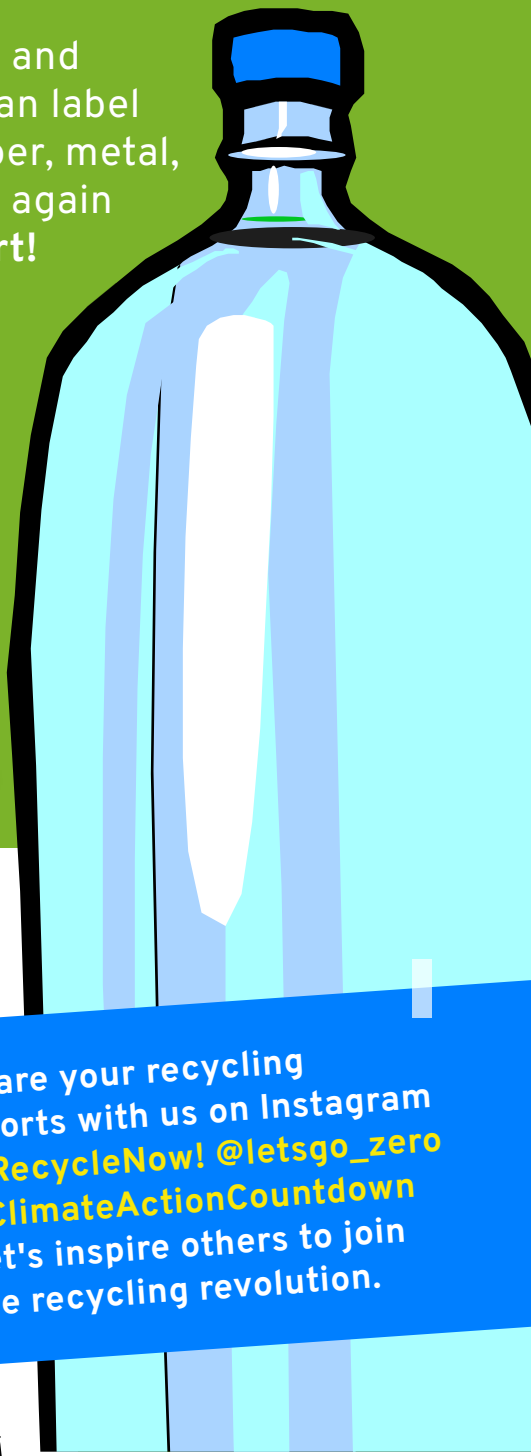
WEDNESDAY 12 JUNE

WHAT A WASTE...

Ask students how they might encourage classmates and teachers to recycle everything they can. Students can label each bin with the specific material type (plastic, paper, metal, glass) to make sure it can be separated and be used again more easily. **Let's make recycling a collective effort!**



ASK STUDENTS WHAT THINGS THEY THINK CAN'T BE RECYCLED? WRITE THEM ON THE BOARD.

Here's a list: tissues, cotton wool, plastic toys, bubble wrap, toothpaste tubes, greasy containers, and items with stickers or Sellotape cannot be recycled.

ACTIVITIES

Did you know?

- It takes just 25 recycled plastic bottles to make a new fleece hoodie or sweater.
- Around 80% of paper produced in the UK contains recycled material.
- You can recycle metal and glass endlessly without losing quality.

Share your recycling efforts with us on Instagram @RecycleNow! @letsgo_zero #ClimateActionCountdown Let's inspire others to join the recycling revolution.

recycle

wrap.org.uk

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THE CLIMATE ACTION COUNTDOWN
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THURSDAY 13 JUNE

POP UP UNIFORM SWAP SHOP

Over 1.4 million wearable school uniforms are thrown away in the UK each year. That's why it's crucial to focus on sustainable practices like buying second-hand clothing and books. By choosing pre-loved items, we can cut waste, boost the lifespan of products, and minimise the environmental footprint of industries like fashion and publishing.

DID YOU KNOW?

The fashion industry creates about 10% of global greenhouse gas emissions and is the second-largest consumer of the world's water supply?

THE GREAT BIG GREEN WEEK
greatbiggreenweek.com

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THE CLIMATE ACTION COUNTDOWN
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THURSDAY 13 JUNE

POP UP UNIFORM SWAP SHOP...

MAKE YOUR OWN

School Uniform Swap Shop!
Swap new for second-hand by organising a school uniform swap day. This not only helps families save money but also reduces textile waste. Ask students and parents to bring in items of school uniform that no longer fit, fostering a culture of reuse and sustainability.

Ask students if they or their parents use preloved clothing sites such as Depop, Etsy. EBay or Vinted?
These sites are popular with students; talking about them can be a great way to introduce the idea of a uniform exchange. Encourage parents to send in clean good condition uniform that has been outgrown and check your Lost Property pile for any un-named uniform in good condition too.

Check Freecycle or local networks for free storage to make your pop up swap shop look like a boutique that parents and pupils will want to visit. This could be clothes rails and hangers, or shelving. Try to get items with wheels so they can be brought onto the playground or school hall for events - this could be summer and Christmas fairs, parents evenings, coffee mornings or even a weekly occasion.

Ask your pupil eco team to decorate with fairy lights, design some cool posters and practice their speaking skills by helping staff the swap shop.

If you can't find storage through Freecycle, get your eco club to write letters to your local supermarkets asking for any ex-display furniture such as rails and hangers; they are usually keen to help good causes.

ACTIVITIES

Save trees and swap stories by holding a book swap in your school. Encourage students, parents, and teachers to bring in a book they've enjoyed. Then, host a lunchtime or evening event where everyone can exchange books and take home something new to dive into. Students could even write a message on the front page about why they've enjoyed the book so much to encourage others to read it.

Want to learn more?: Visit Schools - Great Big Green Week to get more swapping inspiration.

THE GREAT BIG GREEN WEEK
greatbiggreenweek.com

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THE CLIMATE ACTION COUNTDOWN

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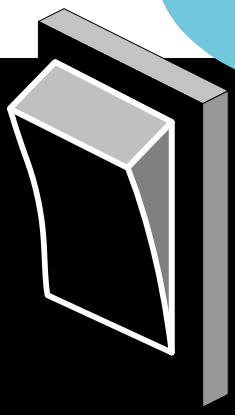
FRIDAY 14 JUNE



THE BIG WEEKEND SWITCH OFF

Even when your school is empty, there's always energy being used. Equipment like fridges, freezers, and computer servers are constantly running in the background. However, many things also get left on accidentally when the school is closed – lights, computers, printers, even the heating!

Did you know?

The average school uses about 10% of its energy during term-time weekends? That's quite a lot!

Today's Climate Action Countdown Challenge is to make sure your school switches off for the weekend! It is a great way to cut energy waste and encourage fantastic energy-efficient behaviours that benefit your school and the planet!

ACTIVITIES

DO THE WEEKEND SWITCH OFF ABOVE, THEN...

- Reflect on your weekend switch-off. Did students find any items had been left on?
- Why not ask the students to try something similar at home and see how they get on?

TOP TIPS FOR SWITCHING OFF AT THE WEEKEND

- Create a switch-off list for your school, whether it's one for the whole school or one per classroom, building, or area.
- Walk around the school as a class and identify where energy may be being wasted and what could be on your switch-off list.
- Ask pupils what they think they could help with? Could they take responsibility for turning off lights or screens they know aren't in use?
- Don't forget to involve staff, including teachers, teaching assistants, and office staff. They might need reminders to turn things off at the wall.
- Place the list somewhere visible, like by the classroom door, and decide who's responsible for switching things off.
- If the school is in use during the weekend, find out what equipment is needed and make sure everything else is switched off.

Energy Sparks
energysparks.uk

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THE CLIMATE ACTION COUNTDOWN
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2024

SATURDAY 15 JUNE

HEAVENS ABOVE! STARGAZING

This is a great activity for students to enjoy over the weekend and help them connect to nature. Email out or print out the stargazing sheet that you'll find at the end of this challenge, and set some mindfulness homework. If all your students **sign up to the Climate Action Countdown,** they'll be emailed this step by step stargazing challenge over the weekend too.

This challenge is all about the stars! Begin by watching the sun go down. You can lie down on a blanket or sit down - whatever is comfy. Watching the sunset is a magical activity, What can you hear? Birdsong? What can you see? Oranges and reds dancing in the sky?

Constellations, (which are groups of stars that look like shapes in the sky) like Orion's Belt can be seen towards the southwest. Look for three bright stars close together and then two stars to the north and south. You don't need a telescope to see these constellations!

Canis Major (it means greater dog in Latin!) is another constellation to look out for and is found down and to the left of Orion's Belt. It should be easy to spot as it includes Sirius – the brightest star in the sky!

Keep an eye out for satellites. These will also be slowly moving across the sky but not flashing. Whatever you see, don't forget how magical it is to look up to stars and the place we and wildlife call home.

HEAVENS ABOVE! STARGAZING...

PRINT THIS SHEET OUT AND GIVE IT TO STUDENTS

How to go stargazing

Read up on all the super interesting mythology and folklore surrounding the stars in our sky!

wildlife watch

You don't need a telescope to see the beauty of the night sky...

How to prepare

1. The first step is making sure to dress appropriately. It can get really cold at night so go wild with the layers!

2. Don't forget the essentials. You'll need something to lie on, like a picnic blanket, and also a compass so you know which way you're looking.

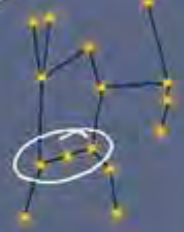
3. The non-essentials will make it an extra special evening: take a flask of hot chocolate and some snacks too. You could even take out a sketchpad, so you can draw what you see.

4. If you have a smartphone, download a stargazing app to help you pinpoint constellations. Remember to turn it, and any other lights, off when you're ready to stargaze. It takes some time for your eyes to adjust to the darkness.

What to look out for

1. Watching the sunset is a magical start to any stargazing adventure.

2. If you're really lucky you might see a shooting star – don't forget to make a wish!



3. Look for constellations. One of the classics is Orion's Belt. Look towards the southwest and try to spot three bright stars close together, and then two stars to the north and to the south.

4. Canis Major (it means greater dog in Latin) is another constellation to look out for and is found down and to the left of Orion's Belt. It should be easy to spot as it includes Sirius, the brightest star in the sky!

5. Keep an eye out for satellites. These will be slowly moving across the sky and not flashing.

Illustration: Darrenwalde © Copyright Royal Society of Wildlife Trusts 2012

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7 JUNE - 5 JULY

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The Wildlife Trusts

wildlifetrusts.org

www.wildlifewatch.org.uk

THE CLIMATE ACTION COUNTDOWN

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SUNDAY 16 JUNE

BATHROOM WATER BLITZ

You can hold this conversation in class before the weekend, or print this off as sustainable homework. You could even ask students to count up how much water they think they have saved!

Have you ever thought about how much water you use in a weekend? Think about cooking, washing up, running the dishwasher, doing laundry, bathing, flushing the toilet, and of course, drinking! The average person in the UK uses a staggering 140 litres of water EVERY day. Picture filling up a 1-litre bottle, then imagine 140 of them lined up. Do we really need to use that much?

This challenge is for students to cut the amount of water they use at home, focusing on fewer baths or shorter showers.

Check out this **'Sustainable showering playlist'** – on Spotify – compiled with suggestions from other Young Climate Warriors. Help us add to it!

YOUNG CLIMATE WARRIORS

youngclimatewarriors.org

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2024

SUNDAY 16 JUNE

BATHROOM WATER BLITZ...

When you run a bath you typically use 80 litres of water! Swapping to a shower – as long as it's not super long – can save a huge amount of water.

Ask students to think about how often they use water throughout the day, from the minute they wake up to when their head hits the pillow. Here's their challenge:

Maybe today could be different? Could you skip your bath today or share the bath water with a family member? For showers, find a favourite track from your music playlist and turn off the shower as soon as the song finishes. Did you shower in time? What's your top recommendation for a short shower song? Share it with us on socials using @youngclimatewarriors #ClimateActionCountdown

Think of other ways to save water. Do you leave the tap running while brushing your teeth? Do you use a plastic bowl to collect water during the washing up? Or leave the tap running? Do you have any dripping taps around the home? You won't believe it, but they can waste up to 95 litres in a day! And do you leave the tap running to make sure your water is ice cold before you fill a glass? That's lovely, pure, treated drinking water, going straight back down the drain!

Cutting down how much water we waste can have a big impact on the planet. Pumping, treating, delivering, and disposing of water creates carbon emissions – and that's just for cold water! Imagine the extra emissions that come from wasting hot water? Much better to save every drop we can.

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MONDAY 17 JUNE

ACTIVE TRAVEL ADVENTURE

Transport is the single biggest creator of greenhouse gas emissions in the UK (a whopping 26% of the country's total emissions). How we travel also impacts air pollution, road safety, and our physical and mental wellbeing.

Did you know?

Students who cycle, walk, or scoot to school tend to arrive more relaxed, alert, and ready to start the day than those who travel by car.

sustrans
JOIN THE MOVEMENT
sustrans.org.uk

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THE CLIMATE ACTION COUNTDOWN
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MONDAY 17 JUNE

ACTIVE TRAVEL ADVENTURE...

On your bikes!

This is the perfect day during the Climate Action Countdown to promote and encourage active travel for school journeys. Encourage as many people (that's students AND teachers, and any staff of schools grounds) to travel actively to school on this day and give students a sticker or stamp when they arrive at school actively, that can be exchanged for a reward. This could be extra break time, house points, or an active travel snack. Get children involved to suggest what these rewards could be!

Here are some top tips you can share with students and their families who would like to try traveling actively to school:

- Prepare everything the night before to avoid morning rush.
- Plan your route to find paths away from main roads or dangerous crossings.
- Apart from safety gear, no special clothing is needed; just wear what you would normally wear to school.
- Go with friends – walking, scooting, wheeling or cycling to school is a great way to see your friends and have fun on the way to school.
- If you live too far away from school to travel actively the whole way, consider driving or getting the bus for part of the way, and then walking, scooting, wheeling or cycling the rest of the way. Some schools have a dedicated place to "park and stride".

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 18 JUNE

THE PLANT-POWERED PICNIC!

ENCOURAGE STUDENTS TO BRING THEIR OWN BLANKETS ON YOUR PICNIC DAY SO THEY CAN MAKE A COMFY SPACE TO SIT

Today is National Picnic Day so what better day to enjoy lunch in the Great Outdoors! Plant-based foods like grains, veggies, and pulses offer essential nutrients and boast an incredibly low carbon footprint.

Share the recipes below at the start of the Climate Action Countdown so parents can make sure they have the ingredients bought, or can find their own recipes. Many recipes feed more than one person, so children can use this activity to introduce one another to new foods.

Don't forget to speak to school caterers so there is a meal option for everyone to join in.

DID YOU KNOW?

ANIMAL AGRICULTURE IS RESPONSIBLE FOR 1/5 OF ALL GLOBAL GREENHOUSE GAS EMISSIONS. IT'S DEFINITELY TIME TO EAT MORE PLANTS!

And if it rains? The school hall can come to the rescue for this plant-powered sharing meal – just decorate as if it were out in nature!

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 18 JUNE

THE PLANT-POWERED PICNIC!...

CORONATION CHICKPEA SANDWICH

SERVES 4-6

INGREDIENTS

- 1x 400g tin chickpeas, drained
- 1 tbsp vegetable oil
- 1 red onion, peeled and finely chopped
- 1 clove garlic, peeled and crushed
- 2 tsp mild curry powder
- 40g (¼ cup) sultanas, soaked in hot water for 10 minutes and drained
- ½ cup vegan mayonnaise
- 1 tbsp mango chutney
- Sea salt and black pepper, to taste
- 8-12 slices fresh, crusty bread
- Lettuce leaves
- Sliced red onion

METHOD

Heat the oil in a frying pan and add the chickpeas, onions and garlic with some seasoning. Gently cook for a few minutes until the onions begin to soften, before adding the sultanas and curry powder. Continue to cook, stirring, until the spices are fragrant. Leave to cool.

Once cooled, lightly mash the chickpeas so that some still remain whole. Stir in the mango chutney, mayonnaise and season to taste.

Spread the mixture liberally over the bread, adding lettuce and onion.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 18 JUNE

Do send us pictures of your plant-based playground picnics and share your own recipes with us! **#ClimateActionCountdown**

VEGAN SMOKED SALMON BAGEL

INGREDIENTS

- 100ml olive oil
- 2 tbsp caper brine
- 2 nori sheets, torn into tiny pieces
- 2 tbsp soy 1 tsp miso
- 1 tbsp rice wine vinegar
- 1 tbsp agave
- 1 tsp garlic powder
- 1 tsp smoked paprika

- 2 large carrots
- Dill and capers to serve
- Vegan cream cheese
- Bagels

METHOD

Make the marinade by putting all the ingredients into a dish and mixing well. Set aside.

Peel, top and tail the carrots, then slice long thin strips from them using a vegetable peeler.

Steam them over a pan of boiling water for 4 mins.

Immediately put them into the marinade and mix well. Cover and refrigerate overnight.

Drain the oil from them and serve on a bagel with vegan cream cheese and chopped dill and capers.

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THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

TUESDAY 18 JUNE

THE PLANT-POWERED PICNIC!...

ENOUGH TO SHARE

INDIAN-STYLE SAUSAGE ROLLS

INGREDIENTS

- 300g potatoes, boiled
- 250g silken tofu
- 50g frozen peas, cooked
- 250g cooked green lentils
- 1 tsp/5g salt
- 2 tsp/2.8g garam masala
- 2 tsp/6.2g garlic powder
- 1 tsp/2.2g turmeric
- 1 tbsp/15g lemon juice
- 1 sheet/320g puff pastry (dairy- free)
- 1 tsp/7.5g of plant-based milk (to seal the pastry)

METHOD

Preheat the oven to 190°C.

Mash the boiled potatoes whilst they are still warm with the silken tofu.

Add in the cooked peas, lentils, salt, spices and lemon juice and mix well to make sure that everything is well combined and seasoned.

Lay out the puff pastry sheet and slice it down the middle length ways so that you have two long strips. Lay half of the potato filling in a line down the middle of each strip of pastry. Use your hands to press the filling together so that the rolls are as packed full as possible. You want to make sure you use up all of the filling.

Dab a little plant-based milk along the edge of the length of one side of the pastry sheet. Then, lift the pastry over the top of the filling and seal it together down the side. Use a fork to press down on the edge to make sure it is secure. Cut each long pastry roll into 5 portions. You will end up with 10 individual rolls in total.

Lay the rolls on a lined baking tray, spacing them out evenly and then bake for 30 mins until golden and the pastry is crispy.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

WEDNESDAY 19 JUNE

BUILD A BUG HOTEL

Bugs play a HUGE role in keeping our ecosystem in balance. From pollinating flowers to decomposing organic matter, insects are the often-overlooked champions of the natural world.

Invite more into your outside space with our step-by-step guide on building a bug hotel.

Get a large plastic bottle and cut it in half with scissors

Cut out a newspaper page into four squares

Roll each newspaper square into a sausage shape and fix with Sellotape

Slide the sausage-shaped tubes into the plastic bottle, until it is stuffed with long thin paper tubes

Place the bottle on its side, outside in a shaded area and wait a few days for the bugs to arrive!

earthcubs.com

earth cubs

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

WEDNESDAY 19 JUNE

BUILD A BUG HOTEL...

TOP TIPS

EMBRACE NATIVE FLOWERS

Plant a wide range of native flowers and herbs around your bug hotel to provide a tasty feast for the hungry insects and to attract pollinators. This will also add a pop of colour and fragrance to your outside space! When choosing plants for your bug hotel garden, use native species whenever possible. Native plants are adapted to your local climate and soil conditions, and they will need less water and maintenance, which means less work for you and more bug-friendly habitat for our tiny friends!

VERTICAL LAYERING

When building your bug hotel, think tall! Layer different materials like sticks, straw, and pinecones to create a multi-story habitat that bugs can explore and inhabit. This maximises space and also provides a variety of nooks and crannies for our tiny friends to live in.

RECYCLING AND UPCYCLING

One person's rubbish is a bug's treasure! Get creative with your bug hotel materials by using recycled or upcycled items like old pallets, bricks, and tin cans. Not only does this help reduce waste, but it also adds a unique flair to your bug hotel. Remember, bugs aren't picky – they'll appreciate any hideout you can provide!

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

THURSDAY 20 JUNE

BECOME A CLEAN AIR SUPERHERO

Today is Clean Air Day and schools across the country are gearing up to make a difference to air pollution. Today is about raising awareness about the importance of clean air and how it can help protect our health and the environment.

Explain to the students that it is Clean Air Day. Ask the students what they think that means?

Question: What is air pollution?
Suggested answer: Air pollution is lots of little particles in the air (some smaller than the width of a human hair) that can cause harm to our bodies. The more particles we breathe in, the greater harm to our health. There are sources of air pollution both indoors and outdoors.

Question: Where do you think air pollution comes from?
Suggested answer: Air pollution comes from lots of different sources, like industry, farming and when we have fires at home or in the garden, but most air pollution comes from vehicles like cars, vans and lorries.

Let's do science!
If you'd like to extend this lesson, there are exciting activities including a lichen pollution indicator experiment, here.

You could even ask students which countries they think have the most air pollution and why? Or what parts of the country and why?

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

THURSDAY 20 JUNE

BECOME A CLEAN AIR SUPERHERO...

Question: How does it affect us?

Air pollution can affect your brain and mental health which can impact your ability to learn. (You may wish to use the example of a stuffy room in which the air quality is poor and how this can mean it can be hard to concentrate).

When we breathe polluted air, small pollution particles can enter through our lungs and can impact your breathing. It can also cause asthma or make it worse.

Can any of the students think of times when it has been hard to breathe? After exercise? Have they been on the London Underground in summer?

The good news is that we can fix it by doing lots of different things to make sure we can have healthier and happier lives!

Question: What kind of things can we do to help lessen air pollution?

OUTDOOR AIR POLLUTION

Walk, cycle, scoot or take public transport whenever you can instead of driving.

Discover the side streets – use quieter streets and avoid main roads.

Go electric – ask your parents to think about making their next car an electric one!

Don't idle – ask your parents to turn off their engines when the car isn't moving – you can let them know it's against the law to leave their car idling!

INDOOR AIR POLLUTION

Open windows to let the fresh air in – especially when cooking or cleaning.

Use fragrance-free milder cleaning products.

Ask parents to only burn dry, well-seasoned wood or smokeless fuel on your stove, open fire or BBQ.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

THURSDAY 20 JUNE

BECOME A CLEAN AIR SUPERHERO...

Can the students think of anymore? How about around the school? What could we do to help have cleaner air in our school and in our community? You could link in the Growing a vertical garden activity on Monday 24 June.

NOW ASK STUDENTS TO COMPLETE THIS WORD SEARCH

Can you find all the words?

Hidden inside this cloud are several words about what makes our air clean or dirty. See if you can find all 20!

AEROSOL	MOULD
AIR	NITROGEN
CARBON	OIL
CHEMICALS	OXYGEN
COAL	PARTICLES
CYCLE	POLLEN
DRIVE	POLLUTION
DUST	SMOG
ELECTRIC	SMOKE
GAS	WALK

global action plan

globalactionplan.org.uk

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

FRIDAY 21 JUNE

SHOW YOUR STRIPES

The climate stripes help us visualise how temperature has changed in the past 100 or so years. Your students can make their own human climate stripes! It will help them understand how much temperature has changed over the past 120 years.

In the original climate stripes, each stripe represents the average temperature for a year and shows the temperature warming as the colours turn from blue to red.

These stripes show the average temperature for the UK for seven, 20-year blocks beginning in 1883. Our simplified stripes show the average temperature globally for 17, ten-year blocks beginning in 1854. The two stripes at the right of the diagram shows the average temperature for 2003-2023, the time-period in which most of your pupils were born.

Create a climate stripes mural!

Collaborate between classes and subjects to create a large-scale mural of the warming stripes. Students can work together to paint, draw or collage the stripes on a prominent wall or display board within the school. Go a step further by collecting disposable waste (such as plastic bottles and bags) and paint these to match the stripes, or add words that pupils associate with climate action. This not only reinforces the concept of climate change, but also provides a visually striking piece of artwork for the school community.

Artist: Jae Johnson & Climate Justice Interns

You can share online, tagging @UniofReading @LetsGoZero, #ClimateActionCountdown and #showyourstripes.

Find out more

You can also download stripes for countries and cities around the world at showyourstripes.info.

University of Reading

showyourstripes.info

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SATURDAY 22 JUNE

GETTING SCRAPPY

Ever wondered what beetroot, carrots, and celery have in common? They can all be grown indoors, for free, from pips that would otherwise end up in the bin! This is a great experiment for students to try at home over the weekend, or you could ask them to collect scraps and then bring them in so you could do this as a lesson.

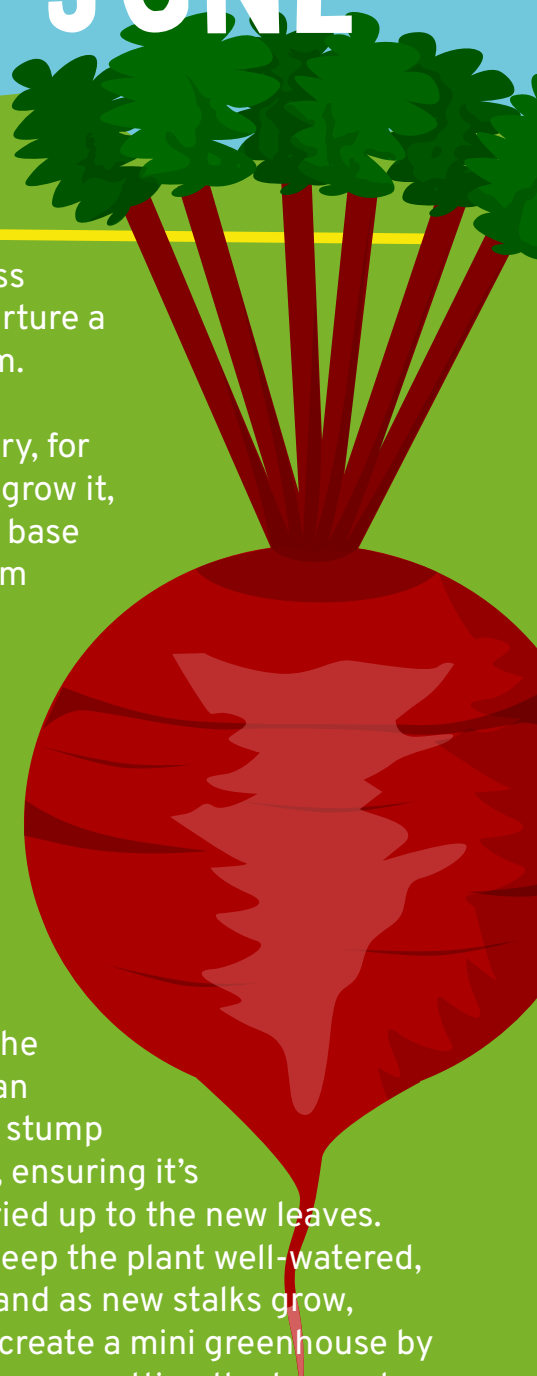
Did you know?

A staggering 45% of root crops, fruits, and vegetables produced globally are lost or wasted every year? This wastage significantly adds to our carbon footprint, as food production demands vast resources like land, energy, and water.

But fear not, because there are simple steps we can take at home to combat food waste. It can be as easy as saving your carrot tops after making a salad. Many fruit and vegetable scraps that typically end up as waste can actually continue growing.

Your Saturday Challenge is to grow new plants from leftover scraps! It is not only rewarding but also budget-friendly and suitable for indoor spaces. It's an ideal project for children and young people, teaching them the valuable lesson that leftovers can be repurposed, while allowing them to witness growth and nurture a living organism.

Let's take celery, for example. To regrow it, simply cut the base about 5cm from the stalks and place it in a deep saucer or jam jar of water. After a few days, leaves will sprout from the top, and roots will emerge from the bottom. You can then plant the stump in a pot of soil, ensuring it's buried up to the new leaves. Keep the plant well-watered, and as new stalks grow, create a mini greenhouse by cutting the top and bottom off a 2-litre drink bottle and placing it around the plant.



RHS CAMPAIGN FOR SCHOOL GARDENING
schoolgardening.rhs.org.uk

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SATURDAY 22 JUNE

GETTING SCRAPPY...

TOP TIPS:

- In the classroom, link this activity to your science objectives.
- Carrot tops are easy to grow; simply place them in a saucer of water and watch the fern-like foliage appear.
- Experiment with different vegetables, such as parsnips, beetroot tops, or the bottoms of celery and leeks.
- Don't discard scraps from peppers, squash, pumpkins, apples, or lemons; save the seeds, dry them, and sow them in pots or trays come springtime.

With a little time and patience, there are plenty of fruit and vegetables that you can re-grow again and again. These actions may be small but the more people that get on board and spread the word, the more we can contribute to reducing food waste.

RHS CAMPAIGN FOR SCHOOL GARDENING
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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SUNDAY 23 JUNE

BLINDFOLD SAFARI

You will need:

· A sensible adult or companion (no really… they need to be very, very sensible)
· Maybe another friend to write your words down
· A blindfold
· Pen and paper and a clipboard or something to lean on
· A safe outdoor space

Instructions

Give the pen and paper to a trusted companion.

Put your blindfold on and make sure you can't see – no peeping!

Your companion should carefully guide you around the space, safely encouraging you to feel different objects, different textures and maybe temperatures.

Reach up high and bend down low.

Pick a word to describe each different thing you feel and ask your companion to write it down.

Don't think too carefully, say the first words that come into your head, there are no wrong answers.

You should end up with a brilliant list, inspired by nature and unique to you.

Please note… this is important!

You all need to be sensible. Stay in the space you been told to explore. You are responsible for each other's safety.

Walking through familiar spaces while blindfolded may seem disorienting at first, but it offers a unique perspective. Without sight, we're compelled to engage with our surroundings using touch, smell, and sound. This not only invites us to see the world in a new light but also encourages us to appreciate its intricacies.

The words collected during the challenge can be used in various ways: from sending a postcard to the future, to conducting audits before making major changes, or even sparking imaginative stories about familiar playgrounds transformed by nocturnal creatures.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

MONDAY 24 JUNE

JUST GROW UP!

To help biodiversity in your area, you can create a vertical garden! It is an eco-friendly, space-saving, and beautiful way to bring plants into any environment, offering lots benefits for people and the planet.

Creating green spaces for plants to thrive is wonderful, but it can be challenging when space is limited, especially in urban environments or concreted areas. That's where vertical gardens come in handy! Vertical gardens have a small footprint, making them perfect for maximising space in small areas. Whether it's a wall or a fence, all you need is a vertical surface to attach your garden and start growing.

And all you'll need to do is repurpose old plastic drink bottles into plant containers. Not only does this reduce waste, but it also teaches valuable lessons about sustainability and resourcefulness.

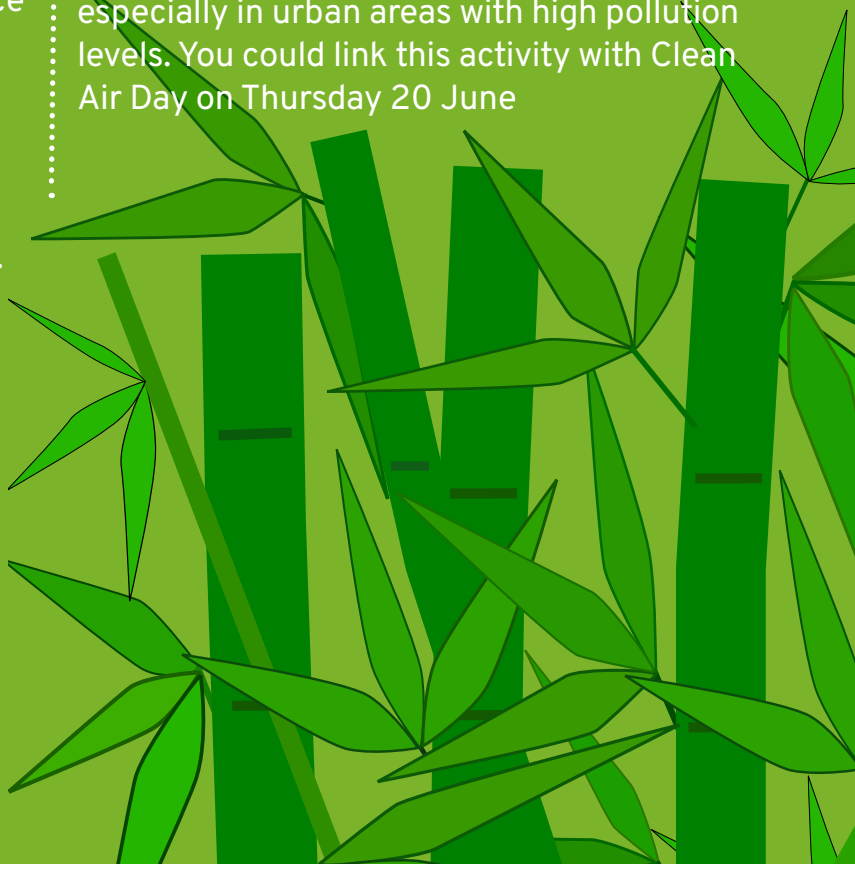
You could explain what you're going to do with the students and ask them why they think creating a vertical garden would be a good idea?

Suggested answers

• Space saving: Vertical gardens are ideal for urban dwellers with limited outdoor space or schools with minimal growing areas.

• Aesthetic appeal: They add a touch of greenery and beauty to any environment, whether indoors or outdoors.

• Improved air quality: Plants naturally purify the air by absorbing pollutants and releasing oxygen, making vertical gardens beneficial, especially in urban areas with high pollution levels. You could link this activity with Clean Air Day on Thursday 20 June



THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

MONDAY 24 JUNE

JUST GROW UP!...

• Increased biodiversity: Vertical gardens support various plant species, attracting insects and promoting biodiversity even in urban settings.

• Stress reduction and wellbeing: Being around plants reduces stress, boosts mood, and enhances overall well-being, making vertical gardens a valuable addition to any space.

• Sustainable food production: Vertical gardens can grow herbs and even fruits, promoting local and sustainable food sources while teaching the importance of reducing food transportation's environmental impact.

Instructions

Simply cut a rectangular hole in the side of a bottle (adult supervision or assistance may be required) to create your growing area.

Use scissors to poke holes in the side of the bottle directly beneath your growing area – these are for drainage so your plants don't get overwatered!

Then fill with potting compost and plants. You can even construct self-irrigating gardens by placing your bottles directly above each other.

Then the water you pour into the top bottle drains down into the bottles beneath it.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 25 JUNE

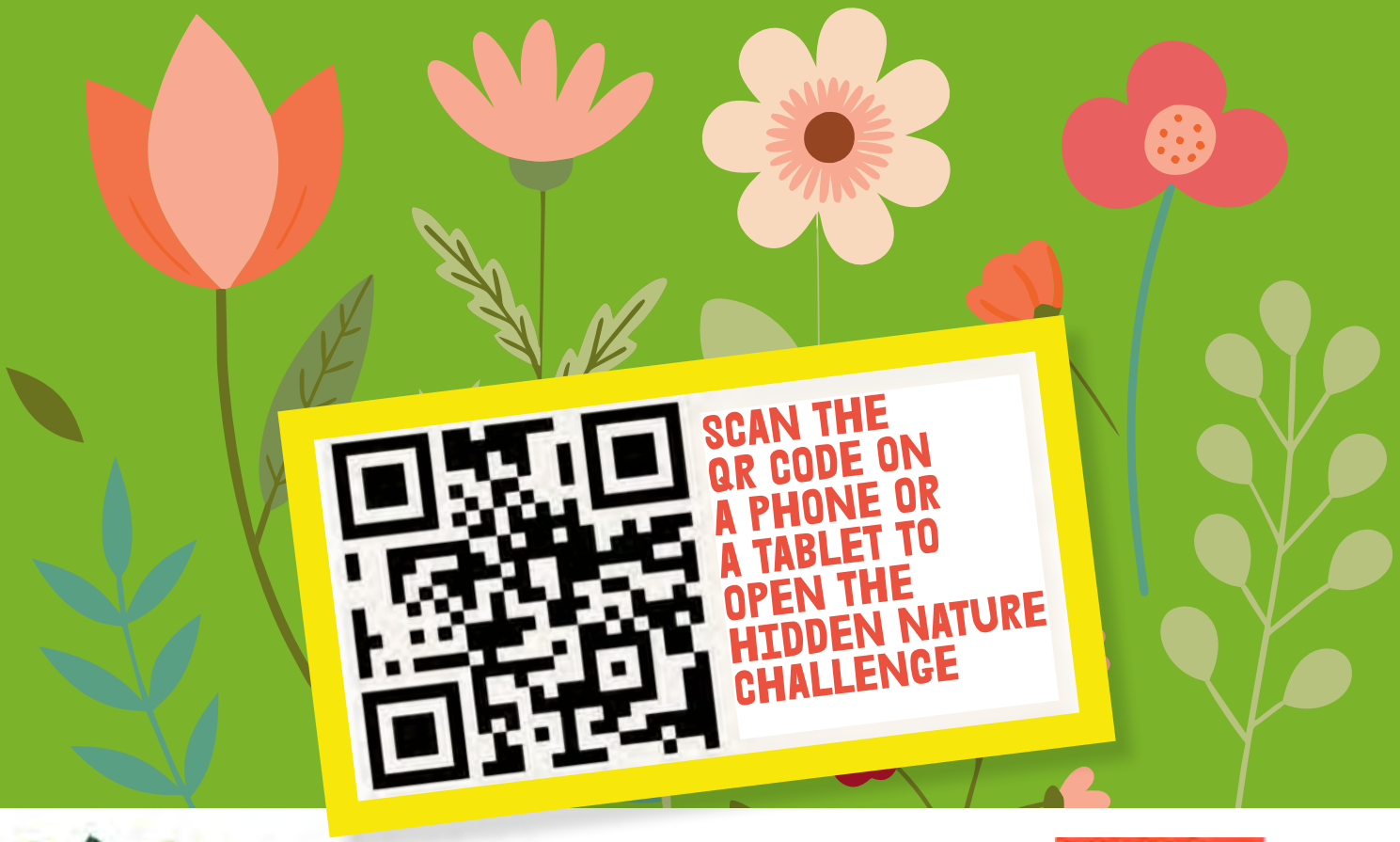
THE HIDDEN NATURE CHALLENGE

When we look closely, we can realise that nature really is all around us, even if sometimes it's a little bit hidden!

For today's Climate Action Countdown Challenge we're encouraging you to take your class outside and discover hidden nature on your site, in this 20-minutes-or-less activity.

You'll need a smartphone or tablet (although you can take photographs and then upload them on a computer after exploring your site).

You'll upload your findings and see them on a national map alongside discoveries young people across the country have made!



National Education Nature Park and Climate Action Awards
educationnaturepark.org.uk

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 25 JUNE

THE HIDDEN NATURE CHALLENGE

INSTRUCTIONS

Get outside and find one (or more) of the following:

The smallest sign of nature

A repeated pattern

A nature free zone

A plant in an unexpected place

Something new to you

Take a photograph to record the finding, and reflect on what it means to you using the prompt questions.

Add it to our online map and see how your finding compares to others!

REFLECTION

Come back together as a group to explore the Hidden Nature map. Students can be guided to think about the following questions:

What conclusions can you draw from the information on your map?

Did you find more or fewer things than you expected?

What types of things did you find most of?

If you found any nature free zones, is there anything you would want to change about this area?

Explore the map for the rest of the country, what patterns do you notice?

What is the most interesting thing that someone else found?

Have other schools found similar or different things to you? Why do you think that is?

Are the things that people found different in different parts of the country?

What impact do you think all the schools, colleges and nurseries can make for nature?

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

WEDNESDAY 26 JUNE

EXPLORING ECO-ANXIETY

The health of our planet impacts the health of our bodies and minds in ways so deeply connected to our everyday life that we don't even recognise it. It's at the core of what we drink, eat, breathe and, how we move around. A healthy environment is essential for people to be healthy too.

Did you know?

One in three young people in Britain are scared (33%), sad (34%) or pessimistic (34%) about climate change, with 28% feeling "overwhelmed".

Eco-anxiety is a reasonable response to a real problem. With all of the negative stories that we hear, it's easy for our minds to go to the worst outcome. Sometimes, worry can stop us from seeing the big picture, applying some balanced thinking and taking steps to care for our mental health.

If we look after ourselves, we're in a stronger position to look after our planet. We're all in this together and it isn't too late to turn the tide of climate change!

Today's challenge is to use this activity pack, produced by Eco-Schools, in collaboration with the Bupa Foundation, to help pupils to hold a drop-in discussion session, exploring their fears around climate change.

Download, print, and get to know the **'Anxious to Active'** conversation cards here. This simple tool will help young people understand and talk about their eco-anxiety. The first page explains how to use the cards.

Setting up your session:

Cut out the 'Anxious to Active' conversation cards so they can be slotted together like jigsaw pieces during your discussion.

Place them into piles on the table. If you have a large group, you may need to print additional sets.

Once everyone has arrived, ask a volunteer to introduce the session. Let everyone know that this is a safe space to talk about their worries and support one another.

Think about providing drinks and snacks to help people relax.

TALK!

Use the 'Anxious to Active' conversation cards to guide your conversations.

Bupa Foundation

Eco-Schools

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

THURSDAY 27 JUNE

SHARE FANTASTIC NATURE FACTS

Do you know the age of the oldest tree in the world? What percentage of rainfall do you think a tree prevents from ever hitting the ground? Not sure? Well don't worry – we can help you share fantastic nature facts to amaze, astonish and grow a love of nature!

Trees make us feel better. Walking amongst trees can make us feel calmer and happier. But learning nature facts doesn't just make us feel more connected to the natural world by improving our understanding of it. Sharing our expertise and interests with those around us can also help us connect with each other – a double win!

So, what kind of ash-tonishing nature facts can you share? How about how trees help tackle climate change and help our wildlife? For instance, did you know that a tree in a city can cool the air around it by up to 12 degrees Celsius? Trees can also help to reduce flooding, as up to 30% of the rain that falls onto a tree will evaporate back into the atmosphere without ever hitting the ground.

Whatever kind of nature-based information you want to share, you can find plenty of motivating marvels online, or you can take a look at our fact bank.

We don't expect you to just stand up in the middle of a room and start reciting tree-mendous nature facts – although don't let us stop you if the mood takes you. Below are some tips of different ways that you can share your new natural knowledge with others.

the tree council
treecouncil.org.uk

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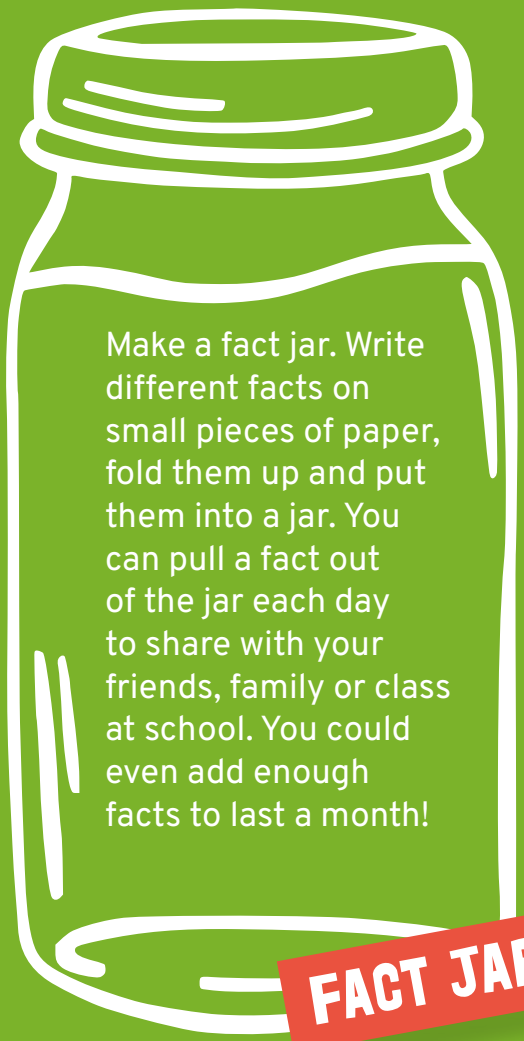
THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

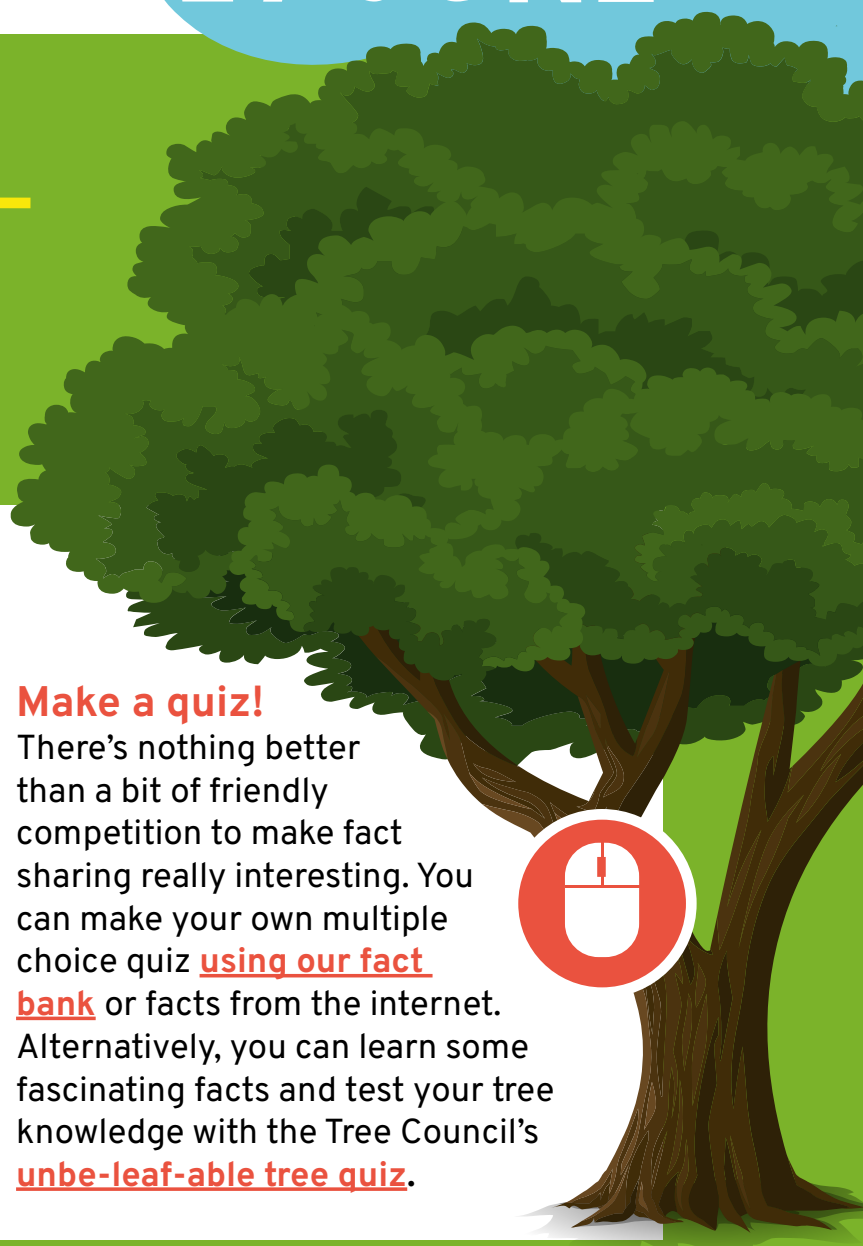
THURSDAY 27 JUNE

SHARE FANTASTIC NATURE FACTS...



Make a fact jar. Write different facts on small pieces of paper, fold them up and put them into a jar. You can pull a fact out of the jar each day to share with your friends, family or class at school. You could even add enough facts to last a month!

FACT JAR



Make a quiz!

There's nothing better than a bit of friendly competition to make fact sharing really interesting. You can make your own multiple choice quiz using our fact bank or facts from the internet. Alternatively, you can learn some fascinating facts and test your tree knowledge with the Tree Council's unbe-leaf-able tree quiz.

GET CREATIVE AND COMPOSE A SONG OR POEM BASED ON YOUR TREE FACTS. SHARE YOUR NEW KNOWLEDGE IN A CREATIVE WAY TO CATCH PEOPLE'S ATTENTION. YOUR PASSION AND ENERGY IS LIKELY TO INSPIRE OTHERS!

the tree council

treecouncil.org.uk

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

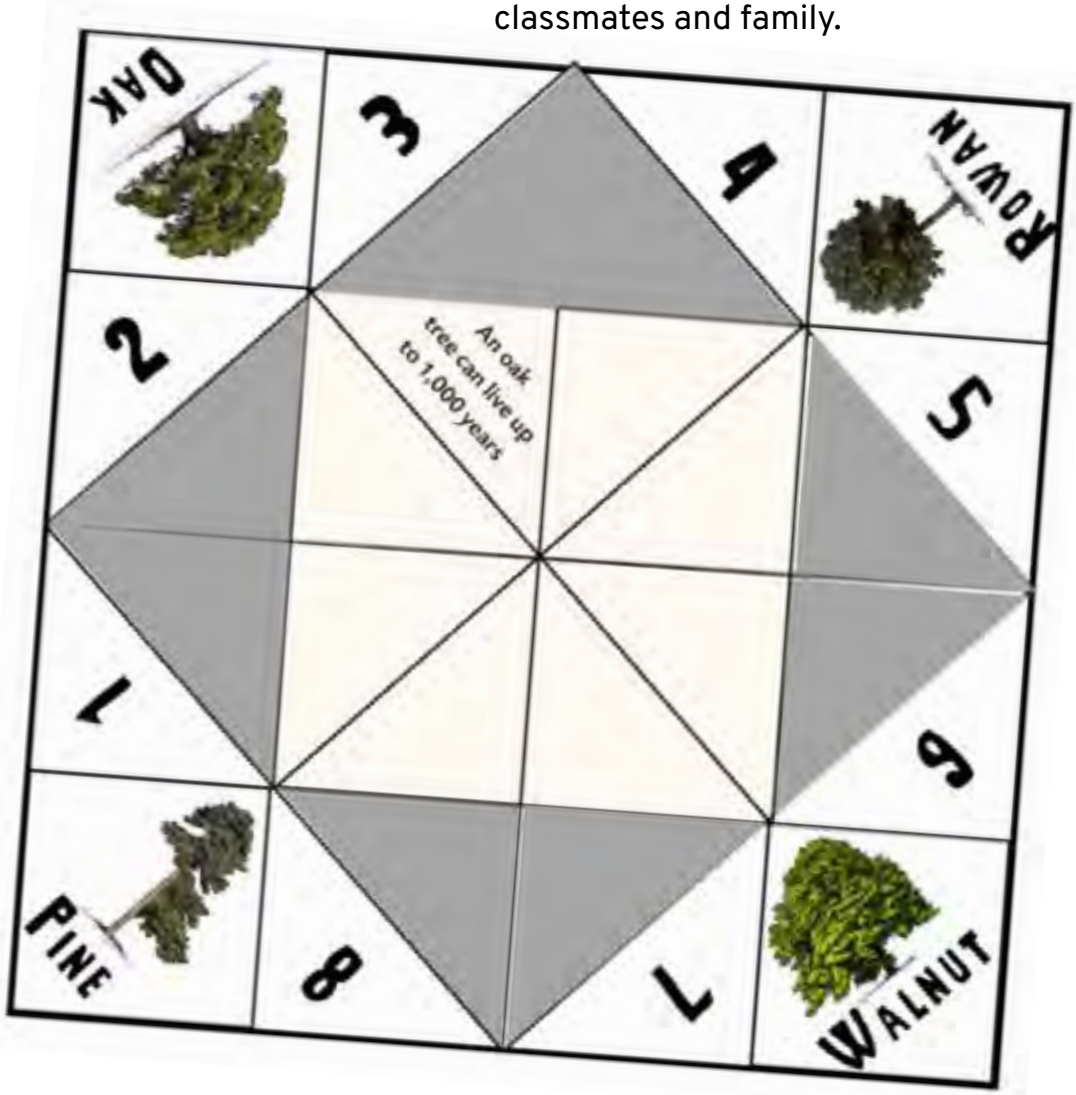
THURSDAY 27 JUNE

SHARE FANTASTIC NATURE FACTS...

Make a chatterbox – use the template below to make your own origami chatterbox and fill it with tree and nature facts. This is a fun way to share fascinating facts!

INSTRUCTIONS

Cut out and fold the chatterbox
Fill out the blank triangles with more interesting tree and nature facts.
Use the chatterbox with your classmates and family.



the tree council
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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY
2024

FRIDAY 28 JUNE

HOT OFF THE PRESS

You need to share exciting and impactful work that is happening in schools to tackle climate change. This will inspire others to take action and feel positive about the future.

Energy switch-off days, meat-free menus, walk to school weeks, uniform swaps, and solar panels. Classes and eco-teams in schools are working up and down the country to reduce their carbon footprint and move towards a zero carbon future.

An important step in this journey is to raise awareness of what is happening in the school community and beyond. Positive action for our planet spreads when young people have the opportunity to broadcast their hard work.

INSRUCTIONS

Tell the world what your students and school have been doing to take climate action.

Message sharing opportunities include:

- Videos to share with pupils and parents/carers
- Presentations to parents/carers
- School newsletters or make a class magazine
- Posters or classroom displays
- Presentation in assembly. They could even invite a reporter from the local press to attend
- Students could use the template press release in our resources pack to get quotes and send a story to the local newspaper about the school taking part in the Climate Action Countdown!

Pupils can work together to choose one of these actions and explain the impact of their projects. Each action has advantages and disadvantages. Get the students to think about which way they think would work best in your school and why? You will need to check you have the appropriate permissions in place if photos or videos featuring other students are being used.

Encourage students to keep their messaging short and to the point, use bold and bright colours, add photos of their action, and focus on facts and quotes on the positive impact their project has had.

Find out more

You can download the Hot Off the Press class presentation slides here. Here's a link to the Hot off the Press class activity online.

GREEN SCHOOLS PROJECT

greenschoolsproject.org.uk/zero-carbon-schools

LET'S GO ZERO 2030

Letsgozero.org

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SATURDAY 29 JUNE

FOOD FOR THOUGHT

Have you ever stopped to think about where your food comes from and who grows it?
Ask the students to imagine this: many cocoa farmers, the very ones responsible for growing the cocoa that gives us our beloved chocolate, have never actually tasted chocolate themselves. Isn't that mind-boggling? It's just one of the fascinating facts that highlight the differences between the people who produce our food and the people who eat it.

Ask children if they have ever heard of Fairtrade? Do they know what it is? Do they know why it is important?

Suggested answer
Fairtrade is a powerful way to support millions of farmers and workers worldwide who struggle to earn a living from selling their crops. When you spot the FAIRTRADE Mark on a product, you're ensuring that farmers receive a fair price for their produce, along with a little something extra called the Fairtrade Premium. This is extra money given to farmers in developing countries that allows them to invest in community projects, education, and improving their livelihoods.

Try these Fairtrade activities with the class

· WATCH! This film that explores how Fairtrade farmers in Colombia are investing in environmental projects to help tackle the consequences of climate change.

This secondary school lesson will help students learn about the climate crisis and its immediate threat to the livelihoods of farmers and workers across the world. Using the 'problem cocoa tree', students will use analytical skills to identify the causes, effects and solutions to the challenges that farmers face.

Find out more

Click here for more Fairtrade school resources

FAIRTRADE
fairtrade.org.uk

LET'S GO ZERO 2030
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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

SATURDAY 29 JUNE

FOOD FOR THOUGHT...

DRAW A VERSION OF THIS DIAGRAM ON THE BOARD.

Ask the students why might it be difficult for farmers in these areas? What does this mean for the foods and drinks we get from here? What other foods come from these vulnerable areas? What else, other than food, could be affected by the changing climate?

Use this Fairtrade map

Scan the QR codes to find out where the food students love comes from. Students can do this in groups, or you can lead them through this exercise as a class.

Every small action, like choosing Fairtrade bananas or coffee, adds up to significant changes that make our world fairer for everyone. Join the millions of people around the globe who are part of the Fairtrade movement, and let's create a more equitable and sustainable future together!

See if you can spot the Fairtrade logo on products next time you go shopping. See if your parents are happy to make a fairtrade swap?

FAIRTRADE
fairtrade.org.uk

LET'S GO ZERO 2030
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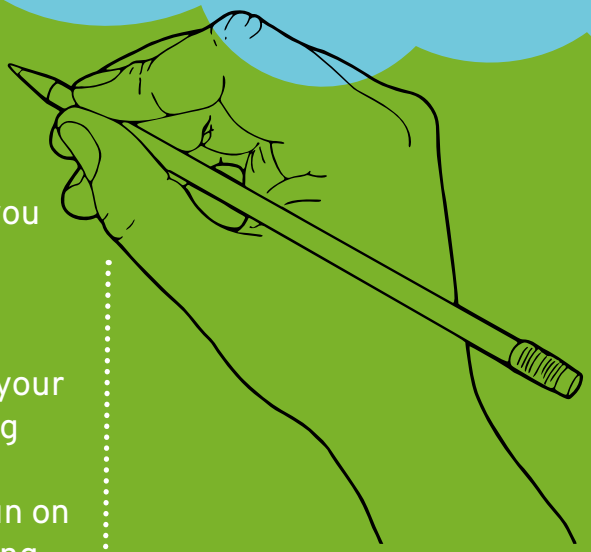
THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY
2024

SUNDAY 30 JUNE

PETITION TIME



Petitions are everywhere!

They are one of the most effective ways of getting your voice heard over an issue you care about.

Have you ever signed a petition? What was it about?

Did you get anything changed?

Anyone who lives, works or studies in the UK can organise or sign a petition. This includes anyone under the age of 18 and you will find lots of petitions currently looking for signatures at: petition.parliament.uk/

To start your own petition all you need is paper and pen and by signing their names under what you are asking for in your petition, people are showing that they agree with what you are asking for.

Think of the changes you'd like to ask for in your school, such as banning single-use plastics, or asking the school to run on renewable fuel, or having recycling bins in every classroom, or having a spot for nature in the playground.

Ask yourself
· Is this possible for my school to do?
· Will other people want to sign it?
· Is this petition respectful and tolerant of others?

You need to write what exactly you want to be changed

Why you want it changed

Some kind of scientific proof to back up your idea

Then create a signing section by stapling anywhere between 1 and 10 sheets of paper onto the back of your petition.

Can you get the teachers to sign? This might make the headteacher take it more seriously.

Then you'll need to turn in your petition. Give it to the front office. They will read over it and give it to whoever is responsible. Who knows, if your petition is well thought out and asks for something to be changed for a good reason, it might even make it to the school board!

WATER
FOOD
NATURE
WASTE

GOOD LUCK!

CURRICULUM
PROCUREMENT

LET'S GO ZERO 2030
Letsgozero.org

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

MONDAY 1 JULY

SCHOOLS SUSTAINABILITY BINGO

How green is your school? Today, we're diving into how you can make a big impact on the environment right where you spend a big chunk of your time – your school, college, or nursery.

Being environmentally friendly isn't just good for the planet; it's good for your school's wallet too. Insulated buildings and solar panels not only reduce carbon emissions but also save money on energy bills. And ditching single-use packaging in favour of reusable containers? That's a win-win for the environment and your pocket!

Imagine this: every day, you step into your school. But have you ever stopped to think about its environmental footprint? That's where the Schools Sustainability Bingo comes in! It's not just any bingo game; it's a fun and interactive way to assess how environmentally friendly your educational institution is.

Grab Teach the Future's environmental bingo card. You could either print these off (next page), or draw one on the board and get students to decorate or create one themselves.

Put students into groups of around four. They could either explore your school grounds or sit in a classroom and discuss each action on the bingo card. Once they've completed it, brainstorm additional actions your school could take to further reduce its carbon footprint. Get creative and think outside the box!

Once you've completed your bingo card, it's time to share your achievements with the world! Snap a picture of your completed card and post it on social media using the hashtag #TeachTheFuture #ClimateActionCountdown @LetsGoZero. Let your school, college, or university see how you're leading the charge for a greener future!

If you have more time you could start exploring your school grounds. Look for signs of eco-friendliness, from insulated buildings to the presence of solar panels. It's like a treasure hunt for sustainability!

This isn't just about ticking off boxes; it's about making a real difference. If you notice something missing, like reusable options in the canteen or a lack of education about the climate crisis, don't worry. This is your chance to be a climate hero!

At the end of the lesson, day or week, depending on how much time you'd like to give this activity, get students to report back with their findings and suggestions for positive changes.

Who knows, your input could spark a green revolution at your school!

TEACH THE FUTURE
www.teachthefuture.uk

Find out more
Students can join the campaign to change the way climate change is taught in schools here.

LET'S GO ZERO 2030
Letsgozero.org

THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

MONDAY 1 JULY

SCHOOLS SUSTAINABILITY BINGO

ENVIRONMENTAL EDUCATION BINGO

DOES YOUR SCHOOL/COLLEGE/UNIVERSITY HAVE...

...water bottle refilling stations	...a communal allotment	...solar panels and/or wind turbines	...paper recycling bins in classrooms
...a pen recycling bin	...a student-led climate and sustainability group	...canteen meals served using reusable dishes	...regular clothes swaps
...teachers who have participated in Teach The Teacher	...their branded merch made from hemp or linen	...a cafe that runs meat-free days	...a class or qualification for climate literacy/ sustainability/ etc.
...canteen meals served using compostable dishes and cutlery	...single-use plastics banned on campus	...classrooms lit by natural light and LEDs	...a green roof or wall

TEACH THE FUTURE

www.teachthefuture.uk

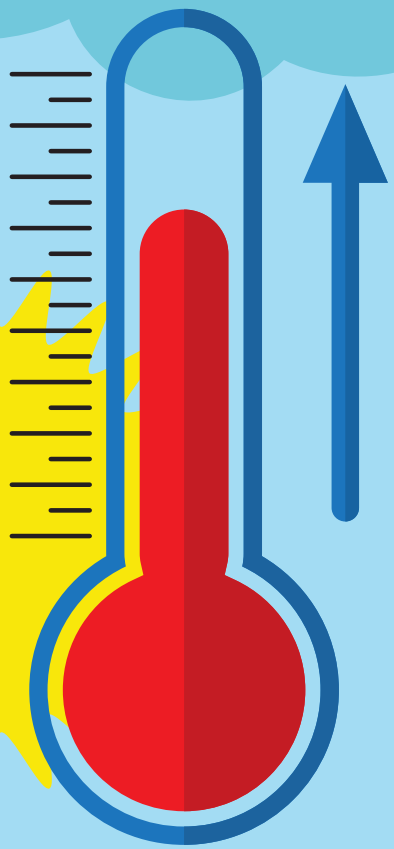
LET'S GO ZERO 2030

Letsgozero.org

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 2 JULY

TEMPERATURE'S RISING



Your school grounds are likely to become very hot at times over the summer term. But do you know how hot they are really getting?

Because of climate change we are seeing hotter temperatures. If we want to do something to help keep our pupils and staff cool we need to know which spaces and places are getting the hottest and why.

How hot your grounds get depends on a number of factors: Where you are in the country; if you are in a city, in the countryside or by the sea; the materials that make up your grounds and buildings; the colour of those materials and the direction features face; whether the sun is shining, there is a cooling breeze across your site or if there are areas of shade to cool spaces down. And remember, the heat OUTSIDE your building affects the heat INSIDE too.

We're going to find the hot spots in your school!
This activity will help your super scientists spot the temperature differences between natural and man-made surfaces and show why natural, cooling spaces are so important in adapting to climate change. Measuring how hot it is at the surface and 1m above the ground is an activity all your pupils can take part in.

Using digital thermometers and a standard thermometer on top of a 1m stick is great way to measure surface and air temperatures.

Learning through Landscapes

ltl.org.uk

LET'S GO ZERO 2030

Letsgozero.org

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 2 JULY

TEMPERATURE'S RISING

Using these two methods you can discover how hot your grounds are getting throughout the day and the year.

You will need

- Digital thermometers
- 1 m long stick with a standard thermometer attached
- Recording sheets and pencils
- Map of the school grounds
- Camera or iPad to take photos

Working in small groups, ask pupils to identify areas in the school grounds with different environmental conditions, e.g. full sun, shade, breezy, sheltered, etc.

Ask pupils to identify the different surfaces in these area (both man-made and natural, flat and at an angle) and record the following data on the recording sheet and grounds map:

• Location • Time and date • Surface type and material • Colour and finish (e.g. shiny or matte) • Weather conditions (e.g. full sun, shade, breezy, sheltered, etc.) • Surface angle (e.g. flat or at an angle) and whether the angle is pointing towards the sun, and leave a space to record surface and air temperature.

THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

TUESDAY 2 JULY

TEMPERATURE'S RISING

The table will look something like this:

Location in grounds	Time and date	Surface type	Colour and finish	Weather conditions	Surface angle	Surface temperature	Air temperature

Ask the pupils to predict the temperature of each surface and give their reasoning. Pupils should then use the digital thermometer to measure the temperature of the surface, and the thermometer on a stick to measure the air temperature 1 m from the surface, recording the results.

What are the reasons for the differences in recorded temperature? Explain to students why some materials absorb heat from the sun more than others.

Ask the students, based on what they have found out, how could we change or adapt the school grounds to reduce the impacts of climate change?

TOP TIPS

1. Explore different types of surfaces to observe temperature variations.
2. Take measurements at different times of the day .
3. Encourage comparison between natural and man-made surfaces to think about the way these absorb heat.

Armed with data on hot spots, students can brainstorm cooling solutions, such as building temporary shaded areas, planting trees for long-term shade, or installing green roofs. These ideas not only lessen heat but also boost environmental sustainability and provide valuable learning opportunities.

THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

WEDNESDAY 3 JULY

SPOTLIGHT ON SUSTAINABLE FUTURES

We know that a lot needs to be done to help the planet, but we haven't lost hope, we know what needs to be done!

We need to change the relationship we humans have with our planet and build an economy that works for people and nature. Sustainability must be at the core of how we run the world, including all lives and all careers. We will need lots of young people working in conservation and the renewable energy, but it is also important that we have lawyers, fashion designers, coders, chefs, bankers and construction workers who can bring environmental ideas into their companies, shops and offices. This means that no matter where your skills and interests take you after you leave school, you'll have the knowledge and expertise to think and act in the best way for our planet.

Today's challenge is for you to get your students thinking about what a healthier planet would look like in the future.

WWF

wwf.org.uk

LET'S GO ZERO 2030

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

WEDNESDAY 3 JULY

SPOTLIGHT ON SUSTAINABLE FUTURES

Start by asking students what they think nature provides us with?

Here are some ideas:
Clean air, drinking water, food, soil, shelter, wildlife, leisure activities (yes, nature is a place to have fun!)

Then ask them what impacts they think humans have on nature?
Here are some negative ideas: deforestation, extinctions, intensive agriculture, plastic pollution, air pollution, climate change, coral bleaching.

Can they think of any positive ones?

How about around school, at home or on the local news?

How might they be able to take action themselves?
After they have thought about the future of our planet, get your students to think about how different jobs could help us get there.

Choose a selection of jobs (e.g. banker, chef, coder, farmer, wind turbine engineer, fashion designer, teacher, construction worker). How do your students think these jobs could be sustainable and help humans to thrive together with nature?

Ask the students if anyone knows what they want to be when they grow up?

How can they make sure that job is positive for the planet?

Find out more

Take a look at WWF Sustainable Futures classroom resources for expanding this introduction to sustainable futures.

Students can use WWFs template to draw their future vision of our planet.

WWF

wwf.org.uk

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THE CLIMATE ACTION COUNTDOWN
7 JUNE - 5 JULY 2024

THURSDAY JULY 4

WRITE YOUR MANIFESTO

Ask the class if they know what a manifesto is?

Definition: A manifesto is a statement from a person or group of people, especially a political party, or a government, in which you say what you hope to do and what you are passionate about.

Point out that with this being an election year, they are going to hear a lot about manifestos. Why is that important? It means we can understand what someone says they are going to do, and then make sure they follow through on their promises later.

Ask the children to dream up their perfect school.

What does it look like and how does it help the planet?

You can give them areas to think about

What they eat?

How they get their energy?

How they get rid of waste?

Who is in charge?

What will they learn?

What does the playground look like?
Now hand out the manifesto sheet which you'll find on our resources page and ask children to design the green school of their dreams.

You can decide if they are going to give these to the headteacher, or pin them to the walls.

Get the children to present them to the class. Write the best ideas on the board.

See if you can get the class to vote on one or two things that they would like to make happen. Write it up as the Class Manifesto.

Go deeper

You could use this to get children thinking about what the manifestos might be in the upcoming election? What do students think is important? Is there any overlap with what the students wrote in their own manifesto?

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THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY

2024

FRIDAY 5 JULY

Crickey! You've nearly completed the Climate Action Countdown! And haven't we learnt a lot about so many things climate along the way? But it's not over yet! There's still time for the Great Big Climate Quiz!

Your class can take part in the fun (and funny!) quiz all together, or each student and teacher can fill it in on their own. Your entry gives you the chance to win our bundle of amazing sustainability prizes. The more quizzes you enter, the more chances you have to win – so get all your students signed up!

What have you got to lose? Entering the quiz also gives you the chance to tell us what you loved (and didn't love) about our first ever Climate Action Countdown, so we can make sure next year it is even better for you!

And by entering the quiz you'll also be sent your Climate Action Countdown certificate to pin on your wall, to show your school is taking steps on climate.

Click here to join in!

THE GREAT BIG CLIMATE QUIZ

LET'S GO FOR AMBITION.
LET'S GO FOR WORKING TOGETHER.
LET'S GO ZERO.

LET'S GO ZERO 2030

Letsgozero.org

THE CLIMATE ACTION COUNTDOWN

7 JUNE - 5 JULY 2024

CHECK LIST

Let your family, friends and community know you're taking part in the Climate Action Countdown – and they can join in too by signing up! Use our resources pack to share your plans in your newsletters, websites, with posters in the window and on Facebook, LinkedIn, Instagram and X. Our resources make it easy to explain the importance of the Climate Action Countdown and how everyone's climate actions will help.

☐ Print, colour in and put up the posters in your pack around the school where children and parents will see them. Take a snap and post them online using #ClimateActionCountdown. Or you could ask students to design their own persuasive poster out of recycled materials.

☐ Spread the word on social media, or in your school newsletter and with the local press by downloading our online resources pack.

☐ Hold a school assembly.

☐ Ask your school choir to learn and perform the Climate Action Countdown Song.

☐ Speak to your catering team about creating a plant-based picnic menu option for Tuesday 18th June – that's National Picnic Day! Share the plant-based recipes we've provided in our resources pack for children who have packed lunch.

☐ Share your activities with us by posting online using the hashtag #ClimateActionCountdown for your chance to win prizes.

☐ Complete the Great Big Climate Quiz, let us know how you've got on with the Climate Action Countdown and download your certificate for taking part!

Thank you so much for taking part in the Climate Action Countdown.

Don't forget to take part in the Great Big Climate Quiz and download your Climate Action Countdown certificate.

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