

## Eco—Electricity Challenge

### This will take two weeks

Find out how to read your electricity meter.

Week 1-Take a reading at the start of the week, have a normal week with your household using electricity, then take another reading at the end of that week. Do the maths to work out how many units were used.

Week 2—Take a reading, then your job is to be in charge of making sure you turn off all of the lights and TV etc. when they are not in use...all week. Take a reading at the end of the week. Is there a difference in this week's usage?

Look at the calculations for the two weeks and ask what that means:

for them,  
for their parents  
and for the environment.

E.g When I did the experiment, I saved over 28 units in one week. One unit is nearly 20p at the moment so that is £5.80 saved in a week, £23.20 saved in a month and £278.40 saved in a year!

# Activity Passport



Know and explore yourself



Be creative



Be healthy



Be adventurous

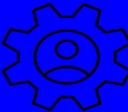




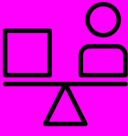


Help yourself and others



Learn skills for the future

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Year 3 - In school						Year 3 - At home						
 <p><b>Know Yourself</b></p>	Understand how I learn best and how I can be supported in my learning	Participate in a yoga session	Reflect on my time at Cleves and see how far I have come	To recognize the way I feel and name my emotions	I approach change in a positive way	Keep a diary	Create a project about something new that interests you	Keep a 'Do Something Kind' calendar	Create a story, picture or poster titled 'When I grown up'.	Go stargazing, learn about and recognise at least 3 constellations	Learn my address and parents' mobile numbers	Keep a screen time diary
 <p><b>Be Creative</b></p>	Create a self portrait	Learn how to play the violin	Create a story or poem about nature	Create nature art	Create an object out of clay	Learn to play a musical instrument	Create a piece of art based on a subject of my choice	Learn to knit or crochet	Learn Origami	Create a self portrait that represents my character or things that are important to me	Learn a magic or Yo-Yo trick	Write a song, poem or a short story
 <p><b>Be Healthy</b></p>	Understand which foods give me energy be healthy and active	Improve my skills and fitness with Active 30/30 challenges	Try a new sports/active club at school	Choose healthy break time snacks	Learn and practice mindfulness techniques	Plant it, Grow it, Eat it!	Keep an exercise/ physical activity diary	Go for a long mile walk or bicycle ride	Try new healthy foods	Create and make a healthy salad	Try eating 5 a day	Learn to cook a healthy meal
 <p><b>Be Adventurous</b></p>	Try something new that is outside my comfort zone	Learn how to create fire	Hold a mini beast	Try mountain biking	Discover what is in a pond	Build a snowman or a sandcastle	Learn how to play frisbee or a cartwheel or roller skate/skateboard	Try camping	Climb a tree (with an adult)	Catch a fish in a net and then let it go	Learn how to skim a stone	Go for a walk in the woods and observe types of wildlife
 <p><b>Help Yourself and Others</b></p>	Represent Cleves	Take on a role of responsibility in my class/ in the school	Make a bird feeder	Work with my peers to help their learning	Offer to do a job for an adult	Do a chore for a family member or friend	Learn some sign language	Help my local environment by going litter picking	Donate unwanted or unused items (toys or books) to charity	Learn to say 'Hello' in a new language	Keep my bedroom clean and tidy	Sort and recycle effectively at home
 <p><b>Learn Skills For The Future</b></p>	Learn about road safety	Learn 2 different sewing stitches	Understand what it takes to be a responsible digital citizen	Learn how to use kitchen utensils safely e.g knives,	Organise my equipment and belongings	Make a bed including putting a duvet cover on	Complete the Eco Electricity Challenge.— see back for details.	Learn how to tie a survival knot (Figure Eight, Bow-line, Clove Hitch, Sheet Bend, Taut-Line Hitch)	Learn how to load and use a washing machine	Learn how to do the washing up	To learn to recognise and understand common road signs	Swim 25 meters