

# NATIONAL SCHOOLS ACTION DAY

WEDNESDAY 21 JUNE 2023

SCHOOL ACTIVITY PACK

Join schools, students and communities across the UK taking part and combating climate change!



# WHAT IS NATIONAL SCHOOLS ACTION DAY?

**WE'RE UNITING THE UK FOR CLIMATE ACTION.  
WE'D LOVE YOUR SCHOOL TO BE PART OF IT!**

This year Let's Go Zero and all [coalition members](#) are partnering with [Running Out of Time](#), [Earth Cubs](#) and [#ShowYourStripes](#) for UK's first ever National Schools Action Day.

The [Let's Go Zero](#) Campaign is now supported by over 2,000 schools teaching 1 million students between them around the UK. In signing up to the campaign, schools are declaring their ambition to be zero carbon by 2030 and demonstrating the huge demand for change.

On Wednesday 21 June 2023, join them and hundreds of schools in a celebration of their incredible work combating climate change. With events featuring physical movement alongside climate action and education, this is a great opportunity to get students moving and help them explore their passion for sustainability.

National Schools Action Day will run in unison with Running Out of Time's Ben to Ben relay. Ben to Ben will be the UK's biggest relay, running 2,500km across 50 towns and cities in just one month. Thousands of people will pass the baton to inspire the nation to take collective action towards Net Zero!

Schools will also be taking part in #ShowYourStripes – a fun and colourful way to get students thinking about climate change. This pack includes more information about both challenges, as well as ideas to help plan your day.

# HOW CAN YOU GET INVOLVED?

Join students and teachers and take part in any of the activities below, sharing what your school is doing on social media to inspire others and help them explore their passion for sustainability.

- Tag us: @ClimateRelay, @Let'sGo\_Zero and @earthcubs
- Hashtags: #RunningOutOfTime, #NationalSchoolsActionDay, #ShowYourStripes



# THREE EASY STEPS TO TAKE PART



## ☐ STEP 1: Get ready with lessons and assemblies

**When?** Throughout June

Get your students thinking more about climate change ahead of National Schools Action Day.

Check out free teaching resources from the [OCE](#) and use them to discuss climate change with your students. Or kick things off with [this Earth Cubs assembly](#). Or take a look at [WWF School Sustainability Guide](#) for more ideas and understand why taking action is so important.

See if you're near the route of Running Out of Time's Ben to Ben [relay](#). Even if you're not, you can take part in the challenge by making a special sustainable baton and having a relay at your school. For #ShowYourStripes, you'll need to get students rummaging around for red, white and blue t-shirts and jumpers.

## ☐ STEP 2: Share your green achievements – and your action day plans

**When?** Friday 16th June, five days before the event.

We'd love you to help build the buzz around action day on social media, by sharing the actions your school is already taking, as well what you'll be doing on 21 June.

How does your school tackle climate change? Do you grow your own veggies? Help local wildlife? Or are you pro recyclers? It's time to celebrate your success so far.

And how about on the 21st – will students be showing their stripes, or running with a sustainable relay baton made by your students? Tell followers what you'll be up to.

Remember to use the hashtags mentioned earlier in this pack, and to tag the Let's Go Zero accounts on [Twitter](#) and [Facebook](#) so we can share with followers across the UK.



Take a look at this [communications pack](#) to help you share all you've done on social media and set an example for other schools to get involved next year!

## ☐ STEP 3: Show your Stripes – and get active – on June 21

**When?** Wednesday 21 June

On the day we're asking schools to help students get active for 15 minutes or more. Whether it's lapping the track in their own relay, dancing around their classroom, or lining up as part of the #ShowYourStripes challenge – everyone can take part. This pack includes suggested activities, and ideas for helping students plan the day itself.



# RESOURCES AND ACTIVITIES

**We're pleased to share resources and inspiration for activities before and during National Schools Action Day.**

**These resources and activities will help you kick start the conversation about the climate and biodiversity crisis, share what your school is already doing, and celebrate success by adding your voice to the growing movement for zero carbon schools up and down the UK.**



# STEP 1: GETTING READY

**When?** Throughout June

## Resources:

- Kick things off with [this Earth Cubs assembly](#)
- Take a look at [WWF School Sustainability Guide](#) for ideas and to understand why taking action is so important
- Download free teaching resources from the [OCE](#) and use them to discuss climate change with your students.

## Activities:

### ACTIVITY 1: Make your sustainable relay baton

Does your school hate waste? Make a relay baton from waste materials that's 100% recyclable.

Get involved with [Running Out of Time's Ben to Ben relay](#) and design your very own sustainable relay baton.

The official relay baton will travel 2,500km across 50 towns and cities, in one month. Thousands of people will pass the baton from Ben Nevis to Big Ben, to inspire the nation to take collective action and go net zero like never before! As well as running, cycling, and walking, people will be windsurfing, kayaking, climbing, bog-snorkelling and finding a whole host of wild and whacky ways to move the baton.

If your school is along the route, you can [get involved](#). But if not, challenge your students to design their own sustainable relay baton to use on National Schools Action Day.

### How to make a relay baton inspired by the circular economy

Drawing on principles at the heart of nature, circular economy refers to a system that does not produce waste. Everything is a resource for the next part of the chain. The water cycle, and food webs, are examples of circular economy in nature.

Discuss this concept with your students and ask them to design a baton using these ideas.

- Use simple materials that can be separated and recycled
- Materials that can be composted or can be reused to make something else
- Plan what you will do with the baton after the relay/ ask students to think of alterna-



## ACTIVITY 2: Plan how you'll get moving on National Schools Action Day

Run, walk, bounce or roll - we don't mind what you do, we just want to see you all moving! And remember to get your students involved in the planning of the day.

Even if you're not taking part in the relay route, there's loads of ways for students get active for at least 15 minutes (including using your own sustainable relay baton). Here's how to involve students in planning your day.

Ask your students to imagine what their day of climate action should look like. Ask them to discuss the following questions:

1. How many students in the school will take part?
2. Will teachers and parents take part as well?
3. Will this be a relay, or everyone takes action together?
4. What activity do they want to do?
5. What safety precautions do you need to consider?
6. Would you be able to fundraise for your own #climateaction projects through this event?
7. How will you motivate students, staff and parents to get involved?
8. When and where will it happen?

## PHYSICAL ACTIVITY SUGGESTIONS

**Bounce relay:** Have students use space hoppers, pogo sticks, skipping ropes or just their feet to bounce and hop around a relay track.

**Circuits:** Create a circuit challenge for students to complete. Have different stages with different activities, make it as tricky (or as silly) as you want.

**Swim Marathon:** Have students take turns swimming lengths of the pool. You can make an extra challenge and ask them to design a waterproof baton as well.

**Dance-Off:** Get your students up and dancing for climate action.

**Build a Chain:** have students see if they can make a chain around your school and pass the baton around, this works well for younger students and is symbolic of working together.

**Forest Schools:** hold an extended forest school's session that is climate themed - get students outside and active. It's a great time to plant flowers for the summer.



## STEP 2: SHARE YOUR ACHIEVEMENTS AND PLANS

### Activities:

#### ACTIVITY 3: Celebrate your green achievements with a video or poster

Before the day, show how your school is working towards protecting the planet, by reducing emissions, increasing biodiversity, and safeguarding our planet for future generations.

Create a video or a poster that shows something your school is doing for the planet. Here are some helpful starting points:

- What does a zero carbon world look like?
- Why is it important to take action for the climate?
- Have you written to your MP urging the government to take action?
- Share if you have taken part in other projects such as [Ecoschools](#), [Clean Air Day](#), or the [Big Walk and Wheel](#)

Involve everyone: pupils, teachers, Eco Councils, and your work with the wider community. And share your poster on social media.

**Don't forget to mention your work with Let's Go Zero!**

Or if you haven't already, why not [sign up](#) to the campaign and add your school's voice to declare your intent and ambition to get to zero carbon.



## STEP 3: SHOW YOUR STRIPES – AND GET ACTIVE

### ACTIVITY 4: Show Your Stripes in School

Developed by The University of Reading and Radstock Primary School, Wokingham, Berkshire

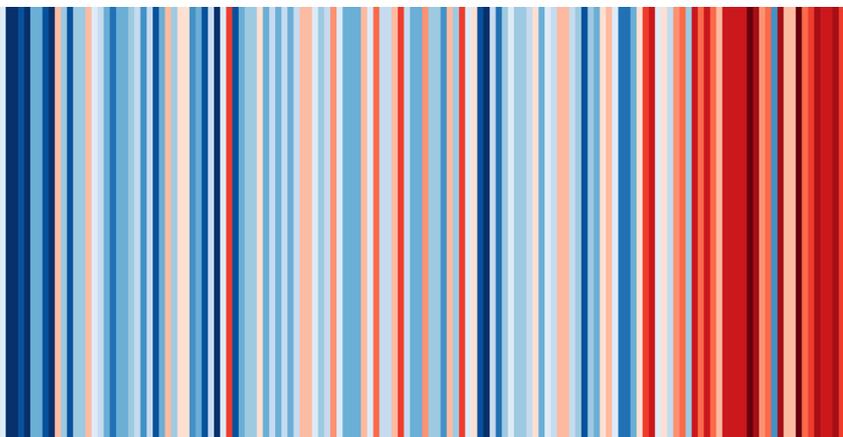
Show Your Stripes in School is an activity designed for your whole school. The purpose of the activity is to communicate to pupils how much temperature has changed over the past 120 years where they live.



Pupils at Radstock Primary School were the first to recreate the stripes in this way

### What are the Climate Stripes?

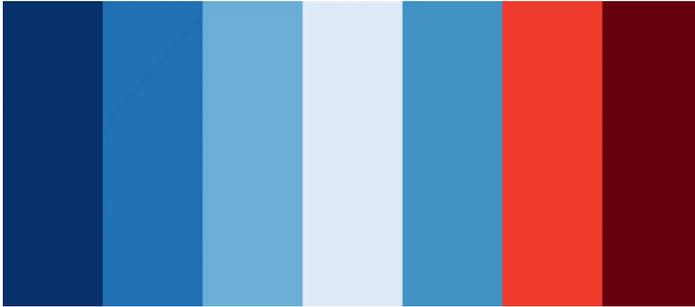
The [climate stripes](https://www.showyourstripes.info) are a visual representation of how temperature has changed in the past 100+ years. In the original climate stripes graphics, each stripe represents the average temperature for a year for that country or region and show the temperature warming as the colours turn from blue to red. You can download stripes for countries and cities around the world for free using [showyourstripes.info](https://www.showyourstripes.info).



Temperature change in the UK since 1884

## WHAT IS THE ACTIVITY?

We would like your students to come together to make their own human climate stripes. We have developed a special twenty-year average set of stripes to use.



These stripes show the average temperature for the UK for seven, twenty-year blocks beginning in 1883. The block at the right of the diagram shows the average temperature for 2002-2022. Moving back across the diagram from right to left, the blocks show the temperature for 1982-2001, 1962-1981, 1942-1961 and so on.

## HOW TO MAKE YOUR CLIMATE STRIPES

Ask a class or group of children to come to school wearing a colour close to one of the stripes. For example, one way to do this is below (you can do this in other creative ways too):

Year 6 (dark red) – the rightmost 7th stripe  
Year 5 (light red) – the 6th stripe  
Year 4 (blue) – the 5th stripe  
Year 3 (white) – the 4th stripe  
Year 2 (light blue) – the 3rd stripe  
Year 1 (dark blue) – the 2nd stripe  
Teachers (Very dark blue)- the 1st stripe

Ask the children to line up in year group order, with 2-3 lines for each year group.

You should now have a simple representation of the climate stripes, representing the change in temperature in the UK between 1902 and 2022

Take a picture of the human stripes to share with children and with parents. In the picture you might like to include other climate related props or printouts of the stripes or to hand out or share the stripes with children and parents. The stripes are free and open for anyone to use how they wish.

**Please share your picture on social media if appropriate (and considering any social media/photography rules in relation to pupils); it would be great to include the following social media tags so we can see how many schools are showing their stripes. @UniofReading #showyourstripes**

# FAQS

## Does it matter if children match the colour exactly?

No, the purpose of the activity is to help children start to talk about how quickly temperature has changed during the lifetime of their grandparents and parents. The stripe will still be a good visual metaphor for this change even if the colours are not exact.

## Can I add more stripes?

Yes, adding two more stripes is easy, just extend back in time with classes wearing darker blue colours. If you are really ambitious you might also try to represent the annual stripes available from [showyourstripes.info](http://showyourstripes.info), but you may need more planning to match the colours exactly for this activity.

## Why don't the colours change as much as the original stripes?

To make it easy for schools to replicate the stripes we designed this average version in which each stripe is a twenty-year period. Within each stripe, average temperature will be higher or lower consistent with your personal experience of how climate can vary from year to year. What is unique about the most recent period of Earth's history is the inexorable upward trend in temperature caused by human activity and this is shown in all versions of the stripes.

## I want to go further and add climate change to my lessons, how can I do that?

There are many brilliant resources available that can help you add teaching about climate change to your curriculum. A great place to start is the [Climate Change Educational Partnership](#) which has resources mapped to key stages and subjects. There are also fantastic resources available from the [Met Office](#) and the [Royal Meteorological Society](#) among many others. If you want to go even further, your school can apply for funding to develop climate related research through the Royal Society along with a partner university through the [Tomorrow's Climate Scientists programme](#).

## I'm worried about adding to the anxiety of the young people in my school:

Climate and eco-anxiety are real concerns for [young people](#). While studies of how to actively address this challenge are still at early stages, many experts suggested that having access to [high quality knowledge](#) about climate change and having open conversations between young people and adults are critical to addressing anxiety. Discussing ways to tackle climate change is also a key step. Unfortunately, the majority of young people still leave school with many misconceptions about climate change as revealed by a recent [survey](#). Getting involved in 'Show Your Stripes in School' can be a starting point for developing an action plan to bring deeper and wider climate education into your school.

## How do I talk to parents about what we are doing?

Sometimes, teachers are nervous about addressing climate change because they think it is a controversial topic. This is not the case. There is an [overwhelming scientific consensus](#) that humans are causing recent global warming. The most recent UN Intergovernmental Panel on Climate Change (IPCC) [assessment of climate change](#) describes the human influence on climate as 'unequivocal'.

**We hope that the 'Show Your Stripes in School' activity will engage young people and their parents in discussion about climate change.**

# STAY INVOLVED!

**Thank you for joining us for the National Schools Action Day!  
Here is what you can do next...**

Schools up and down the country are already taking action to reduce their carbon impact. By [joining](#) Let's Go Zero, your school will become part of a community of ambitious schools all aiming for a zero-carbon future. Together pupils, parents, teachers, and governors are united in calling for change.

**Start acting!** Follow the guide with our [School Toolbox](#):



We've put together practical tools to help you share your Let's Go Zero school pledge, celebrate your progress, inspire and empower your students, and encourage other schools to join you.

To help you take action and understand what organisations can support you, click through to our sign posting pages focused on Transport, Waste, Food, Nature, Energy, Curriculum and Procurement.

**SIGN YOUR SCHOOLS UP FOR FREE TODAY AT  
[WWW.LETSGOZERO.ORG](http://WWW.LETSGOZERO.ORG)**

Earth Cubs is the [environmental learning platform](#) for primary schools. Their unique curriculum covers the 17 Global Goals including sustainability, climate change, equality and more! Lesson plans, activities, presentations and videos.

**ALL FREE!**



# NOT IN THE UK?

THERE ARE STILL WAYS YOU CAN GET INVOLVED!

Join the global [Eco-Schools](#) network, become a Young Reporter for the Environment or dive into outdoor education with Learning about Forests.



Check out [Earth Cubs](#) for free teaching resources and teacher training materials to kick start your environmental learning.

[The Climate Box](#)- consists of: an illustrated textbook; Climate Quiz - a set of game cards; a poster with tips on how to reduce your carbon footprint; a CD with all materials.



[Be a Food Hero](#) like Peter Rabbit- Through the campaign, Peter Rabbit and his friends encourage youth, and their families to be #FoodHeroes like Peter by taking actions like eating more fruits and vegetables, reducing food waste, buying at local gardens and farmers markets, and planting their own garden - big or small.

# JOIN THE CONVERSATION

Hashtags:

**#RunningOutOfTime**  
**#NationalSchoolsActionDay**  
**#ShowYourStripes**

Key Twitter accounts:

**@ClimateRelay**  
**@Let'sGo\_Zero**  
**@earthcubs**



**LET'S GO**  
**ZERO**  
**2030**