



# UKSSN Summer Eco Challenge!

You can complete these in any order. Can you do them all? What challenge of your own can you add?

First name _____
School _____
Year group _____

Download the <a href="#">Seek app</a> and learn how to identify species - five wildflowers, six trees, seven insects and eight birds.	Find an item of clothing that needs mending and learn how to fix it.	
Visit three parks in the local area.	Only walk, cycle and scoot for seven days.	
Talk to three friends and family members about the climate and nature crises and focus on listening to what they think.	With your family, join a volunteering <a href="#">event</a> near where you live or do your own litter pick in your local park.	
Cook and eat a vegetarian meal once a week for 6 weeks in a row. If you already do this, cook a vegan meal. If you already do this, get three friends or family members on board.	If you have outside space, make a log pile or a <a href="#">bug hotel</a> . If you've a lawn, let an area of grass grow and only cut it in September.	
Get by without using electricity for a day.	Make art out of nature in the style of artist Andy Goldsworthy	
Grow your own lettuce so you don't have to buy plastic wrapped salad. You can even do this on a windowsill or balcony.	Capture ten pictures of nature and include at least one butterfly, one bee, one lichen and one spider.	
Build a wildlife pond (or a <a href="#">container pond</a> ) from sustainable materials. It's one of the most beneficial things you can do for wildlife at home!	Watch at least one of these documentaries - <a href="#">A Life On Our Planet</a> , <a href="#">Beavers Without Borders</a> , <a href="#">The People vs Climate Change, 2040</a> , <a href="#">Kiss The Ground</a> .	
Take part in a fun citizen science project e.g. <a href="#">CEH</a> and <a href="#">Zooniverse</a> .	Learn how to make <a href="#">EcoBricks</a> and teach a friend how to too.	
Think of three ideas on how to save water in your home and implement them.	Write to your <a href="#">local councillor</a> and <a href="#">MP</a> about an environmental issue in your local area.	
Try not to waste any food for 2 weeks	Come up with your own! _____	