

Kent year of green action

KENT YEAR OF GREEN ACTION



CHALLENGE RECORD



WINTER

18th January - 28th February 2019 ✓

- 1) Take part in the RSPB Birdwatch
- 2) Reduce plastic use in home
- 3) Open a bird café
- 4) Make a nature journal

- | | |
|--------------------|-----|
| 1 Credit from KCU | ___ |
| 1 Credit from KCU | ___ |
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |



SPRING

1st March - 31st May 2019 ✓

- 5) Take part in a Country Park event
- 6) Get involved in a litter pick
- 7) Build a bird box
- 8) Participate in community gardening

- | | |
|---------------------|-----|
| 1 Credit from venue | ___ |
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |
| 2 Credits from KCU | ___ |



SUMMER

1st June - 31st August 2019 ✓

- 9) Take part in Explore Kent walk
- 10) Create a Green Travel Plan
- 11) Make a frog and toad abode
- 12) Research an environmental issue

- | | |
|--------------------|-----|
| 1 Credit from KCU | ___ |
| 1 Credit from KCU | ___ |
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |



AUTUMN

1st September - 30th November 2019 ✓

- 13) Build a woodland den
- 14) Participate in a beach clean
- 15) Help look after a garden
- 16) Create a Reuse, Reduce, Recycle campaign

- | | |
|--------------------|-----|
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |



WINTER

1st December 2019 - 28th February 2020 ✓

- 17) Go on a scavenger hunt
- 18) Participate in Shoresearch event
- 19) Build an animal den
- 20) Research impact of nature on health

- | | |
|--------------------|-----|
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |
| 1 Credit from KCU | ___ |
| 2 Credits from KCU | ___ |



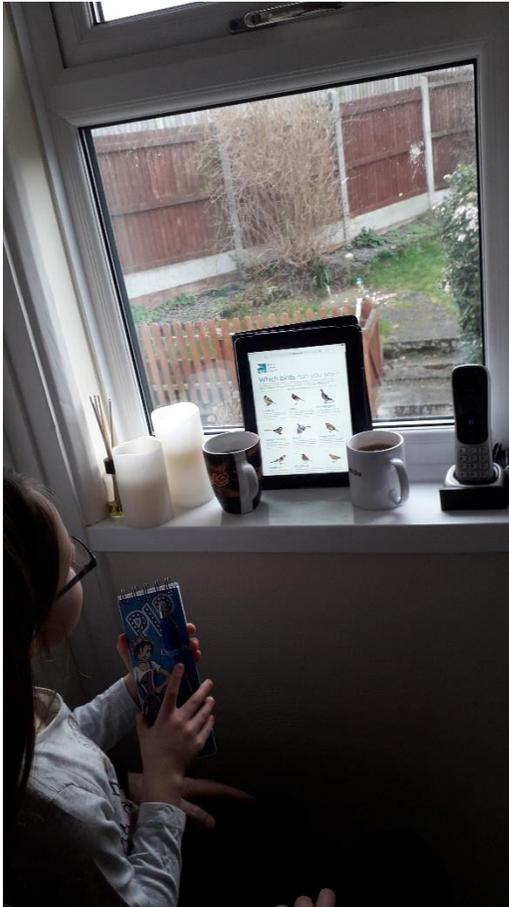
18th January - 28th February 2019



- 1) Take part in the RSPB Birdwatch
- 2) Reduce plastic use in home
- 3) Open a bird café
- 4) Make a nature journal

1 Credit from KCU	_____
1 Credit from KCU	_____
1 Credit from KCU	_____
2 Credits from KCU	_____

Winter – Take part in the RSPB Birdwatch



Sophie and her Daddy took part in the Big garden bird watch on the 26th Jan.

During the hour of watching Sophie Spotted a blackbird and two woodpigeons land in the garden and a few other birds flying around.

Delete Spam Block ...

Thank you for submitting your Big Garden Birdwatch results!

You forwarded this message on Sat 02/02/2019 18:32

The RSPB <no-reply@rspb.org.uk>
Mon 28/01/2019 22:06

You

Thanks for submitting your results



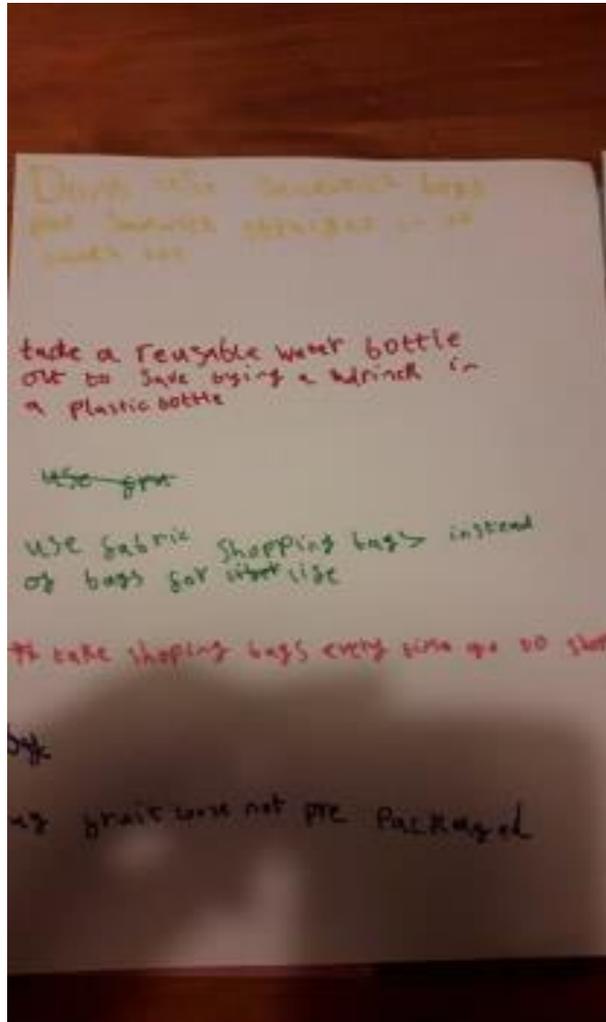
Thank you so much for taking part!

Dear Laura

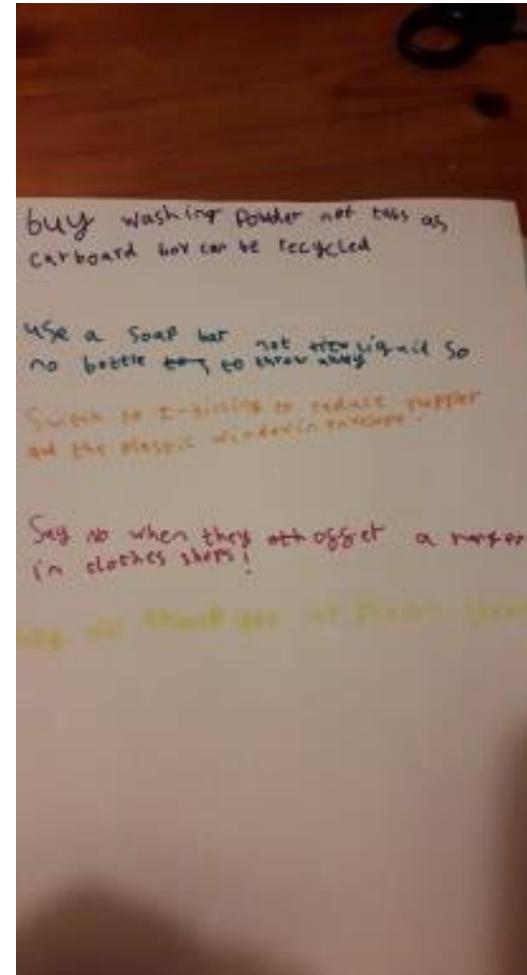
Thank you for submitting your Big Garden Birdwatch results. We're so glad that you were able to join the hundreds of thousands of Big Garden Birdwatchers throughout the UK, all counting their local wildlife.

Our scientists are number crunching right now. We won't know the full results until April, but in the meantime, we'd love to know how you got on. If you haven't already, join the conversation

Reduce plastic in the home



Sophie's ways to reduce plastic in the home



Don't use sandwich bags
put sandwich straight in to
lunch box

take a reusable water bottle
out to save buying a drink in
a plastic bottle

~~use fruit~~

use fabric shopping bags instead
of bags for reuse

take shopping bags every time go to shops

~~buy~~

buy fruit loose not pre-packaged



buy Washing Powder not tabs as
cardboard box can be recycled

Use a Soap bar ^{not} ~~liquid~~ liquid so
no bottle ~~to~~ to throw away

Switch to E-billing to reduce paper
and the plastic window in envelope.

Say NO when they offer a printer
in clothes shops!

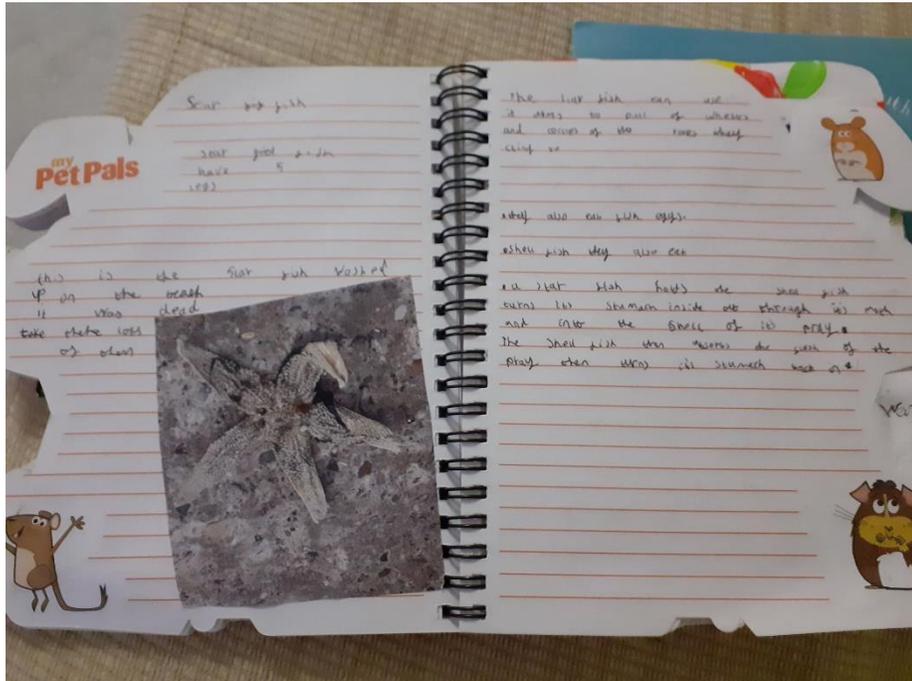
Say NO thank you to plastic straws

Open a bird cafe



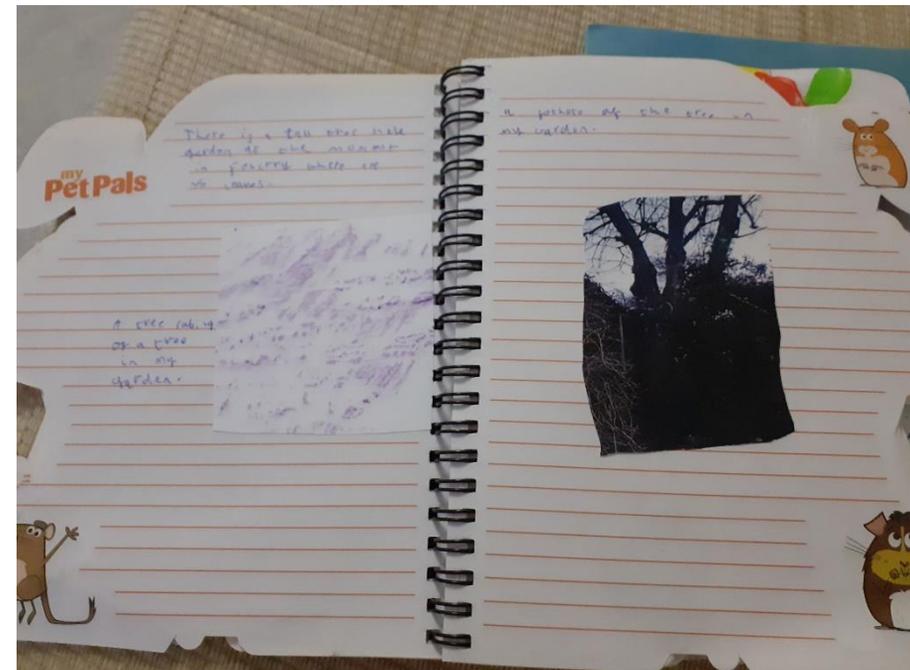
Sophie putting Bird
food out

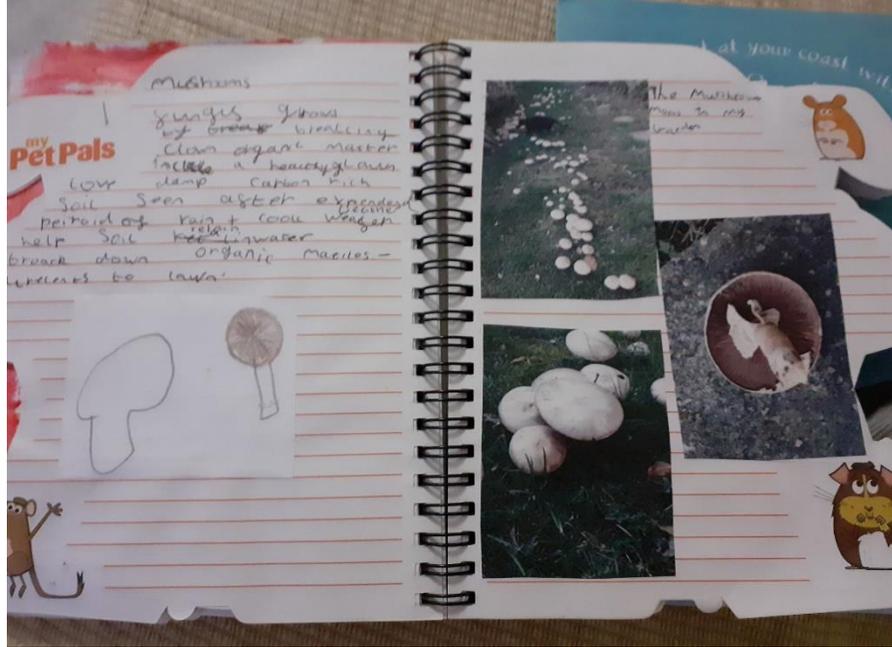
Make a nature journal



Sophie found out some facts about some creatures she saw throughout the year
She recorded the changing state of the tree in our garden with bark rubbings, photos and observations every other month

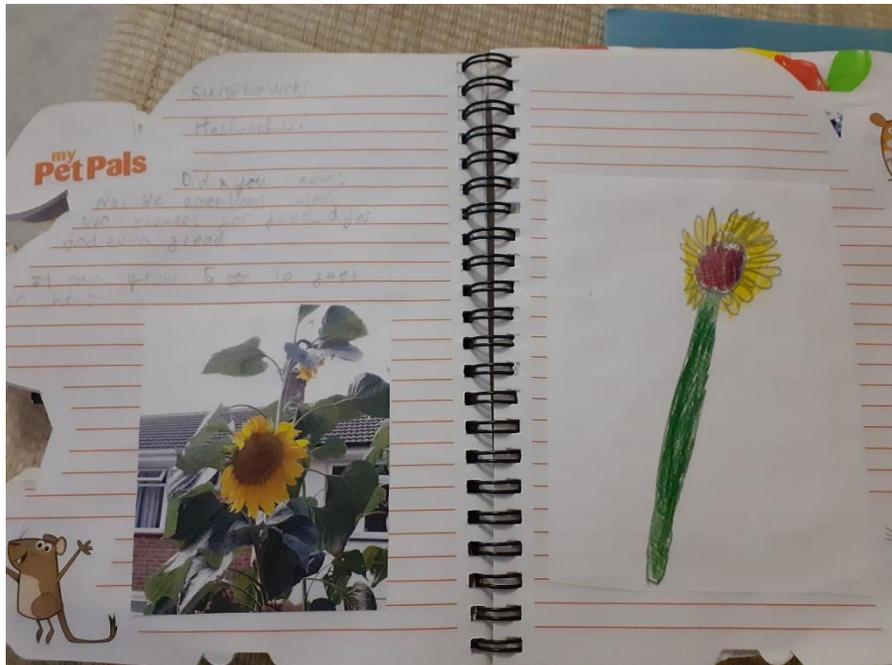
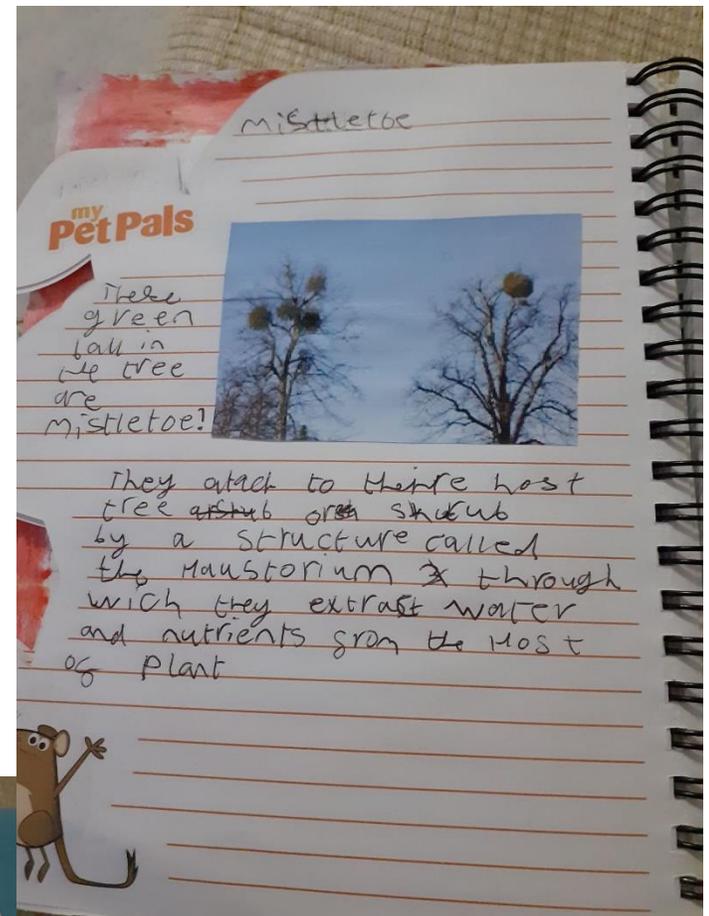
I have also enclosed a video of the pages of the journal



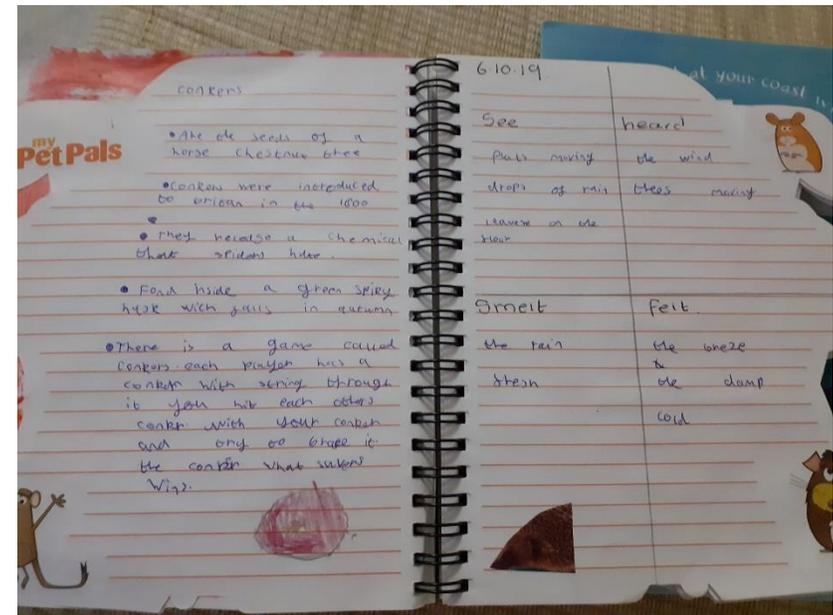
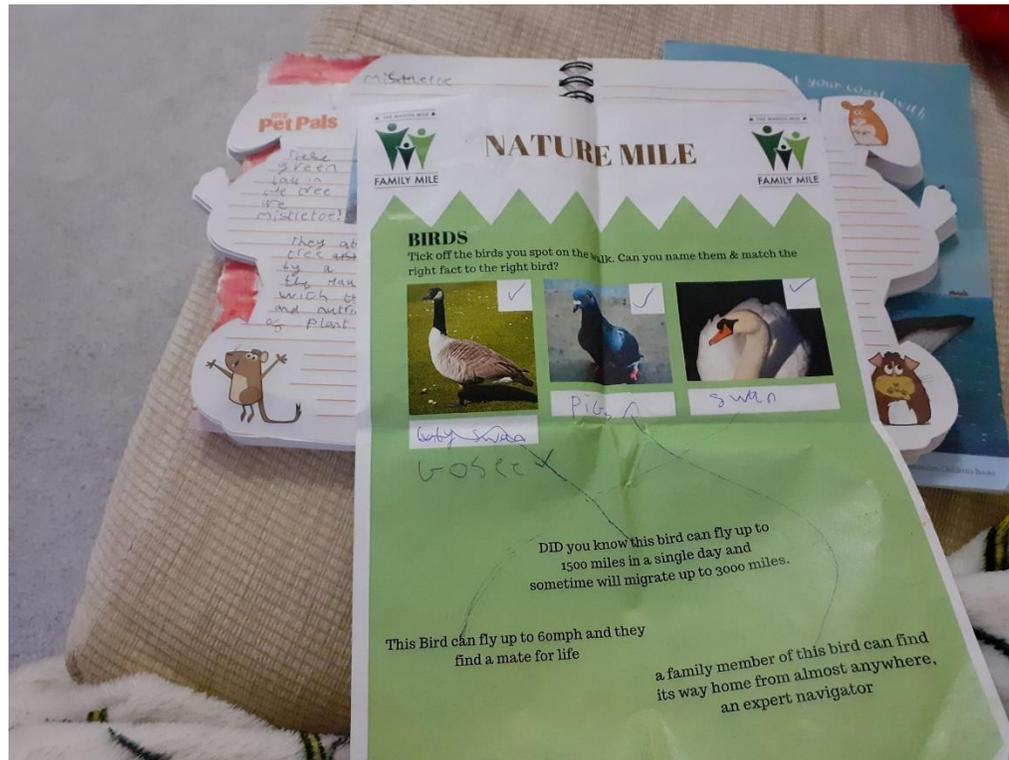
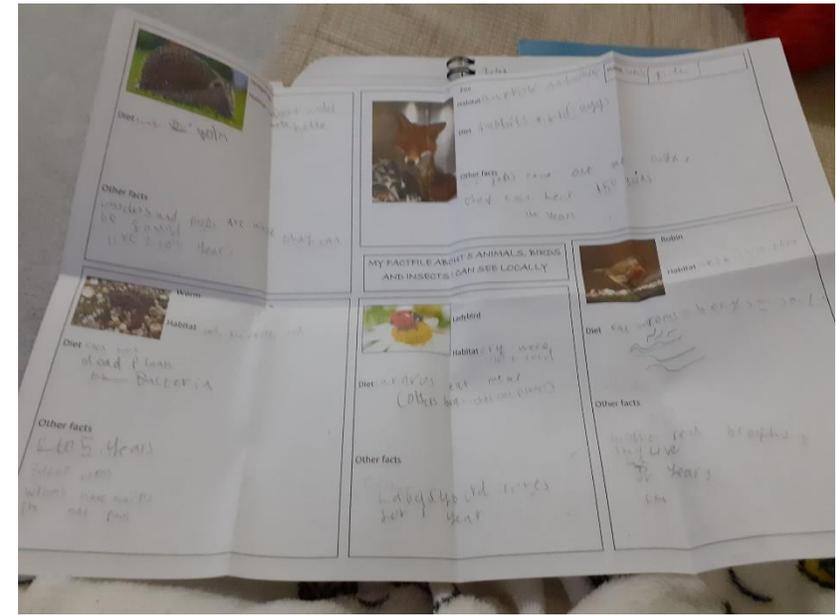


Sophie recorded some of the plants and flowers she has seen throughout the year.

The mistletoe one surprised me!



Animal facts and information about what she could see, hear, smell and felt during different seasons throughout the year.





1st March - 31st May 2019.



- 5) Take part in a Country Park event
- 6) Get involved in a litter pick
- 7) Build a bird box
- 8) Participate in community gardening

1 Credit from venue _____

1 Credit from KCU _____

2 Credits from KCU _____

2 Credits from KCU _____

Spring – Take part in a country park event



Sophie enjoyed taking part in the Zog Trail at Jeskings

Get involved with a litter pick



Sophie took part in the Milton Creek Country park Creek Clean as part of the great British spring clean

Build a bird box



Sophie did really well following the instructions on this set and screwing all the parts together





Participate in community gardening



We helped out a couple of times after school at the bob fowler community garden and allotment in Milton

Summer challenge activities sent in as part of the summer challenge



1st June - 31st August 2019.



- 9) Take part in Explore Kent walk
- 10) Create a Green Travel Plan
- 11) Make a frog and toad abode
- 12) Research an environmental issue

1 Credit from KCU	_____
1 Credit from KCU	_____
1 Credit from KCU	_____
2 Credits from KCU	_____

Summer – Take part in Explore Kent walk

Sophie has taken part in two Explore Kent walks as part of the summer challenge.

Create a family green travel plan

Don't leave
engine idling

Plan the
shortest route

try and
ride a
bike

Sophie thought of
lots of ways for her
green travel plan

to
reduce
drag

reduce car
weight

Green
travel
plan

use
public transport

fun errands
in 1 go

check tyres

Share
lists.

walk when
possible

Make a frog and toad abode



It has been placed in a shady spot in the garden



Sophie used Paint, sharpies and varnish to create her frog and toad abode



Research an environmental issue that concerns you



We set up a science experiment to see what would happen to a variety of objects when left in water outside so also exposed to sunlight. After just a few hours the toilet roll sheets had almost gone!

Sophie watched a youtube video about plastic

Plastic is finding a way into our bodies!
plastic takes 500-1000 years to break down at least 40%!
comes from packaging!
9.1 is recycled
12% burnt
the rest goes to land fill and ends up in the sea.

plastic in the sea will outweigh fish by 2050!

microplastic is smaller than 5mm.

plankton eat microplastic



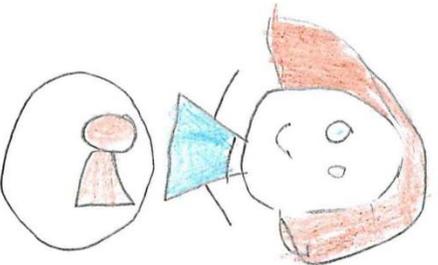
small fish eat plankton



bigger fish eat the small fish



we eat the bigger fish



microplastic can also end up in air, top water,



After a month paper is starting to disintegrate. Crisp packet, balloon and lid and beads the same just a bit lighter. Water looking dirty and looks like mosquitos might be breeding in it so will need to stop experieiment.



1st September - 30th November 2019



- 13) Build a woodland den
- 14) Participate in a beach clean
- 15) Help look after a garden
- 16) Create a Reuse, Reduce, Recycle campaign

1 Credit from KCU _____

2 Credits from KCU _____

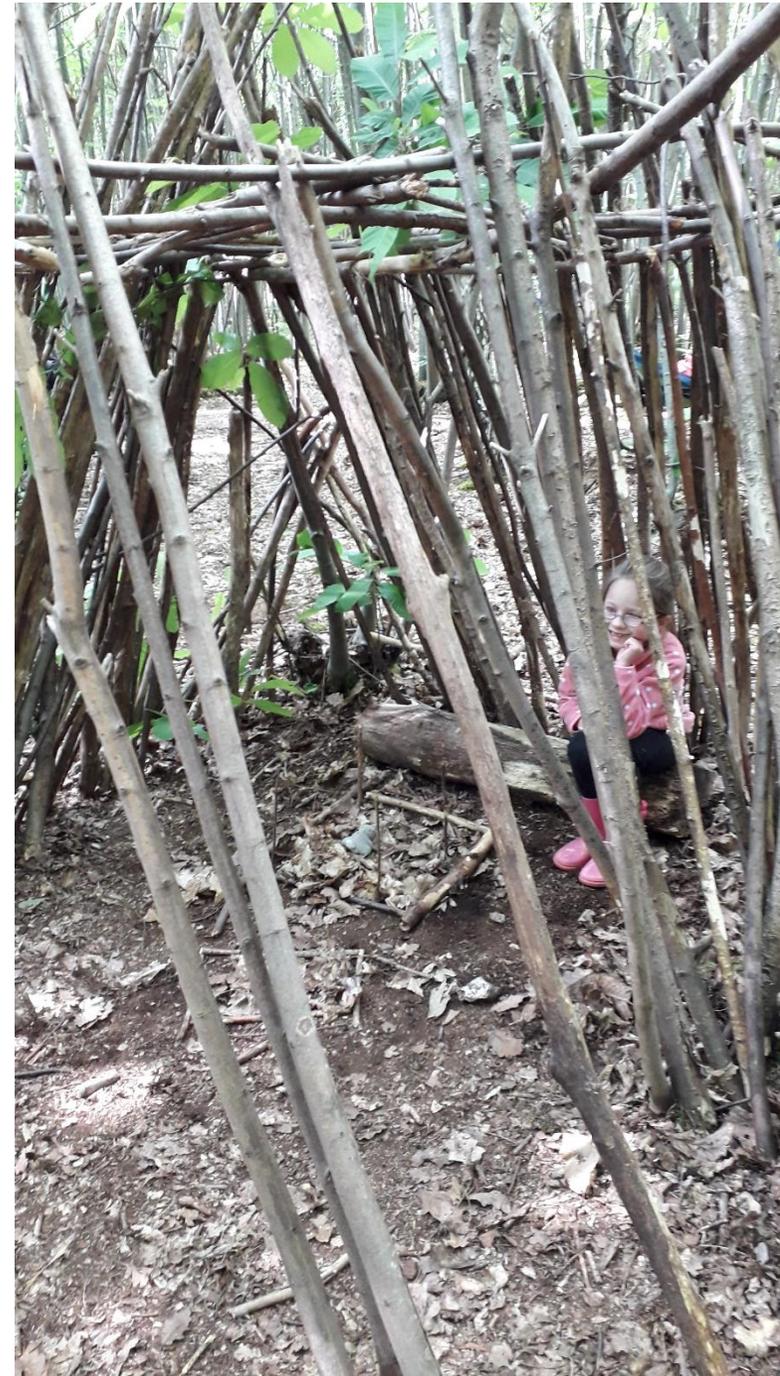
1 Credit from KCU _____

2 Credits from KCU _____

Build a woodland den



Sophie enjoyed
making t
Woodland den at
Cromer's wood



Participate in a beach clean



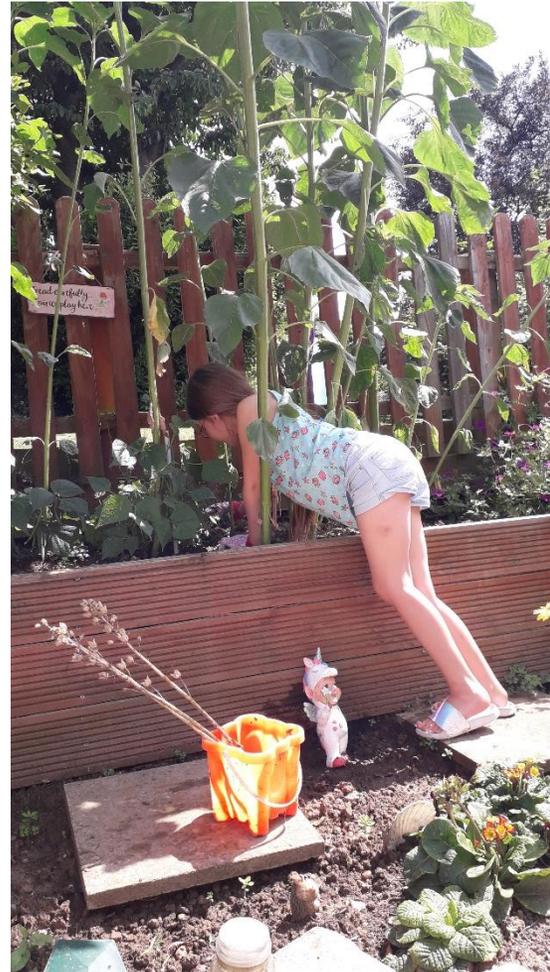
We took part in a Beach clean at Herne Bay run by Bay Beach clean



Help look after a garden



Sophie has been helping with a section of the back garden all year around.



Wedding and collecting the only 2 beans that grew! And planting some new flowers





More weeding and sweeping



The sunflowers that Sophie planted and kept watered grew really tall

Create a reuse, reduce, recycle campaign

Please see attached
video made by Sophie



1st December 2019 - 28th February 2020



- 17) Go on a scavenger hunt
- 18) Participate in Shoresearch event
- 19) Build an animal den
- 20) Research impact of nature on health

1 Credit from KCU	_____
2 Credits from KCU	_____
1 Credit from KCU	_____
2 Credits from KCU	_____

Go on a scavenger hunt

Sophie went on a Scavenger hunt around Cromer's wood on a Saturday morning

Woodland Trust Nature Detectives

Be a real Nature Detective!
How many of these wintry treasures can you collect?

- Birch catkins
- A lichen-covered twig
- Spiky, shiny holly leaves
- Long, tickly pine needles
- A cone smaller than your thumb
- Tough, smooth evergreen leaves
- Lacy leaf skeletons
- Smooth, striped cherry tree bark
- A ripe cone
- A green cone waiting to ripen
- Rough, cracked oak bark
- Bumpy, jigsaw-patterned Scots pine bark

Winter scavenger hunt

Get collecting!

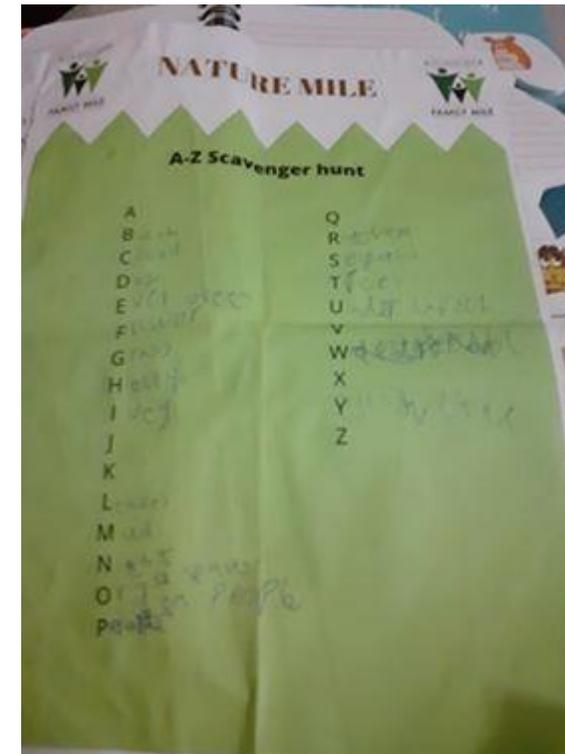
*Trees keep what they still need. Please only collect from the woodland floor.
Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!
woodlandtrust.org.uk/naturedetectives 0320 333 5301 naturedetectives@woodlandtrust.org.uk
f Search for 'nature detectives' t @NatureDetectives
© Made in 2016 by the Woodland Trust (registered charity nos 294344 and SC038895)

Forestry Commission

WOODLAND TRUST

Nature Detectives

Sophie also took part in a A-Z Scavenger hunt as part of the nature mile we took part in



Participate in a shoresearch event



Sophie and Chloe visited the Wolly watery world exhibition but on by the guardians of the deep and made pledges of how to help the plastic problem



They also explored the sand box to identify creatures found in the water

Build an animal den



Sophie thought about how the animal was going to keep dry (covering up the holes in the plant pot) How it was going to get in (Cutting out a door) and how it was going to be warm and cosy (a bed of leaves)

Research impact on nature on health

Benefits of nature

Being in nature reduces anger, fear and stress and increases pleasant feelings.

The outdoors is good for your vision. (eye site)
Being outdoors gives you your daily dose of vitamin D

Nature provides a calming influence and helps people concentrate.

Research shows that a plant in a room can have a impact on stress.

Benefits of Nature

Being in nature reduced anger, fear and stress and increases pleasant feelings.

The outdoors is good you're your vision (eye site)

Being outdoors give you your daily dose of vitamin d

Nature provides a calming influence and helps people concentrate .

Research shows that a plant in a room can half the impact on stress.

○ What do you enjoy about being outside?

The sunshine and fresh air

makes me feel awake

makes me happy

change of scenery

getting muddy

Jumping in puddles

taking my dog for a walk

○ How do you feel ~~when~~ when you're stuck indoors?

~~depressed~~ upset and bored.

feel drossy

Sleepy

Sad

clean

bored

restless

○ Do you like being outside?

yes - more activities are outside

yes - short walks

yes

yes - great views

yes

yes

yes

Sophie asked people
how they felt about
being outside



Sophie has got us
and her
grandparents
saving their crisp
packets so they
can be recycled.