

**GLOBAL  
GOALS  
CENTRE**



# EARTH DAY HEROES

**ACTION PACK 2025**



# WELCOME!

Welcome to the Earth Day Heroes Action Pack where young people can enter an exciting competition to help the health of the planet.

On April 22<sup>nd</sup> 2025 Earth Day will turn 55, with over one billion people from around the world expected to participate. This year's theme is to raise awareness and take action for the health of the planet with a focus on **energy**.

As part of this year's Earth Day celebrations, we invite young people to **become an Earth Hero** and set a meaningful challenge for their setting in order to raise awareness and take action on critically important environmental issues. Using creativity, problem solving, and learning from other young people, will provide a positive and empowering way to respond to the problems they see in the world around them, developing global citizens.

## JOIN US AT OUR LAUNCH EVENT!

Get ideas, tools and meet other young climate keenies at Sparks Bristol on Thursday 24 April 10am-12pm, for the launch of Earth Day Heroes with the world famous environmentalist Mya-Rose Craig.



# CLEAN ENERGY CAN CHANGE THE WORLD BY...



## PROVIDING CLEANER AIR

Reducing carbon emissions means less air pollution which contributes to serious health issues. Clean energy would significantly reduce air pollution, improving our health.



## TACKLING CLIMATE CHANGE

Moving to clean energy and reducing carbon emissions will help us tackle climate change to reduce the frequency of extreme weather events and enable us to be more resilient.



## IMPROVING MENTAL HEALTH & WELLBEING

Pollution, climate change and environmental disasters negatively impact mental health. Clean energy and its impacts can reduce stress and anxiety, improving wellbeing.

# ABOUT THIS ACTION PACK

**This resource pack will give you the tools to enable your young people to think about what social and environmental issues are most important to them – through a three-stage approach; plan, take action, and evaluate. The pack will help you support your young people to identify a way or ways that they can take action to make a difference – in their school, their neighbourhood or in their wider area.**

## How much time would we need to dedicate to this competition?

We suggest that you spend approximately **60 minutes** to plan, a minimum of **90 minutes** to put your plan into action and around **30 minutes** for evaluation. The action might be a one-off event such as tree planting, or making a poster, or writing campaign material. Alternatively young people may wish to undertake a much longer project that suits their group or class. We hope you and your young people will enjoy taking part.

## Are there prizes?

All projects that are entered will be recognised at an Awards Ceremony at **Sparks Bristol on 30th September 2025 10am–12pm**. At the ceremony, all projects will receive a bronze, silver or gold award, and the winners will receive a trophy for their group.

**SAVE THE DATE!**

The project will also be promoted through the media, inspiring others in the city and beyond. There will be a Judge's **special recommendation** for a project they recognise as being of huge value in your area, no matter how small! Awards will be given for inspirational projects in each age category on the following themes:

- Water
- Transport
- Biodiversity
- Energy
- Recycling & waste
- Food

## What will we need to submit?

As part of your entry to the Earth Heroes competition you will need to provide:

- **Name** of your school or group.
- **Age category:** 7–11 years, 12–16 years, 18–24 years, Special Educational Needs.
- **Theme category:** water, transport, biodiversity, energy, recycling & waste, or food
- **Evidence of your activity:** this might include photos of what you did (from letter writing to installing a solar panel!) or resources such as posters, copies of audio and video recordings.
- **A reflection of the impact you might have had:** this might include quotes from young people or others involved in the project about how they feel, the quantity of stuff saved, reused, the amount of letters or social media updates made or any other measure you can give.



# GETTING STARTED

## Planning your action

Invite young people to think about what uses energy, where that energy comes from, how might it be reduced and how would you know if you've been successful. Young people may immediately know the project they want to action, or need more time to explore options.

You can find some ideas in the boxes on pages 7-11 and use the template questions below to get started!



<b>What uses energy?</b>	
<b>Where does the energy come from?</b>	
<b>How might we reduce the energy needed?</b>	
<b>How do we know if we are successful?</b>	

## THEME: WATER

<b>What uses energy?</b>	The cleaning and pumping of water into our homes/schools/buildings
<b>Where does the energy come from?</b>	Mainly fossil fuels
<b>How might we reduce the energy needed?</b>	<p>Look at ways of reducing the amount of water needed for, such as:</p> <ul style="list-style-type: none"> <li>• Buy and use a washing up bowl in the sink.</li> <li>• Notices to encourage only boiling the water needed in a kettle</li> <li>• Switch off the tap when brushing your teeth</li> <li>• Save water from the shower/bath to water plants</li> <li>• Reduce the use of hose pipes in the garden and install a water butt instead.</li> <li>• Investigate the cost for more efficient toilets and present this to your head teacher/group leader.</li> </ul>
<b>How do we know if we are successful?</b>	<ul style="list-style-type: none"> <li>• Washing up bowl being used</li> <li>• Posters up and less water wasted</li> <li>• Number of times tap turned off counted and saved water calculated</li> <li>• Water butt installed</li> <li>• Letter/presentation given and feedback provided.</li> </ul>

## THEME: TRANSPORT

<b>What uses energy?</b>	The cars we use to travel to school/club
<b>Where does the energy come from?</b>	Mainly fossil fuels – petrol and diesel
<b>How might we reduce the energy needed?</b>	<p>Encourage people to cycle/walk/use public transport to travel to school/club by:</p> <ul style="list-style-type: none"> <li>• Organising cycling training.</li> <li>• Arrange a walking bus from a nearby car park so people drop off and walk the last part of the journey.</li> <li>• Do some confidence building and take a bus/train together – learn how to buy a ticket and read a timetable.</li> </ul>
<b>How do we know if we are successful?</b>	<ul style="list-style-type: none"> <li>• % reduction in car use to get to school/club</li> <li>• X amount of people now able to safely cycle</li> <li>• X amount used walking bus</li> <li>• X number of people took part in confidence building activities</li> </ul>

## THEME: RECYCLING & WASTE, TRANSPORT AND BIODIVERSITY

<b>What uses energy?</b>	The production, transportation and cooking of our food
<b>Where does the energy come from?</b>	Mainly fossil fuels
<b>How might we reduce the energy needed?</b>	<ul style="list-style-type: none"> <li>• Plan and prepare a meal that uses local food to reduce miles it has travelled.</li> <li>• Share recipes for left over to ensure food isn't wasted and thrown away – make a recipe book.</li> <li>• Plan to grow some of your own food. This might be potatoes in an old bucket, a fruit tree or a larger vegetable patch.</li> <li>• Write to supermarkets or your local MP to raise your concerns over the energy wasted in food production and transportation.</li> </ul>
<b>How do we know if we are successful?</b>	<ul style="list-style-type: none"> <li>• X number of people eaten meal. Ingredients purchased from x number of miles away.</li> <li>• X amount of recipes shared</li> <li>• Number of vegetables/trees planted and or harvested.</li> <li>• Number of letters written and responses provided</li> </ul>

## THEME: ENERGY

<b>What uses energy?</b>	Lighting and other electrical items in our school/club/homes
<b>Where does the energy come from?</b>	Mainly fossil fuels, but some people have solar panels
<b>How might we reduce the energy needed?</b>	<ul style="list-style-type: none"> <li>• Make posters to remind people to switch off the lights</li> <li>• Have a monitor to check at the end of the day that everything is switched off</li> <li>• Read the electricity meter and set a challenge to use less electricity – monitor this over a few weeks.</li> <li>• Have a no electricity hour, lesson, afternoon or day!</li> <li>• Find out about how much it might cost to install renewable energy and present this to your headteacher/group leader.</li> </ul>
<b>How do we know if we are successful?</b>	<ul style="list-style-type: none"> <li>• X number of posters up.</li> <li>• Reduction in lights left on recorded</li> <li>• Reduction in electricity noted</li> <li>• X amount of hours electricity free logged</li> <li>• Letter/presentation given and feedback provided</li> </ul>

## THEME: RECYCLING & WASTE

<b>What uses energy?</b>	Production of our uniforms/clothes
<b>Where does the energy come from?</b>	Mainly fossil fuels for machinery, transport and laundering
<b>How might we reduce the energy needed?</b>	<ul style="list-style-type: none"> <li>• Reduce the need to buy new clothes e.g. swap shop, learn to sew on a button, second hand clothing stall.</li> <li>• Send messages on social media to clothes manufacturers asking them to swap to renewable energy and reduce their energy usage.</li> <li>• Write a newsletter or prepare an assembly about reducing energy to raise awareness with others.</li> </ul>
<b>How do we know if we are successful?</b>	<ul style="list-style-type: none"> <li>• Swapped/sold X number of clothes.</li> <li>• X number of people now know how to sew.</li> <li>• X amount of messages sent, seen by x number of people and x amount of responses.</li> <li>• Newsletter/assembly seen by x amount of people</li> </ul>

# ... BECOMING AN EARTH HERO ...

**Once an activity to reduce energy has been identified and agreed it's up to the group to put this into action. Before you begin, you might want to think about:**

- **What is being done to bring this change already?** Are there projects you can learn from? How can you add to or amplify this work and become part of the change? The [Sustainable Development Goals](#) are a great way of framing the world's biggest problems and what is being done to mitigate them. [Watch this 5 minute video to find out more.](#)
- **Who do you need to involve with your project to make it really effective?** This might be a senior leader in school or in your group, librarians, shop owners, parents, local/national politicians or business, charities, etc.
- **How can you inspire and encourage others to get involved and maybe change behaviour?**
- **How will you communicate your project?** Can you use art, music, video, audio or social media to share your project? Can you design posters, or come up with a call to action for other local people to join in your project?
- **Don't think you can make a difference?** [Be inspired with this 1 minute video.](#)
- **It can be really useful to put together an Action Plan for running your project** - use the template on the next page to help you get started!



## ACTION PLAN TEMPLATE

Action to be taken	Who will be doing the project?	Who will be supporting the project?	When	Equipment needed	Date completed

# ...EVALUATING YOUR IMPACT.....

**It's important to celebrate the journey you have made and the contribution towards supporting positive change you have made (no matter how small).**

Take a look back at your project's journey and reflect on what you have done and how you have done it.

- What did you create?
- How many people did you reach?
- What impact did you have? Can you measure anything, qualitatively or quantitatively? E.g. waste reduced, young people feeling empowered.



## HOW TO ENTER

**Deadline for applications is 31st July 2025.**

**Enter on our website page, it should only take 5 minutes!**

# ...USEFUL RESOURCES.....

## Websites:

- [The Goals Project](#)
- [SDGs For Children](#)
- [Sustainability challenges](#)
- [Bristol climate projects](#)

## Books:

- [DRY Diary of a Water Superhero](#)
- The Lorax - Dr. Seuss
- The Giving Tree - Shel Silverstein
- Enter the Earth - Lee Wells
- Belonging - Jeannie Baker

- No One Is Too Small to Make a Difference - Greta Thunberg

## Games:

- [Threads Fast Fashion Game](#)

## Songs:

- [I Am The Earth - music & lyrics by Glyn Lehmann \(official\)](#)

## Documentaries:

- [Chasing Coral - Maybe](#)
- [Tomorrow Documentary](#)

## NEED MORE SUPPORT?

**One of our educators will be happy to talk to you and help you start your project today, just email us at [workshops@sparksbristol.co.uk](mailto:workshops@sparksbristol.co.uk).**



**Earth Day Heroes is a joint project  
between Global Goals Centre, Green Schools Project,  
Bristol Education Partnership and Black 2 Nature.**



Global Goals Centre is a registered charity, no. 1187048.