

**National  
Literacy  
Trust**

Change your story

# **Healthy Planet, Healthy People**

**Activities to complete at home**

A set of environmental themed activities  
for you to try at home with your family.  
Complete these fun challenges and discover  
ways you can be an eco-champion!

**Name:**

Supported by



**Foundation**

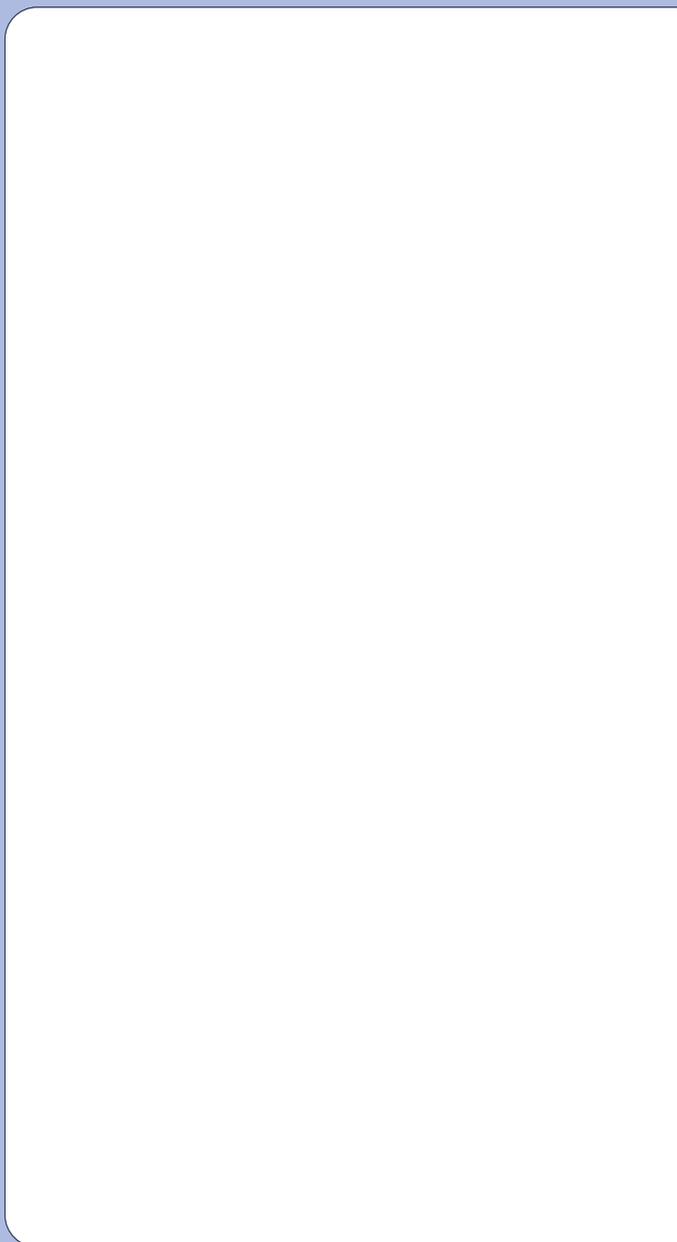
# Me and my health

Writing is known to boost wellbeing. Keeping a note of how you feel, and thinking about your healthy habits is a great way to stay motivated. Writing is also a great way to understand yourself better.

Answer the questions below. Once you've finished, ask a family member the same questions and discuss your answers together.

## My self-portrait

Draw yourself in this box.



How are you feeling today?

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What is your favourite kind of sport or exercise?

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How do you like to relax when you're feeling stressed?

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How often do you go on walks (20 minutes or longer) in a typical week?

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What is your favourite fruit or vegetable?

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Write down three things that you feel grateful for today?

- ---
- ---
- ---



Ask an adult to scan this QR code. Explore our suggestions for great books about keeping healthy.

Why not visit your local library to see if you can borrow one of these books? Or, you could ask library staff if they can recommend a similar title.

# QUIZ: How eco-friendly are you?

We all know how important it is to look after the world we live in. It can be difficult to *always* make eco-friendly decisions, but remember, if we all play our part, just a few small habits can add up to make a big difference!

Ask an adult to help you and circle the answer that best reflects you. For your result, go to the last page in this booklet.

1. Do you and your family separate glass, plastic and cardboard from general waste?
  - a. Yes, always
  - b. Sometimes
  - c. Never

2. Do you take your own shopping bags out with you?
  - a. Yes, always
  - b. Occasionally
  - c. Never

3. Do you leave the tap running while you brush your teeth?
  - a. No, only to rinse my toothbrush
  - b. Sometimes
  - c. Yes

4. How often do you cycle, use public transport or walk to get somewhere?
  - a. Every day or most days a week
  - b. 1 or 2 days a week
  - c. Rarely or never

5. Do you wear any second-hand clothes?

*Second-hand clothes have already been owned by somebody else before you. Perhaps you own clothes that belonged to a friend or family member who out-grew them, or your family have bought clothes from a charity shop or second-hand online.*

  - a. Yes, I do
  - b. Sometimes
  - c. No, my clothes are brand-new

6. If you're leaving a room, how often do you remember to switch the light off?
  - a. Always
  - b. Sometimes
  - c. Never

7. If you see some litter while you're out and about, what do you do?
  - a. I regularly litter pick to keep my local area tidy.
  - b. I sometimes pick up rubbish and put it in the bin.
  - c. I leave it there.

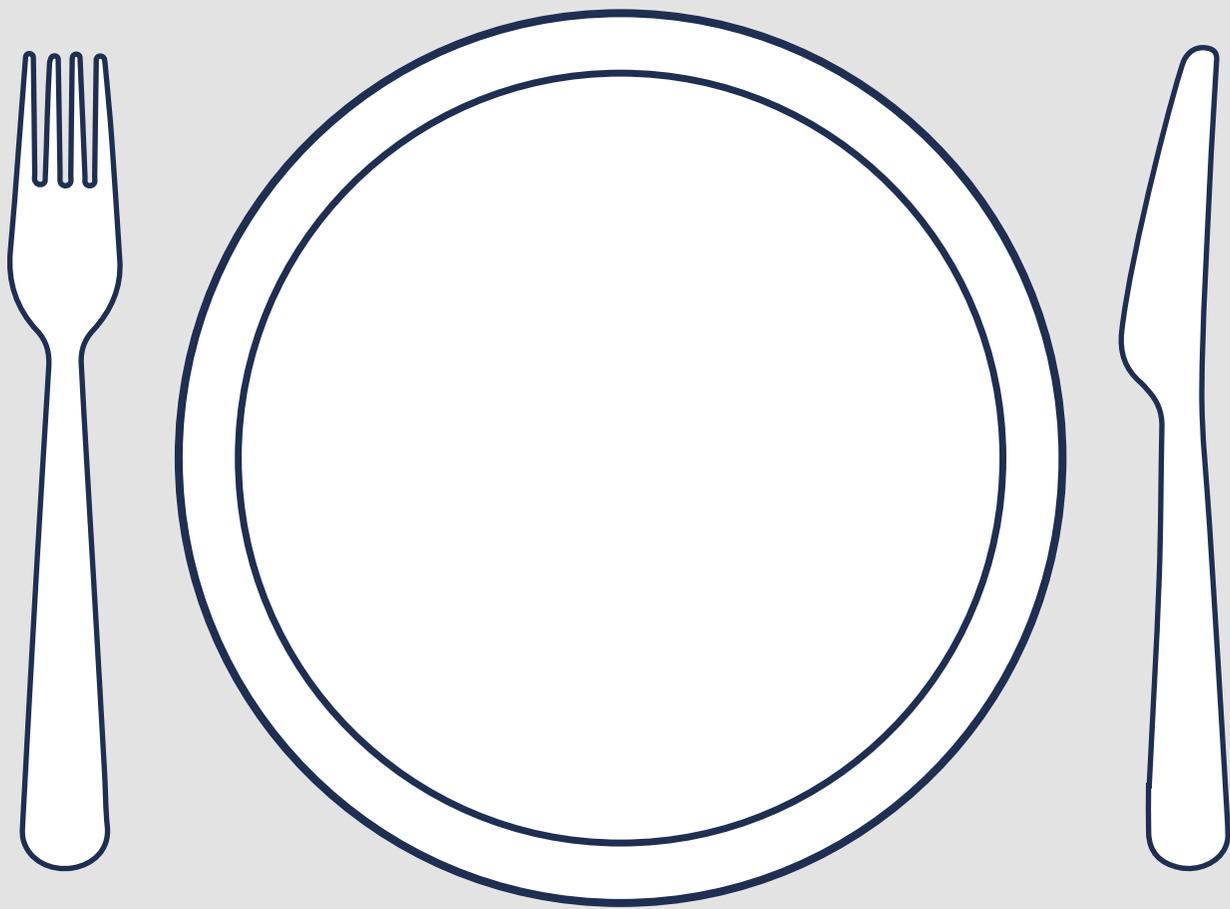


# Feel good with 5 a day!

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for everybody. We should all aim to eat 5 different types of fruit or veg each day.

As a rough guide, 1 portion of fruit or veg is the amount that you can fit in the palm of your hand.

**Design a healthy snack or meal. Make sure that your recipe includes at least 1 or 2 fruits and/ or vegetables.**



Write the ingredients or food items here.



Ask an adult to help you follow this QR code for more healthy snack ideas.

# Recycling at home

Sadly, millions of tonnes of plastic end up in our oceans every year. Plastic has been found floating in seas around the world, even as far as the Arctic near the North Pole. The more we can all do to reduce the amount of waste that ends up in landfill or in our oceans, the better. This can start right at home, by making sure that we recycle packaging that can be recycled.

**Have you added any of these to your recycling waste this week? Tick the boxes that are true for you.**

- |                                                |                                                  |
|------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Aluminium cans        | <input type="checkbox"/> Mixed paper             |
| <input type="checkbox"/> Cardboard             | <input type="checkbox"/> Plastic tubs or bottles |
| <input type="checkbox"/> Glass jars or bottles | <input type="checkbox"/> Magazines or brochures  |

**What day of the week is your recycling box or bin usually collected?** Ask an adult to help you – if they're not sure, visit [gov.uk/recycling-collections](https://www.gov.uk/recycling-collections)

Match the food waste packaging item to the correct recycling symbol.



General recycling



Can't be recycled at home, but you might be able to take it to your local recycling centre.



Compostable

**Deforestation**  
Deforestation is the clearing or cutting down of trees.

## Endangered British wildlife

As a result of human impact on the Earth, many animals are now endangered. This means that certain species of animals could die out and disappear from our Earth, because their population size is decreasing.

Unscramble these words to spell out a list of endangered animals in the UK.

ghodheeg \_\_\_\_\_

der lierrusq \_\_\_\_\_

rabegd \_\_\_\_\_

twalcid \_\_\_\_\_

tetrul evod \_\_\_\_\_



Research a British animal that lives in the wild. You could choose one of the animals above or another of your choosing.

Ask an adult to help you – you could research on the internet or borrow an information book from your local library. The Wildlife Trust has a number of profiles on British animals that might help you. Check out [wildlifetrusts.org/wildlife-explorer](http://wildlifetrusts.org/wildlife-explorer).

The animal I'm going to find out about is a \_\_\_\_\_

What habitat does this animal live in? \_\_\_\_\_

**What issues is this animal facing because of human behaviour?** *For example, this could be traffic invading their habitat, more extreme weather affecting how hot/dry/cold somewhere is, or more deforestation taking their home away from them, if they live in woodland.*

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**Include a statistic or fact here.** *How many animals still live in Britain today? Has that number decreased or increased over time?*

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# Share your animal's viewpoint

Using your research notes, write a short letter in the space below, from the perspective of an endangered animal that lives in the UK. Use the points below to help you and finish the sentences.

In your letter you should:

- Imagine that the animal you are writing about can speak and write. What would they say?
- Use pronouns like 'I' and 'we' to make your writing feel more personal.
- Share the emotions of the animal. How do they feel? Perhaps they feel determined, disappointed or cross.
- Describe some problem(s) that the animal is facing.
- Offer a solution for the problem(s).

Dear humans,

Last night our home was destroyed because

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The problems we are facing include

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You can help us by

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Signed on behalf of

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(animal group)

# Grow for it!

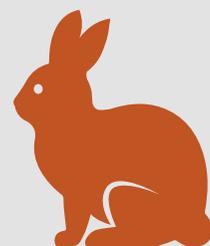
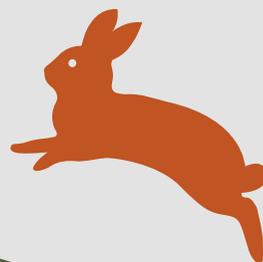
Sometimes, we may even find a way to *reuse* something instead of recycling it. Follow our method below to make your very own plant pot from an old plastic bottle.

## You will need:

- A clean, empty two litre plastic bottle
- A pencil
- Paint in two colours (you could use poster, acrylic or glass paint)
- A paintbrush
- Permanent marker pens
- Scissors
- A ruler
- Any decorations you would like, such as glitter glue or googly eyes

## Method:

1. Take a marker pen and draw a straight line around the perimeter of the bottle, about 9.5cm from the base.
2. Draw the outline of your animal's ears, going upwards from the horizontal line. They should be long and oval-shaped for a bunny, short and triangular for a pig or semi-circular for the outlines of a frog's eyes.
3. Put the discarded plastic from the top half of the bottom in your recycling bin.
4. Ask an adult to cut around along the line and around the animal's ears.
5. Paint two coats of your chosen colour of paint with a thick paint brush, letting it dry in between coats.
6. Paint the features of your animal on the pot.
7. Take your small plant pot and place it in your new animal holder.
8. Display in your home for everyone to see your environmentally friendly creation!



# How clean is the air you breathe?

Fresh air is great for our lungs but polluted air can cause health conditions for humans and make it harder for plants and animals to survive. Try this experiment to find out about air quality in your local area.

## Make a DIY air testing kit

This air sensor will help you see what you're breathing in without needing a microscope!

### What you need:

- Something heavy like a big stone or rock
- Clingfilm
- Vaseline or petroleum jelly
- White paper

Check the weather forecast – this won't work if it rains!

### Steps

1. Cover your stone in a layer of cling film
2. Smear one side of the plastic covered rock in Vaseline or petroleum jelly. This will help the particles stick!
3. Find somewhere outside to place your rock where it won't get moved. A fence post or low walls are better than the ground.
4. After 24 hours carefully remove the cling film and place it on top of your piece of paper.
5. Inspect the plastic and write a list of the things you can see, describing them as best you can.

### On the plastic, I can see:

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### Top tip

Make more than one air testing kit and put them in different locations to compare air quality. Try putting one near a busy road and another where there's more green space.



# Climate change wordsearch

At school, home, or on the news you might have heard conversations about climate change (also known as global warming). Scientists estimate that since the early 1900s, the Earth has warmed up by 1°C. As temperatures rise, some areas will get wetter and lots of animals (including humans) will find it very difficult to adapt to a changing environment.

There are several causes of climate change. Find the words in the grid below.

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

Just remember, small changes that we can all do add up to make a big difference. Try our quiz in this booklet to see how eco-friendly your habits are and discover what you can do!

coal

food waste

farming

gas

deforestation

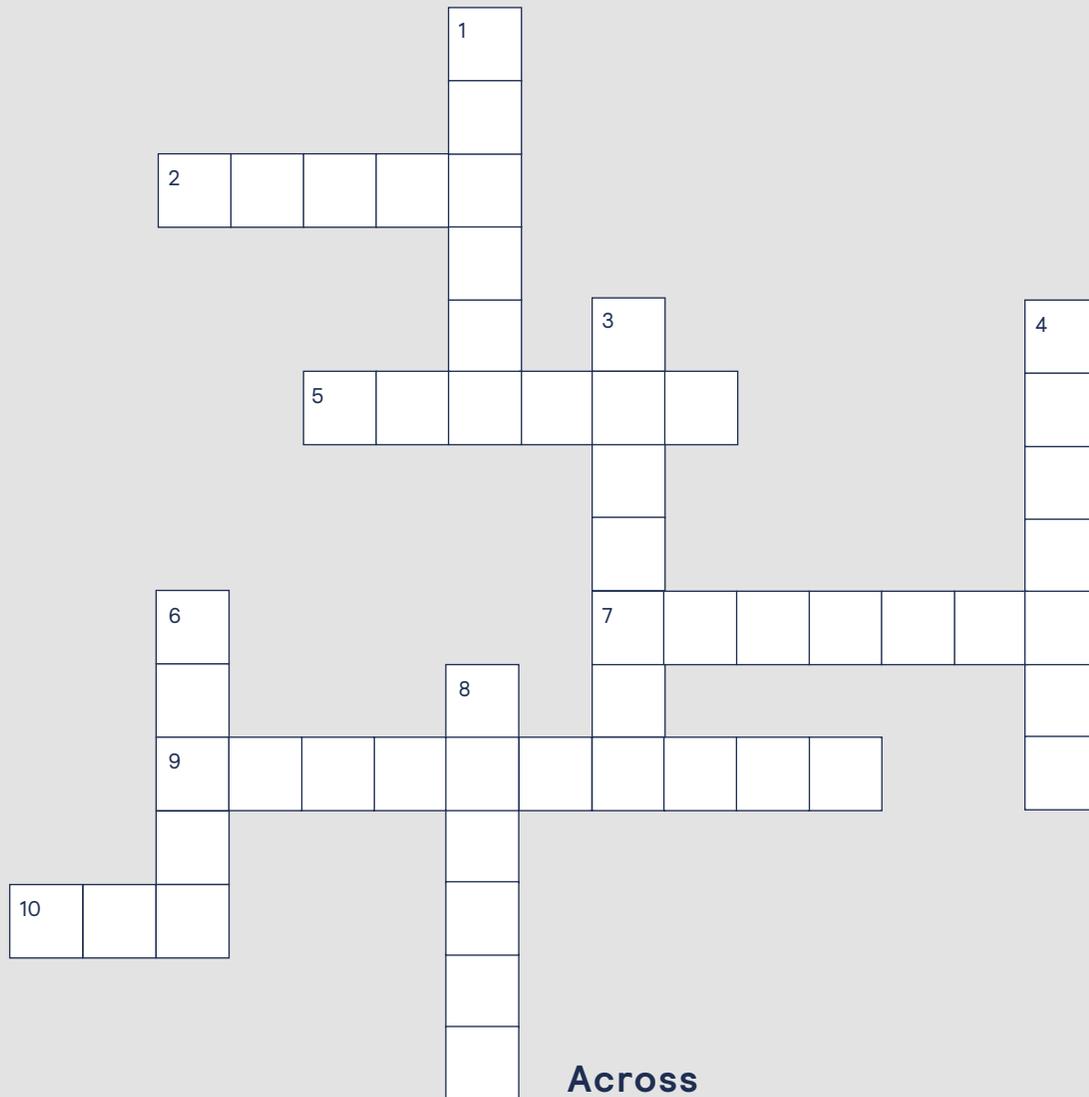
industry

oil

pollution

# Earth Day every day!

How much do you know about our planet? Answer the clues below to complete the crossword.



## Down

1. Many trees growing together are called a...
3. Reduce, reuse, ...
4. The place where a plant or animal lives naturally
6. The colour of a four leaf clover
8. Light, heat, sound and electrical are all types of...

## Across

2. What covers over 70% of our planet?
5. Rubbish (or trash) left lying in an open place
7. A food item that can break down naturally, for example fruit and vegetables
9. Sadly, animals like orangutans and giant pandas are becoming fewer in number. They are...
10. The Earth's source of heat and light energy.

# Well done! You've completed our activity booklet. What next?

## Check your answers

### How eco-friendly are you?

- Mostly A's – Well done! You already have lots of eco-friendly habits. Keep up the good work and help others around you to learn what they can do too.
- Mostly B's – Great start! You are already doing lots of things that are great for the environment. Follow our activity booklet to learn more.
- Mostly C's – Room to grow! Follow the activities in this booklet to discover more ways that you can help. You can also look at the option "A"s in the quiz for ideas.

### Recycling at home

- Recyclable waste: cardboard, glass bottles, tins
- Not recyclable: drinks pouch, biscuit wrapper
- Compost: pineapple, carrots, banana

### Endangered British wildlife

- Word unscramble: hedgehog, red squirrel, badger, wildcat, turtle dove

### Protect the planet crossword

- Down 1. forest 3. recycle 4. habitat 6. green 8. energy
- Across 2. water 5. litter 7. compost 9. endangered 10. sun



Foundation

We would like to thank the **Bupa Foundation** for the generous support of this activity booklet. The Bupa Foundation helps create healthier communities by supporting practical projects that improve both people and planet health. Find out more at [bupafoundation.org](https://www.bupafoundation.org)



### Try our activity booklet in nature

You've proven yourself as an eco-champion at home, but have you tried our activity booklet that can be completed in nature? Scan the QR code to download your copy. Complete the survey to enter our prize draw – you could win a bundle of books and a year-long subscription for National Geographic Kids magazine!

### Sign up to your local library

Did you know that joining UK public libraries is completely free?

You'll be able to choose from a huge range of books, to inspire your imagination and build your reading journey. If you aren't already a member, find out where your nearest library is online at [gov.uk/local-library-services](https://www.gov.uk/local-library-services)

Follow the National Literacy Trust to find more free, fun activities at [wordsforlife.org.uk](https://www.wordsforlife.org.uk)

Share photos of your creations from this booklet with us on social media – ask an adult to help you.

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