Healthy Living

#EcoSchoolsAtHome

Laughter

Nursery	Primary	Secondary/College
Find your favourite silly joke that makes you and your family giggle. When you have your joke ask an adult or older sibling to help you write it out and display in your window or on your door for neighbours to read. You could even write a new joke each day!	Create your own comedy sketch that lasts for 2 minutes, then perform it to your family- maybe you could include props from around the home. Record your comedy sketch and ask your family to share with your friends to brighten their day!	Write a satire essay or poem based on an environmental topic of your choice. Who will be your target audience? What form of satire will you use: Horatian, Juvenalian or Menippean? What were different peoples views on your satire?!

Senses

Nursery	Primary	Secondary/College
Every day focus on a different sense: touch, sight, hearing, smell, taste. What is your favourite thing to touch, see, hear, smell or taste? Experiment with your senses: close your eyes when you are chewing your food, does it make your food taste different? What are your favourite toys - how do they feel? How do they smell?	Incorporate 3 senses into your daily exercise. What can you hear, see and smell as you walk, run or cycle? Try to notice different things each day and keep a record in a sensory diary or map. Does the weather change what you see? Does the time of day change what you hear? Does location change what you smell?	What is proprioception? Find some examples of proprioception and see how different people in your home carry out these actions.

Celebrate

The Eco-Schools team know that lockdown is getting in the way of birthdays and other celebrations, if you know anyone who should be celebrating this week make sure you get in touch with them to help them celebrate and let them know you're thinking about them! Even if you don't know anyone with an upcoming celebration, you should still take time out to contact someone who might be feeling a little lonely — it will definitely help bring a smile to their face and improve their mental wellbeing!

https://www.pinterest.co.uk/ecoschoolsengla/healthy-living-topic/



Healthy Living

Home-Spa

Nursery

Ask different members of your home what makes them happy and relaxed (don't forget to include yourself) everyday try out one of these activities with your family and make a 'happy tally chart' to see which activity is the most relaxing!

Primary

Look in your bathroom, how many different soaps, shampoos, creams, cosmetic and cleaning items can you find? What are their ingredients and do they cause any damage to the environment? Are there alternatives that you could try making at home using ingredients from your kitchen. REMEMBER please do this task with a grown up.

Secondary/College

Look at the sanitary and beauty products that you use on a daily basis. Carry out some research to see if these products are kind to the environment - are any of them vegan friendly? Can their packaging be recycled? What is the most environmentally friendly product you can find - let us know on social media so we can share with others!

Take a Minute to be Mindful

Nursery/Primary

Check out the Eco-Schools **Mindfulness Minutes** project. Can you find ideas to practice mindfulness during lockdown? You might decide to focus on a tree or plant for a minute each day throughout the week and see if it changes, or look at the sky for a few minutes each day and think about the different shapes the clouds are or the colours you can see.

Secondary/College

Check out the Eco-Schools **Mindfulness Minutes** project. Can you find ideas to practice mindfulness during lockdown? Alongside this, try to avoid social media for at least an hour each day - remember that often people's lives are not as exciting or glamorous as they can seem online!

Create a #PerfectPark

If being indoors is getting you down, here is a quick task from our Keep Britain Tidy friends **Green Flag Award Parks**

Nursery

With your family draw or make a collage of the most exciting park you can imagine. Make it as bright and as colourful as possible and include all your favourite things from nature.

Don't forget to share your #PerfectPark with us!

Primary

Draw or create a 3D model of your perfect park, remember to make it as eco-friendly as possible. Label different habitats for wildlife and annotate how different sections may change over the seasons. Extra challenge- can you think of ways to include elements of all the Eco-Schools 10 topics into your perfect park design!?

Secondary/College

Create your ultimate urban park that includes areas that are appealing to you and your friends. Try to think how this space could be made sustainable and the benefits it would bring to your local community. What marketing campaign would you use to launch the opening of your #PerfectPark?

