

ECO ACTIVITY LIST FOR LOCKDOWN

The time in lockdown has forced us all to slow down our lives, and to live in a different way. This has actually helped the environment as there is less traffic, on the roads and in the air. Here are some activities to further our sustainable lifestyles and to appreciate the natural world around us.

It's good for our mental health as well!

- Eat locally, support your local deli's, farm shops and butchery.
- Make a meal made out of local products.
- Go on your daily walk with your family, explore a new place in your local surrounding.
- Plant some tomatoes! You can order seeds online.
- Go and forage some wild garlic.
- Plant some wildflower seeds.
- Make a bird feeder.
- Start investing in single use plastic e.g new long lasting water bottles.
- Try and incorporate seasonal veg into your diet e.g asparagus
- Be conscious of food waste, and try and use up your leftovers in creative ways.
- Do a spring clean in your house. Is there anything you could repurpose or upcycle?
- Turn an glass jar into a stationery pot or a make up brush holder.
- Turn an old towel into some dish cloths.
- Learn about the birds in our local area.
- Have a day without TV or screens. Read outside instead!
- Watch your water usage! Cut a minute off your shower time... An 8 minute shower uses 62 litres of water. Have a bath instead if you can!