



ECO

Fun facts & things to do!



How can you help?

Save energy in your everyday life as much as you can:

- ✓ Turn off the lights when you leave a room empty
- ✓ Close doors behind you so heat does not escape.
- ✓ Take short showers.
- ✓ Walk or cycle if you can instead of having your parents drive you.
- ✓ Turn off your computer when not in use as even when it sleeps it uses energy



A BETTER WORLD Challenge

We all know climate change is a big problem for the environment. Global warming threatens all animals and people. A big reason we have climate change is because of using fossil fuels which causes air pollution and releases carbon dioxide. Too much carbon dioxide stops some of the sun's rays from being reflected back into space, so the atmosphere gets hotter. Using renewable energy is one of the ways we can help stop the earth's temperature from going higher.



Windy powers

Ever been through the countryside and seen huge wind turbines?

Or seen lots of them far out at sea? These wind farms generate lots of renewable power from our windy UK islands. The wind turns the propeller-like blades of a turbine around a rotor. The rotor spins a generator that makes the electricity. They take up a lot of space, so a lot of thought goes into where they are located so they don't spoil the look of the landscape.



Super Sun

Did you know that the Earth gets more energy from the sun in one hour than the whole planet uses in one year! So why not use that power for a brighter future?

Solar panels are designed to use the sun's energy to generate clean renewable electricity and hot water. You can see them on the roofs of some houses. Maybe your house has solar panels? Solar panels can even capture the sun's energy on cloudy days

WIN £50

worth of school uniform

Closing date 31st July 2021



How do you see the world will look by the year 2050?

Will there be electric flying cars? Will there be super new inventions to protect the environment. Get your creative brain thinking and show us your art work!

Draw your vision of what the future could look like...

Upload a photo of your work to Facebook, Instagram or Twitter with #TrutexFutureWorld and we will select a winner on the 1st August 2021. We can't wait to see what the future holds! Good luck!



Animal Eco HEROES



Did you know, animals do so much to protect the environment and help plants and trees to grow? Here are just a few of these heroes...

Big it up for Bees

The world's finest pollinators

Why do we need bees? Around one-third of earth's food depends on pollination. 90% of wild plants and 30% crops rely on our buzzing bees to pollinate them. Bees play a crucial part in the ecosystem by transferring pollen from plant to plant. The plants could not breed, grow or produce food without them. So be kind to bees and let them carry on with their very important work the next time you see them.



Busy Beavers

Combat climate change

Beavers naturally look after ecosystems by gnawing down trees to build dams. Their dams reduce the water flow of rivers that greatly reduce the risk of flooding. The dams also create new wetland habitats where more animals can live, like otters, waterfowl and newts. They were extinct in the UK for over 400 years, but now they have been re-introduced to many areas and are now doing lots of good work to bring wetland ecosystems back.



Bushy tailed Squirrels

One of trees best friends

You may see squirrels in your local park, but their natural habitat is in the forest. They are nature's tree planters. We all think of squirrels as being super clever, remembering where they stored their nuts before the winter. But these cute creatures don't remember all of them and that has a big impact. Because the forgotten nut stashes take root and grow into trees. So squirrels accidentally help forests to sustain their ecosystem!



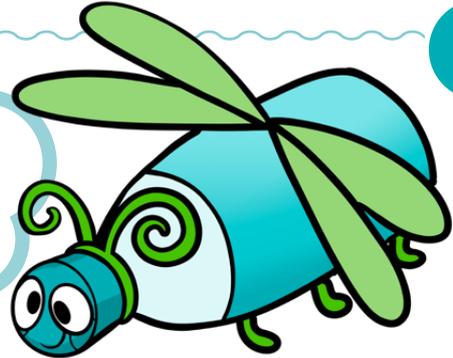
Have you got THE BOTTLE?

Do you have a spare one use plastic bottle or two? Here's two great ideas to re-use them, and save them from going to landfill.



1

Bottle bug



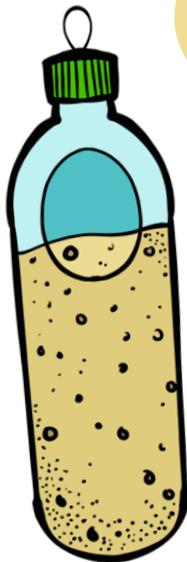
- 1 Start by decorating the bottle by wrapping it in colourful tissue or waste paper or old fabric and secure it by sticking it down.
- 2 Cut some wings out of waste card or plastic and stick them to the top of the bottle.
- 3 Use pipe cleaners to add legs and antennae.
- 4 Give your bug a face using googly eyes. What will your bugs name be?

You will need

- A plastic drink bottle
- Colourful tissue or waste paper or old fabric
- Colourful waste card or plastic
- Pipe cleaners
- Glue or tape
- Googly eyes

2

Bottle Bird Feeder



You will need

- A plastic drink bottle - make sure it is clean & dry
- Wire or string
- Bird food - either seed or nuts
- Scissors

- 1 Cut an oval hole in the side, near the top. Make sure it is big enough so you can pour the bird food in. If you need help, ask your adult to help you do this with scissors.
- 2 Then, make a few tiny holes in the bottom of the bottle. This lets rainwater drain away to keep the seeds as dry as possible.
- 3 Next, either wrap wire or string around the neck of the bottle to form a loop with string, or hook with wire and hang it from your washing line, or from a branch on a tree.
- 4 Your bird feeder can start to wear out or the seed goes mouldy. When that happens recycle the bottle and make another one!
- 5 Always keep your feeders well stocked with food, especially in winter. Birds depend on them. If you forget they could go hungry.



Are there more ways to help?

Yes! There's many ways you can help to stop plastic bottles going to landfill.

- Drink water from a re-useable water bottle
- Re-cycle all plastic bottles at home
- Why not join clean up groups either at the beach or your local park
- Wear school uniform made from recycled bottles



Did you know?
TRUTEX SAVED 14 MILLION bottles from landfill last year just by making school uniform made from recycled bottles!



Penguin Rescue!



EST. 1865

TRUTEX
MADE TO LAST SCHOOLWEAR

Can you help your penguin get to the sea to fish and avoid the perils on the way?

How to Play:

- * The object of the game is to get to the sea and finish first
- * You will need 2 to 4 players
- * Roll the die to see who goes first. The player with the highest number starts first.
- * If you land on a square with directions, follow them. Some squares move you forwards, but some move you back!
- * Land on a **Q** square: Answer the question correctly, take another turn. If you answer it incorrectly you miss a turn! The answers are at the bottom - no sneaking a look!!!

What you need to play:

- * A rolling die
- * Playing counters. You can cut out the penguin counters below. Or you can make your own.



36  36	35  Yikes! You wobble on the ice - go back one square 35	34	33 Oops! You get stuck in a snow drift - Miss a turn 33	32 Q Penguins can launch themselves from sea almost 2 metres into the air to jump onto land. True or false? 32	31
25 You slip and snow glide - fall to square 13 25	26	27 Humans find ways to recycle harmful plastic waste - go to square 31 27	28	29 Oh no! You fall through thin ice! Go to square 17 29	30 Q What is the largest species of Penguin? 30
24  24	23  23	22	21 Your chick is kept warm in the rookery - take another turn 21	20  20	19
13  13	14	15	16 Q Climate change is dangerous for penguins. It melts Antarctic ice so they have less space to breed. True or false? 16	17	18
12 A bad snowstorm caused by climate change blows you back to square 6 12	11	10 Q What is a penguins main diet? 10	9	8 The humans are starting to use more renewable energy - Skate up to square 23 8	7  You escape from plastic pollution - Run to square 11 7
1  1	2	3  Your egg hatches - Have another turn 3	4	5 Q How many seconds can a penguin hold their breathe for? 5	6

Plastic Pollution is a big problem for penguins - but you can help!

Many penguins suffer because they get trapped in plastic waste or they accidentally eat small pieces of plastic when feeding. We all need to help by stopping all plastic ever reaching the ocean. You can do this by avoiding buying things in single use plastic, and any plastic you do need to buy is recycled with the household waste. You can also help by buying things that are made from recycled plastic, like your school uniform.






Climate Wordsearch

E	A	R	T	H	G	H	R	D	A	B
C	N	B	L	A	E	S	U	E	R	I
O	N	V	C	W	Z	Y	K	C	O	O
F	C	L	I	M	A	T	E	O	L	D
R	Q	X	B	R	E	C	Y	C	L	E
I	C	A	R	B	O	N	F	S	L	G
E	Y	G	R	E	E	N	X	M	O	R
N	N	W	Q	B	Z	O	M	L	X	A
D	P	R	Y	G	R	E	N	E	U	D
L	V	X	Y	T	Q	P	M	K	N	E
Y	R	E	N	E	W	A	B	L	E	T

Can you find these words:

- | | | | |
|-----------------------------------|----------------------------------|-----------------------------------|---------------------------------|
| <input type="radio"/> ECO | <input type="radio"/> CARBON | <input type="radio"/> ENVIRONMENT | <input type="radio"/> RENEWABLE |
| <input type="radio"/> GREEN | <input type="radio"/> BIODEGRADE | <input type="radio"/> REUSE | <input type="radio"/> CLIMATE |
| <input type="radio"/> ECOFRIENDLY | <input type="radio"/> ENERGY | <input type="radio"/> RECYCLE | <input type="radio"/> EARTH |

ROCK ART

Help spread a little happiness!
Paint pebbles and leave them for other children to find.

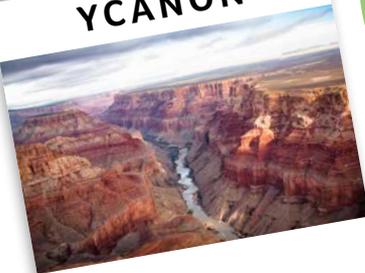
Decorating stones and pebbles using acrylic paints and pens. Choose pebbles that are quite flat and smooth and let your imagination go wild!

Why not write #TrutexRockArt with a permanent pen so who ever finds your pebbles can share them with us?

Where in the WORLD

Unscramble the letters to discover what these places are.

YCANON



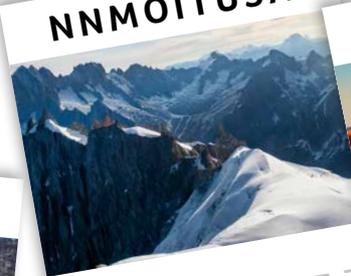
SEOFRT



EIRLGAC



NNMOITUSA



TSEERD



TAALRFLEW



LCOVAON



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