

Sustainable Carlisle Activity Pack

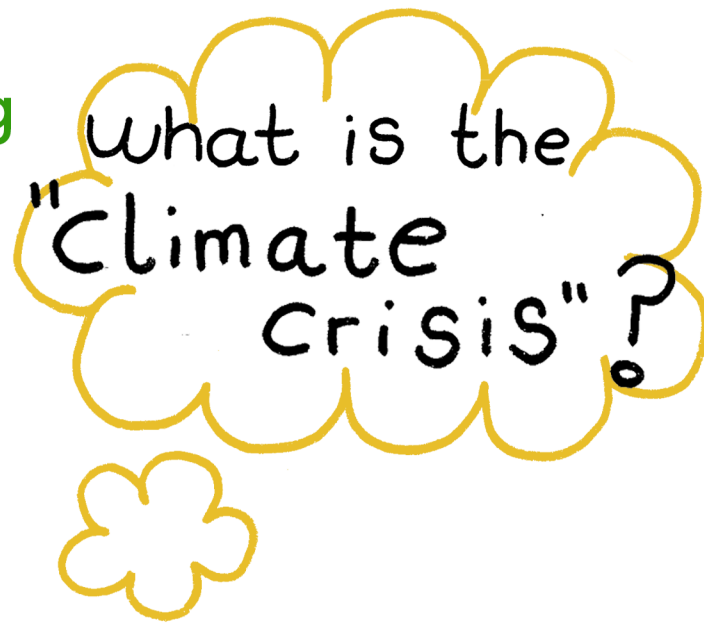


This pack belongs to:

The word "**crisis**" means it is an emergency and something very important that needs to be sorted out. And "**climate**" can mean the weather, but here it is all of the Earth's weather, nature and air around our planet.

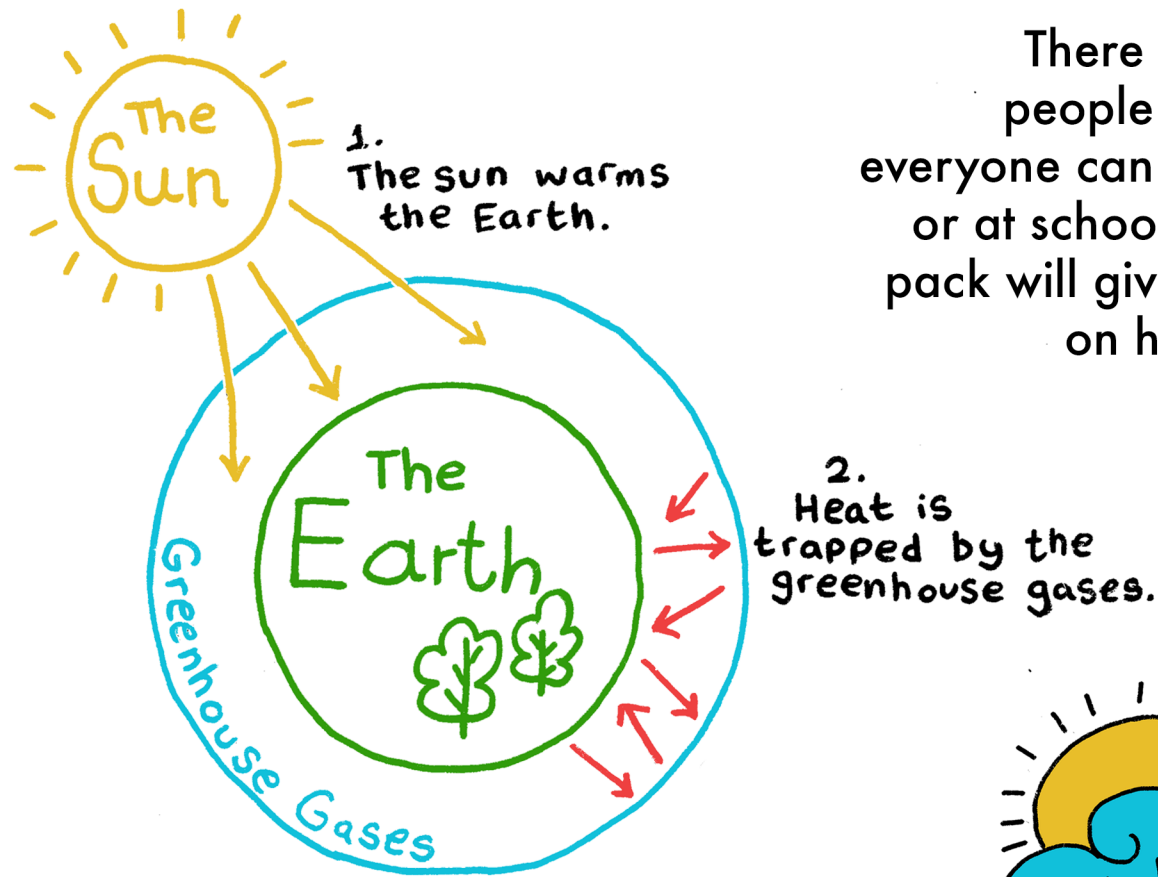
We are having a "**climate crisis**" on Earth right now as all of the weather, nature and air are having problems working the way they usually do because humans haven't been looking after the Earth properly.

But you have a superpower to help and make a difference!



why is it happening?

Humans burn "fossil fuels" (very very old materials that are found deep in the ground) for energy to run things like cars, aeroplanes or to light up our houses. This makes "greenhouse gases" which wraps around the Earth like a big thick blanket and makes the Earth hotter than it normally should be.



There are a lot of smart people working on it but everyone can help out at home or at school, and this activity pack will give you some ideas on how you can help.



The ice at the North and South Pole is melting away.

Big storms and extreme weather is making where people live very dangerous.

Animals and plants are going "extinct", which means they have all died and there are no more of them.

Where we live will be dirtier and we will have less nature to play in.

These are just a few of the issues caused by the climate crisis, can you think of any more?

One way to help the Earth is to enjoy nature!
Tell all of your friends and family about how
amazing nature is and why we should look after it.

There are a lot of incredible
animals and nature
here in Cumbria! Have you
seen any of these?



falcons



deer



red squirrels



otters



mushrooms



butterflies



many different flowers



lots of mountains and lakes!



5 senses nature walk



Go for a walk in a park or on the way home from school and use your five senses to think about nature, write down your answers below!



look

what colours can you see?

what shape do the trees make?



smell

what can you smell near different flowers?



listen

can you hear any animals or birds?



touch

how do different leaves feel to touch?



taste

what does the air taste like?



Draw yourself with your favourite animal or on your nature walk below!

A large rectangular area defined by a dotted orange border, intended for drawing.

Reducing our waste (what we throw away in the bin) is another great way to help! Everything we get rid of can sometimes end up in nature and make animals very poorly.

Follow this arts and crafts activity to see how old items / rubbish can be used in a new way.

Carton bird feeders

You will need: - A clean and empty carton - Scissors - Acrylic paints
- String or ribbon - Bird food



1. Cut large holes on all 4 sides of your clean and empty carton, ask a grown up for help with this! Leave 10 cms of cardboard at the bottom as this is where the seeds will sit.

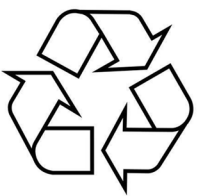
2. Paint your carton! Let your imagination go wild, what else could you decorate it with?



3. Take the lid off and loop some string or ribbon through the hole, making sure your carton is not too wonky!

4. You can now fill the bottom of your carton with some bird food, seeds or bread crumbs.

5. Hang your feeder in your garden, balcony or even ask at school if there is a good place for it to go. Then sit back and enjoy bird watching!



Well done! You have saved some rubbish going to the bin as well helping out your local nature. If you can not reuse something, it is always good to ask grown ups if it can be put in the recycling bin, or look for the recycling symbol.

more ways to help the Earth and nature at home and at school

- always put your rubbish in the bin / recycling, or in your pocket until you find a bin
- help your family, friends or school with looking after a garden
- try growing your own fruit or vegetables
- save electricity by turning off lights in rooms nobody is in
- save water by not leaving the tap running when brushing your teeth
- use less plastic, for example use a re-useable water bottle
- don't waste paper and put used paper in the paper recycling bin
- try walking somewhere instead of taking the car

ask your teachers, friends and who you live with to do the same and work together as a team!



Making small changes like this can all add up so a big well done for working your way through this activity pack. You are the future of this Earth and learning about how we can help means you now have the superpower of being able to make a difference!

