

Organise a litter pick around school grounds or around your local area.

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Avoid using single use plastics such as drinking straws.

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Take your own reusable bags with you when you are out shopping.

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When you have finished playing with plastic toys, take them to the charity shop instead of throwing them away.

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This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Take a reusable water bottle with you when you are out and about rather than having to buy bottled water.

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Walk with a trusted adult when you are just going on a short journey, to avoid taking the car when you don't need to.

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When you need to take a longer journey, take public transport when possible to avoid unnecessary fumes from more vehicles.

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Try to eat food that has been produced locally or in our country rather than having been imported on an aeroplane.

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For any meat products you eat, try to make sure they are produced in a sustainable way to avoid causing excessive pollution.

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Grow your own fruit or vegetables.

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Plant a tree.

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Switch the lights off when you leave a room.

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Switch electrical appliances off at the mains rather than leaving them on stand-by.

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Recycle your old clothes and buy from charity shops when you can.

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Separate your rubbish into food waste and recyclables so that any materials that can be recycled are.

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Buy products that use less packaging where possible.

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Where possible, try to buy items that have been made out of recycled material.

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Solar panels are just one example of reusable energy sources that can power homes.

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Be mindful of the amount of paper you use, try to re-use sheets where possible.

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For any new paper products you buy like cards, envelopes, tissues and toilet roll look on the packaging to make sure it is from recycled or sustainable sources.

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Look at the ingredients list in products you buy when shopping and look for alternatives to products containing palm oil.

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