

# Robins PSHE Spring 1



## How can we look after each other and the environment?

### Our Environment

We live on planet earth which has many different environments on it, ranging from cold polar



regions to hot tropical places. Within these environments are the things we need to live and grow. We need to look after our local environment to make sure it is still there in years to come for future generations to live in and enjoy.

Key Vocabulary	Definition
conserve	To protect something, especially an environmentally or culturally important place or thing, from harm or destruction.
environment	The surroundings or conditions in which a person, animal, or plant lives or operates.
global	Relating to the whole world – worldwide.
healthy	Leading a lifestyle that will keep you well and able to function
local	Belonging or relating to a particular area or neighbourhood.
look after	To take care of someone or something
natural world	The features in the world around us that is not man-made.
reduce, reuse, recycle	Ways to help our planet keep healthy. Lowering the amount of waste we throw away.
save energy	To stop using as much energy sources (such as lighting and heating) to help the environment.
unhealthy	Harmful to your health. Not looking after yourself will lead to being unhealthy.
world	The planet on which we live. It is also called earth.



### How to look after our environment.

Things we can do are:

Reduce, Reuse and Recycle,  
Conserve water,  
Save energy,  
Walk, rather than get in the car,  
Plant trees and flowers,  
Donate our time to helping others.



### Reduce, reuse and recycle.

There are many ways we can reduce, reuse and recycle our rubbish.

**Reducing** means to minimise the amount of waste created by buying only what is needed, avoiding single-use items and buying in bulk to reduce packaging.

**Reusing** means to use items more than once by carrying a reusable water bottle or coffee mug and avoiding single-use plastic straws.

**Recycling** means to put something to a new use by disposing of it in a way that allows it to be made into new products.

