**Cardross Eco Day**

**The three topics for our Action Plan for this 2 year period are LITTER, FOOD AND THE ENVIRONMENT and HEALTH AND WELLBEING.**

1. **Wear GREEN – wear anything green, you may even want to get creative and make a costume. Remember to send us your photos.**
2. **Grow vegetables from seed OR do some research about growing them.**
3. **Set yourself a challenge in the garden – take photos of your project from start to finish.**
4. **Research the importance of mini-beasts to our gardens and woodland areas. Take photographs of bugs as close up as you can get. Try to name the bugs and share a little info about them.**
5. **Great British Spring Clean – we were signed up to do a whole school/family village litter pick on the afternoon of the 30th. This was to be advertised widely across the village to try to get the whole community on board. Children could do family litter audits in the areas they take their daily exercise. Audits could maybe be done again later in the year when lockdown has lifted to assess whether litter was a problem during lockdown with more people out enjoying the countryside/our village.**
6. **Helensburgh Bee Keepers – we were coming to deliver a workshop. Pupils could do some research about Bee Keeping. Bees are becoming more prominent in our gardens – again maybe an audit of how many they see or a bee picture using natural materials outside.**
7. **Health and Wellbeing – mental health – take part in a virtual meditation – plenty on YouTube. Or create a chillout den inside or outside – could be used for quiet reading/drawing/napping etc.**
8. **Try a new type of physical activity/exercise/sport you’ve not done before.**
9. **Use THE POD website.**

**Most importantly have a fun ECO Green Day and make sure you share it with us.**