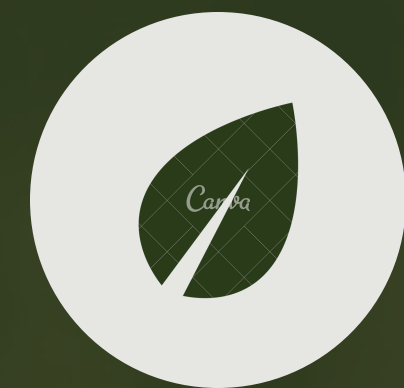


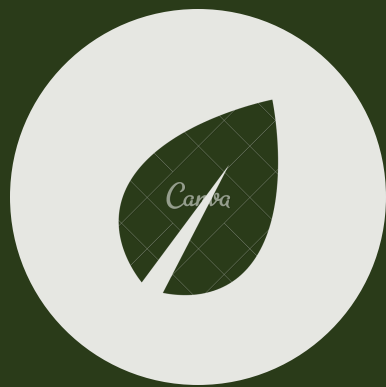
HEALTH TO MEET YOU

Environmental factors

Nīkrāces pamatskola



Co-funded by the
Erasmus+ Programme
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Activity #1

Warm Sweater Day

'Warm yourself, not the planet.'



Activity #2

Christmas decorations

Reusing paper can help environment !



Activity #3

Save energy, save the planet

It is easy to make a difference.

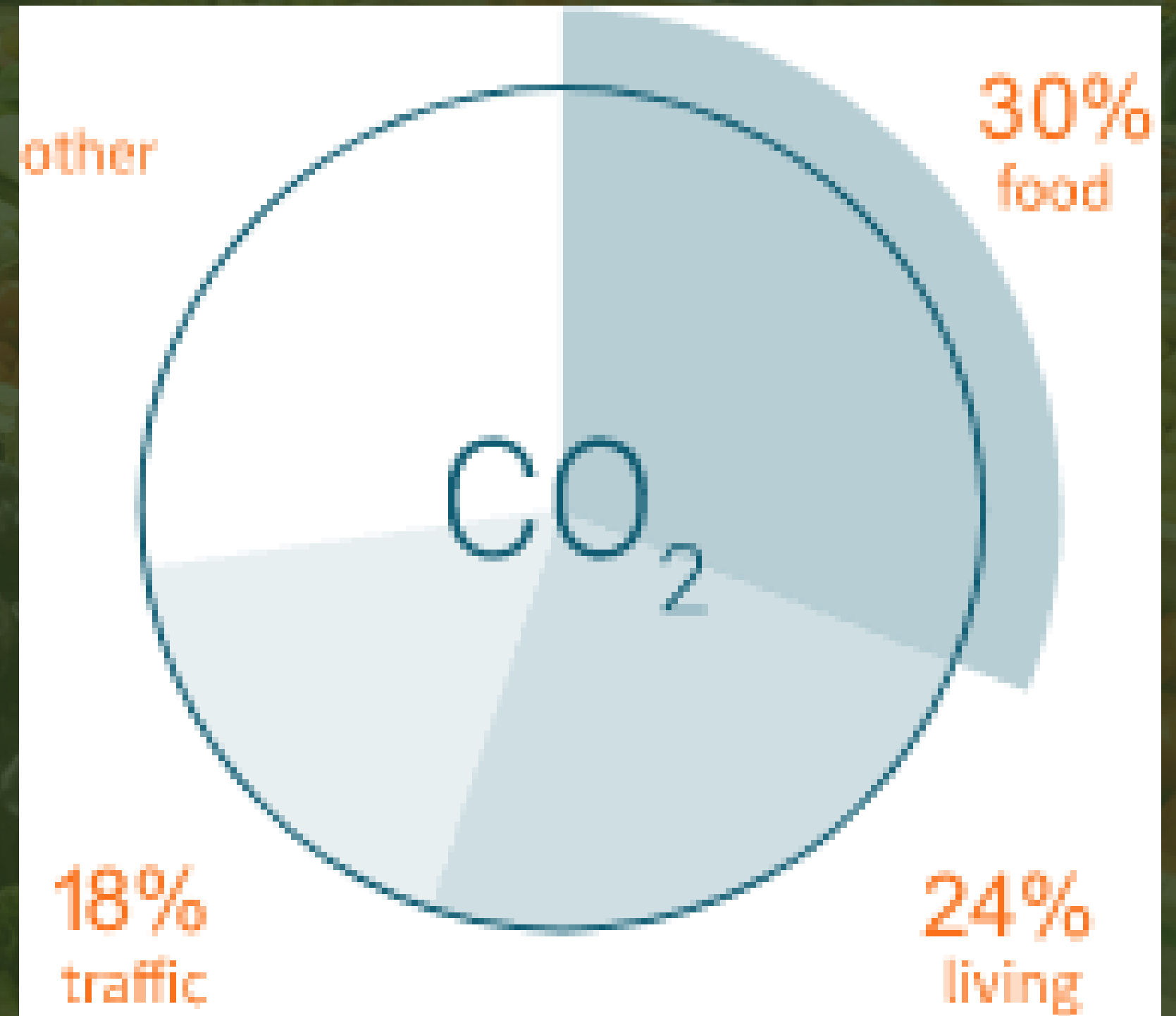


WARM SWEATER DAY

- It is an annual tradition for Eco Schools.
- This cosy day takes place at the beginning of February.
- The concept of this day is very simple. We turn down our thermostats by one degree Celsius, and instead put on a cosy sweater to stay warm.

DOES IT REALLY WORK?

1 *C (1.8 F) may not seem like a big deal, but it adds up when practised by numerous individuals. The Warm Sweater Day website says that 6% of both energy and carbon dioxide emissions can be saved by a one-degree-Celsius reduction.





CHRISTMAS DECORATIONS

- Approximately 24 trees, 300 million litres of water, and 32 million BTUs of energy are used to produce just 1 ton of paper.
- Reusing old paper for decorations is a wonderful way to save money and help protect the environment.
- Creative recycled crafts help students connect with each other and teach them green living ideas.



How to do it?

Roll paper tubes

The size and amount of paper tubes depend on what you are creating



Join the tubes

Use glue (glue gun) and create the necessary shape



Enjoy the result!

And remember - reusing paper can help environment !

SAVE ENERGY, SAVE THE PLANET

- There is a direct connection between energy use and the environment.
- When we consume less power, we reduce the amount of toxic fumes released by power plants, conserve the Earth's natural resources and protect ecosystems from destruction.
- By taking steps to reduce energy intake, we contribute to a healthier and happier world.



Activity

Research

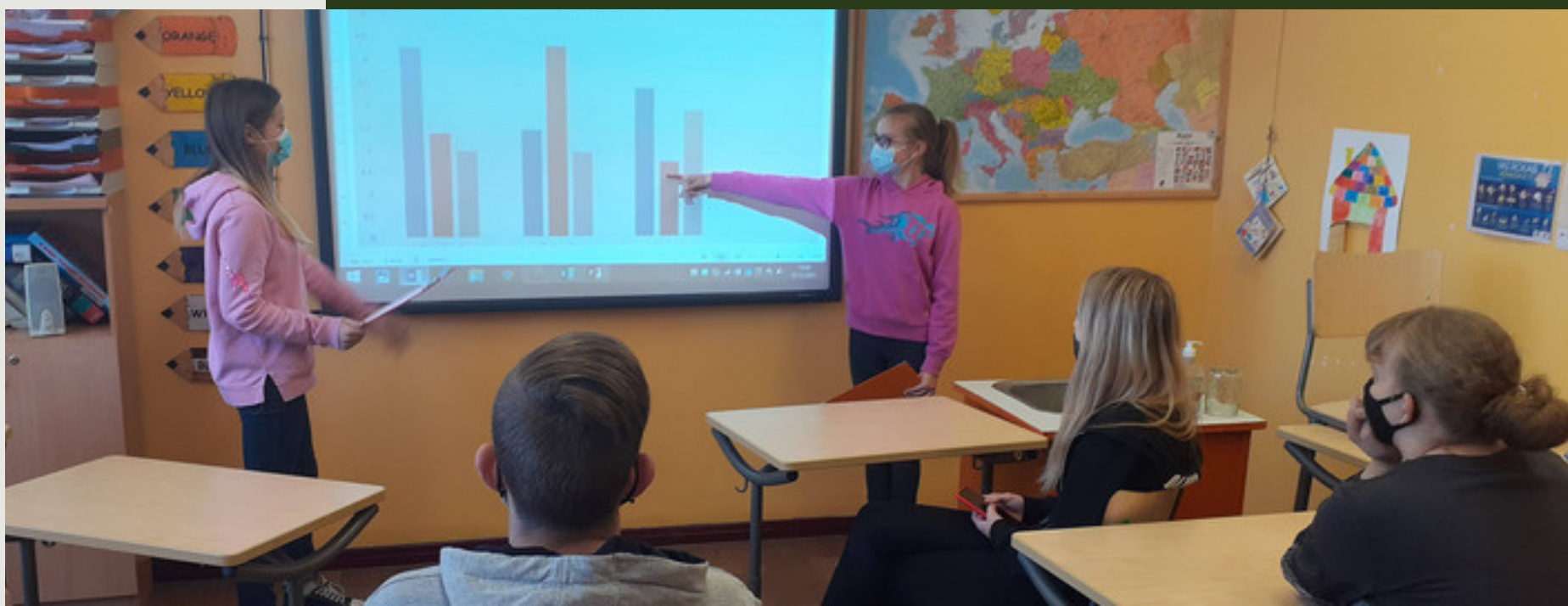
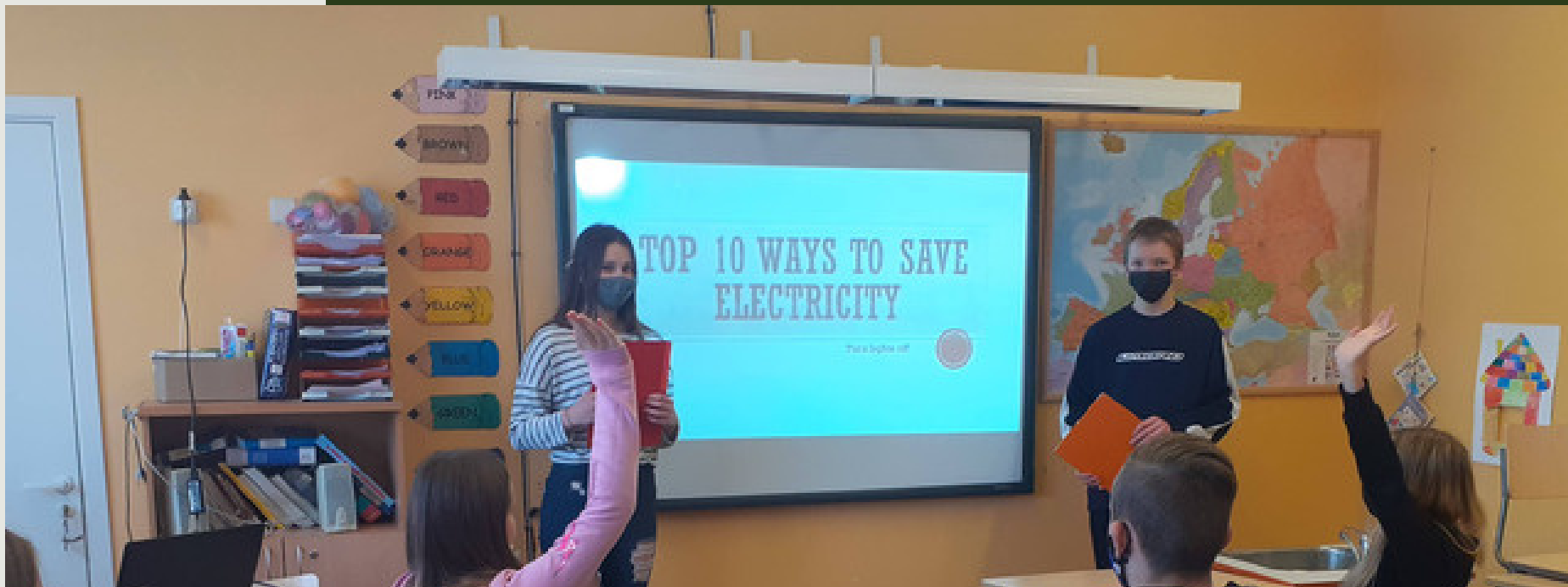
Each team of students gathers information about their topic.

Test

Students check how much electricity can be saved by implementing chosen action.

Reflect

Students present information about their topic, share the results of experiment and make conclusions.



ACTION

can save us