

## HEALTHY LIVING

At Eco-Schools we adopt a holistic approach to protecting our planet. This means that we think our physical and mental health is connected to our planet's health - in other words healthy planet, healthy people!

### Nursery

A nice simple task that is guaranteed to make you feel happy- we want you (and your family) to **wear your favourite piece of clothing today!** Do you have a cuddly jumper that makes you feel safe and warm or a pair of colourful socks that make you feel like you can run faster? When you are wearing your favourite piece of clothing, tell a relative or friend why it is your favourite item of clothing using your senses.

### Primary

Today we want you to complete some exercise, you might go for a walk or run, go for a bike ride or complete an online PE class. **Our only request is that you do it in your favourite active wear!** When you have chosen your favourite exercise clothing, consider why it's your favourite. Does it look nice? Feel good? What material is it made from? How is it different to your 'normal' clothing?

### Secondary

At some point all secondary school students will be heading back to school so you will need to find your PE or Sports kit - make sure it's clean and that it's not still in a bag from when you finished school months ago! Try it on to make sure it still fits - if it no longer fits tell your parent or guardian and consider what you will now do with it. **Do you have a relative or friend you can pass it onto? Does your school have a scheme for recycling old kit and uniform?**

