



Eco-Schools Scotland at home

Environmental Review



Keep Scotland
Beautiful

Your charity for Scotland's environment

Eco-Schools Scotland at home

Eco-Schools Scotland is a programme that all Scottish schools can take part in to help improve their whole school community. This 'at home' version is for you and the people at home to enjoy going through. Answer these few questions to find out:

- What your household is doing well for each of the 10 topics.
- Where you want to make improvements.

We call this process an Environmental Review. You can download and save your answers digitally in this document or write them out in a notebook perhaps. There is no need to print. Keep a record of your answers so that you can check back later to see how you are getting on and to celebrate your successes.

The next step after this will be to choose what you want to take action on. We suggest you start with your favourite ideas for action. There are lots of suggestions for each of the topics here but of course, you can add your own.

Make sure that you tell your school you're taking part so they can tell us about it when they apply for the Green Flag.

The ten topics





Biodiversity

Biodiversity is a single word we use instead of saying 'biological' and 'diversity'. It means all the variety of life on earth including plants, animals, fungi and micro-organisms such as bacteria. Biodiversity also means the different communities of life, for example a desert or a woodland.

Why is it important? Each living thing has its own role to play in making sure its community or ecosystem thrives. Healthy ecosystems clean our water, purify our air, maintain our soil, regulate the climate and provide us with food.

1. Have you counted all the different types and number of plants, birds, insects, and other wildlife that you can spot near your home?

Yes

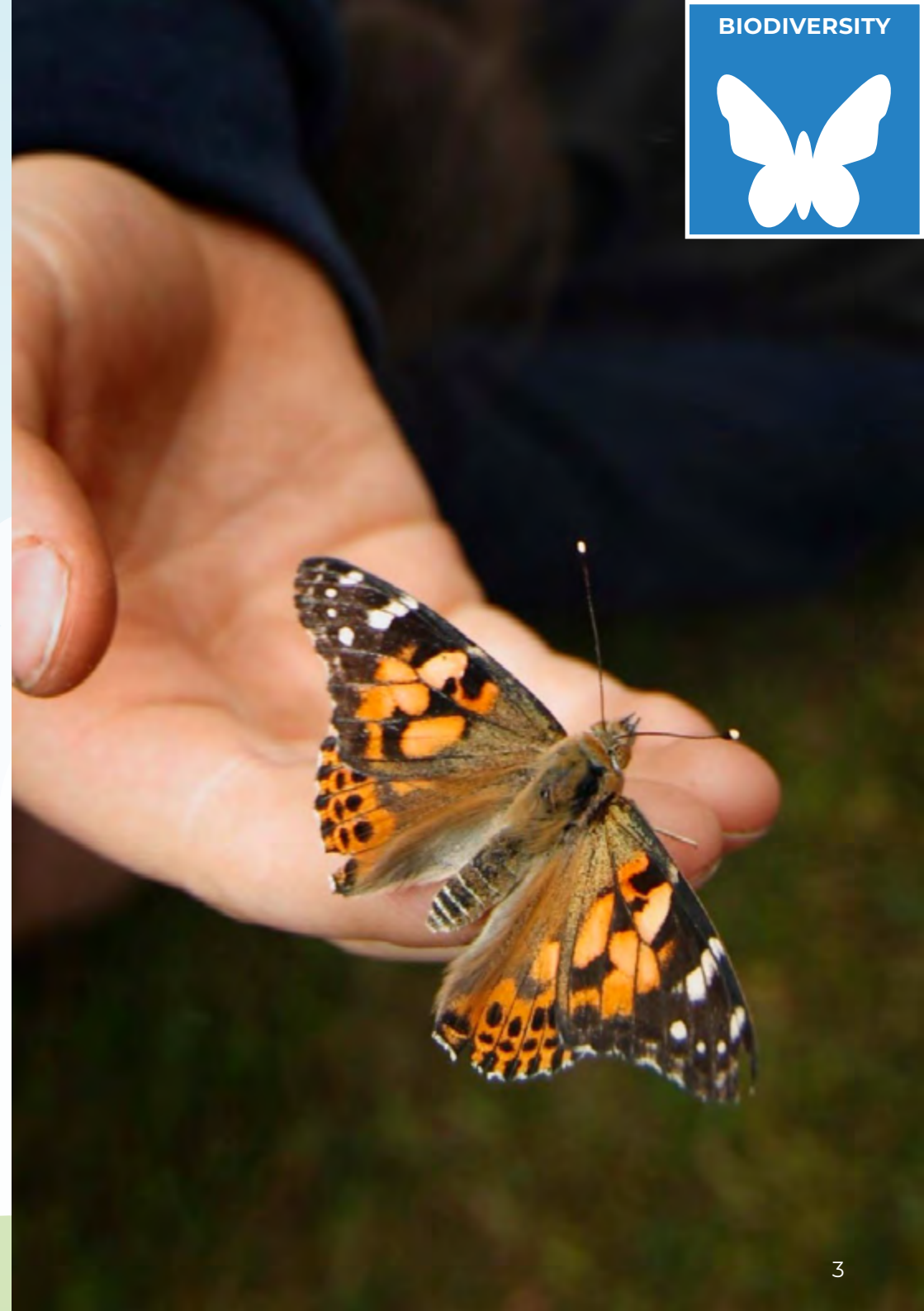
No

2. Are you going to create a [Pop-up Pocket Garden](#)?

Yes

No

3. What would you like to improve?



Energy

Living things use the energy they get from their food to move and grow. Non-living things like computers and cookers also use energy. Their energy travels through wires from where it is generated in power stations, or through pipes from where it is stored in tanks.

Some power stations use renewable sources like the sunshine, water, or the wind for fuel. Other power stations use fuels that will run out e.g. coal, oil and gas. Using coal, oil and gas gives us energy, but also give out greenhouse gasses that are causing climate change.

1. Game:

Write a score for each player in the boxes below.

Ask each person at home to play this game. Each person needs paper and pencil. You have two minutes to list as many non-living things in your home as you can that use energy. You will get a point for each thing that you can think of that no-one else has on their list.

Discuss what it is you think uses up the most energy per hour.

Player one

Player two

Player three

Player four

3. What would you like to improve?

ENERGY



2. Game:

You have three minutes to list two ways that the people at home (including yourself) can save energy. For example, does everyone at home turn things off at the wall when they're not being used? Close curtains and blinds or doors to keep heat in?



Food and the Environment

Our food is important for our own health and it also affects the health of the world around us. It takes a lot of land, resources and energy to grow food and it releases greenhouse gasses that contribute to climate change. Reducing food waste and choosing local and seasonal fresh produce are tasty ways to make a difference.

1. Do you avoid wasting food? Planning your meals and portions is a great way to do this.

Yes

No

2. Have you had a [One Planet Picnic at home?](#) *Nom nom!*

Yes

No

3. What would you like to improve?



Global Citizenship

We are closely linked to people in other countries. Our choices can affect each other even though we live far apart. Global citizenship is when we understand the impact of our actions and make choices that avoid harming others, even people we will never meet.

One of the biggest impacts we have is through the things we do and buy that contribute to climate change.

1. Have you measured your carbon footprint?

Yes

No

2. Can you recognise some logos on products that are sustainably produced, e.g. Fairtrade?

Yes

No

3. What would you like to improve?





Health and wellbeing

This covers both our physical and mental health, e.g. healthy eating and drinking as well as reducing stress. In this uncertain time, there may be many very real worries. Thinking about things you feel grateful for, even for a moment, can help bring a sense of well-being, e.g. the weekly Clap for Carers.

1. Do you drink the recommended amount of fluids
e.g. water every day?

Yes

No

2. Do you take a moment every day to notice things that
you value and feel grateful for?

Yes

No

3. What would you like to improve?



Litter

Just to be clear, by 'litter' we mean rubbish that has been left lying around on the ground outside, not a group of baby animals.

1. Is there litter in the outside spaces near your home?

Yes

No

2. Are there litter bins in the streets near your home?

Yes

No

3. When you're outside, do you always give your litter a lift and take it home to put in a bin?

Yes

No

4. What would you like to improve?



Outside spaces

The outdoors is constantly changing throughout the year in response to the seasons, but it also changes gradually over time. Plants and other living things help us notice change.

1. Have you made a map or a list of the outside spaces that you can get to from your home?

Yes

No

2. What are your favourite things to do outside? Are you able to do them in the outside spaces near your home?

Yes

No

3. What would you like to improve?





Transport

It takes energy to move things around. Try it for yourself; give someone a 'piggyback'. Reducing travel, with fewer journeys or shorter distances, saves energy. You can also switch to energy efficient ways of getting about e.g. public transport, or to low carbon fuels e.g. bicycle or electric car.

Now is a great time to discover the paths and routes near your home for walking or cycling exercise.

1. Do you know your local walking and cycling routes?

Yes

No

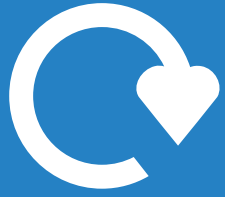
2. When you use roads, do you always follow road safety advice?

Yes

No

3. What would you like to improve?





Waste minimisation

Reducing waste makes sense for many reasons, and there's lots of ways that you can do it. You might have heard of 'Reduce, Re-use, Recycle'.

Think of them as the three waste amigos:

Reduce is the most powerful of the three as he avoids creating any waste in the first place.

Re-use is the middle one. Waste is created but it can be used again and again, over, and over, for example a jam jar can have other things in it such as screws, Lego bits, or beads or more jam.

Recycle is the youngest one. Our waste in the recycling bins can be taken to a factory that turns it back to a raw ingredient again and, hey presto, it can be made into something else.

1. Do you regularly thank the person/people in your home for putting the bins out?

Yes

No

2. Does everyone at home recycle? Re-use? Or reduce waste?

Uno, Dos, Tres

Reduce

Reuse

Recycle

3. What would you like to improve?



Water

We are very fortunate in Scotland to have clean water in our homes and a wastewater system that takes all the dirty water away and cleans it so that it can be used again.

Water is heavy. Have you ever had to carry a bucket of water very far? What if you had to carry it to your bathroom in a block of flats on the top of a hill? Our water and wastewater systems must use energy to move water through the pipes. Not wasting water and making sure we only put the right things down the drain are very good ideas.

+ 1. Game:

Example shown below.

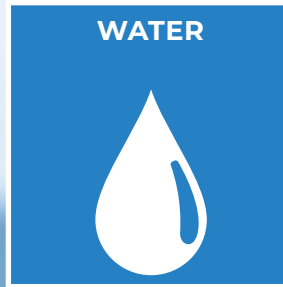
We may be unaware of how much water we use as it's so easy to turn on a tap. How many times does each person at home use water in one day? You can make a guess or put up a tally sheet in each room where you get water, e.g. bathroom, kitchen, garden or garage. Ask everyone to tick the sheet every time they use water and what they used it for.

Person	Things i used water for today	Tally	Total
Mrs Mop	Washing dishes	I	One
Mr Mop	Washing dishes	I	One
Master Mop	Washing my hands		Five
Miss Mop	Brushing teeth	II	Two
Mr Mop	Filling kettle	III	Three

+ 2. Game:

Now think about all the places where your wastewater leaves your home e.g. plugholes and drains and toilets. Some things shouldn't go into the wastewater system. What else goes down your drains etc. apart from water? Make a list for this too.

3. What would you like to improve?



What do I do now?

Make a note of all the actions that you want to do.
Remember that Eco-Schools at Home has some suggestions for actions that you can look at.

Chat about your ideas with the other people at home.
You could make a poster or a list together.



Review your list of what want to do each week.

Find out more about Eco-Schools Scotland at home on our website:

www.keeptoscotlandbeautiful.org/ess



Eco-Schools at home.
Stay safe.



We support the Sustainable Development Goals.

Keep Scotland Beautiful is your charity for Scotland's environment. We work with you to help combat climate change, reduce litter and waste, and protect and enhance the places we care for.



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