

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

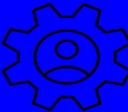




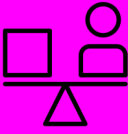


Help yourself and others



Learn skills for the future

Name: _____ Class: _____

Year 4 - In school						Year 4 - At home						
 <p>Know Yourself</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	Know what I do well and what I need to work on	Respond positively to new challenges	Keep a diary	Create a project about something new that interests me	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>Be Creative</p>	Create a stick nature story/journey	Learn how to play the ukulele	Make a musical instrument—a kazoo	Learn to weave using natural materials	Design and make a reusable bag	Learn to play a musical instrument.	Create a piece of art based on a subject of my own 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>Be Healthy</p>	Understand how to keep my teeth healthy	Improve skill 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 walk or bicycle ride	Try new healthy foods	Try eating 5 a day for a week	Make a healthy sandwich	Learn to cook a healthy meal
 <p>Be Adventurous</p>	Try something new that is outside my comfort zone	Go on a nature hunt for mini beasts	Build a den / shelter	Try mountain biking	Go on a river walk	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	Go bird watching (recognise different types of birds)	Go for a walk in the woods and learn to recognise different types of trees and plants.
 <p>Help Yourself and Others</p>	Represent Cleves	Take on a role of responsibility in my class/ in the school	Show empathetic, inclusiveness and considerate to others	Work with peers to improve their work	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 be more nature friendly (e.g make a wildlife habitat)	Donate unwanted or unused items (toys or books) to charity	Learn to say 'Hello' in 3 new languages	Keep my bedroom clean and tidy	Sort and recycle effectively at home
 <p>Learn Skills For The Future</p>	Use a billhook knife	Learn how to bake bread	Understand what it takes to be a responsible digital citizen	Learn how to read an ordnance survey map	To improve my touch typing proficiency	Make a bed including putting a duvet cover on	Learn how to thread a needle and sew on a button	Complete the Eco Electricity Challenge.— see back for details.	Learn how to use the vacuum cleaner	Swim 25 meters	Learn how to tie a survival knot (Figure Eight, Bowline, Clove Hitch, Sheet Bend, Taut-Line Hitch)	Learn how to load and use a washing machine