

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

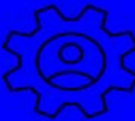







Help yourself and others



Learn skills for the future

Name: _____ Class: _____

| Year 4 - In school | | | | | | Year 4 - At home | | | | | | |
|--|---|---|--|--|---|---|--|---|---|--|--|--|
| Know Your-self  | Understand how I learn best and how I can be supported in my learning | Develop strategies to help my emotional regulation | 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 |
| Be Creative  | Use a rock as a canvas | Learn how to play the ukulele | Participate in a whole class piece of art | Learn to weave on a loom | 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 |
| Be Healthy  | 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 |
| Be Adventurous  | Try something new that is outside my comfort zone | Go on a nature hunt for mini beasts | Participate in bird spotting | Learn to whittle | 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. |
| Help Yourself and Others  | 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 |
| Learn Skills For The Future  | Use a coping saw to cut accurately | Learn 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 |