Here are some fun activities based on the book
Ten Things I Can Do To Help My World

melanie walsh

10 things I can do to help my world
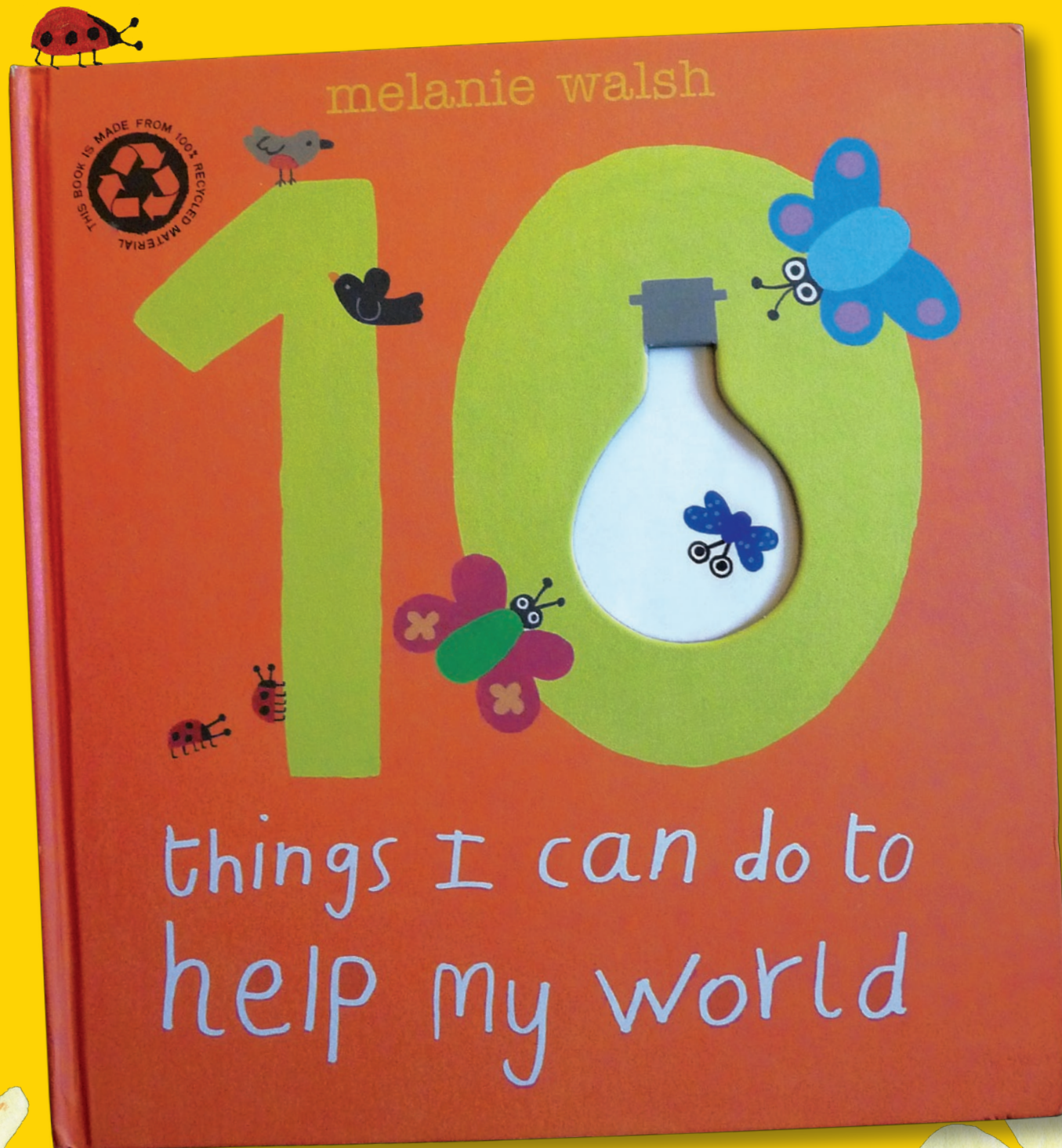
We hope you enjoy them but
- Remember to ask an adult to help you out
- Please print off double-sided whenever possible

I can plant seeds and help them grow.

Plants help to keep the air clean and healthy

How to grow a Cress Egg Man

You will need:
- An empty egg shell with the top sliced off as evenly as possible
- Some cotton wool or kitchen towel
- Felt-tip pens
- Cress seeds

eds

Instructions:
1. Carefully place a wad of cotton wool or shredded kitchen towel in the base of the egg shell so it fills about half of the space available.
2. Place the egg shell (this will be the head) in an egg cup or stand in an empty toilet roll (the body).
3. Use felt-tip pens to draw a face on one side of the egg and to decorate the toilet roll.
4. Saturate the cotton wool or kitchen towel with warm water.
5. Sprinkle some seeds onto the cotton wool/kitchen towel.
6. Keep the cotton wool moist by watering every day.
7. In a couple of days, the cress will germinate and start to grow!

Other easy-to-grow plants are tomatoes, sunflowers, lettuces, radishes and carrots.

I enjoy making toys from old boxes.
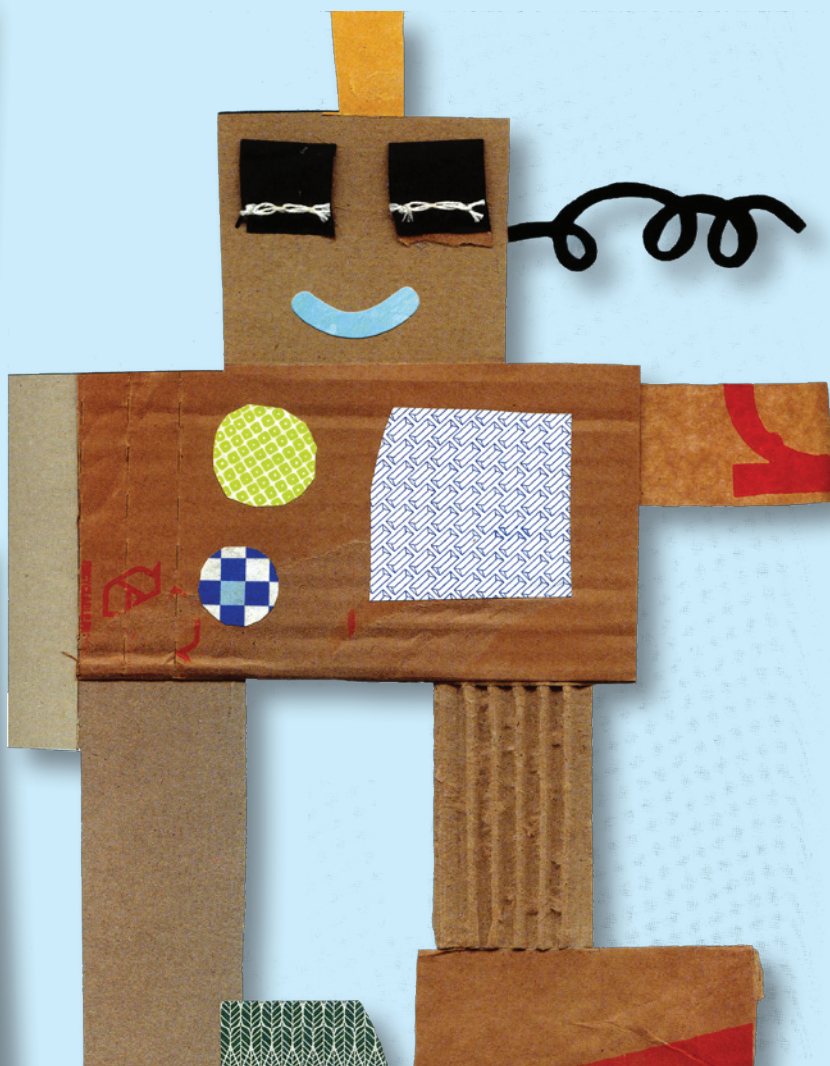
Make your own junk robot

You will need:

- Junk such as old boxes, tubes and bottle lids
- Glue and/or sticky tape
- Pens, paints, stickers or kitchen foil to decorate

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Instructions:

1. Use sticky tape or glue to stick the boxes together, for example you could use toilet rolls for arms, a cereal packet for the body and toothpaste boxes for legs.

2. Paint your robot (or you could even wrap it in kitchen foil).

3. Decorate with bottle lids or buttons as eyes.

I like to walk to school.

Avoiding car journeys saves fuel and means there is less air pollution. It is also good exercise.

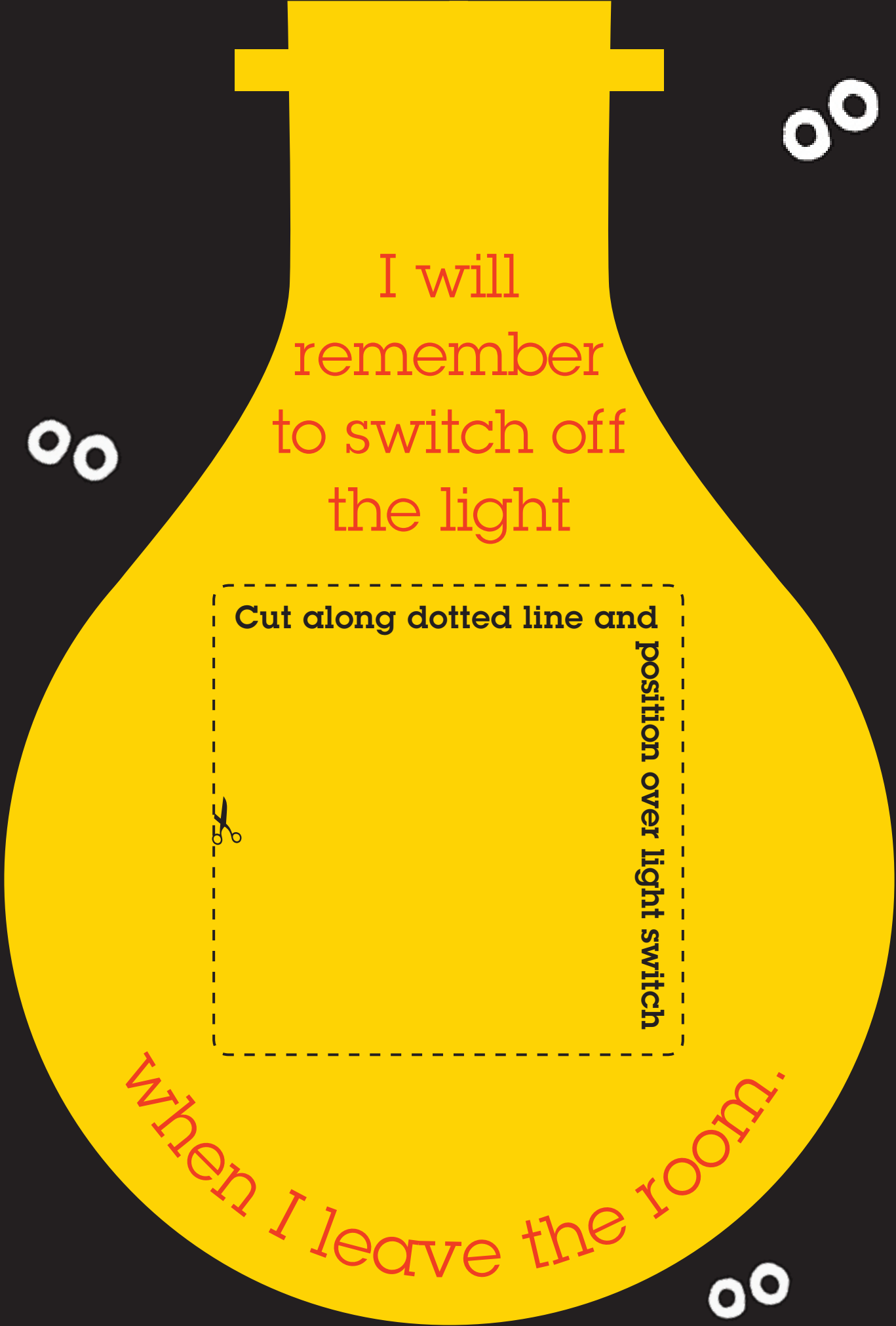## This week I walked to school on:

I love my world.

- ○ Monday
- ○ Tuesday
- ○ Wednesday
- ○ Thursday
- ○ Friday

I try to turn off the tap when I brush my teeth.

To make this door hanger cut along the dotted lines and fold along the middle line, stick the two halves together and hang on the bathroom door

Cut along the dotted lines

turn off the tap

when you brush your teeth

turn off the tap

when you brush your teeth

fold along the middle line
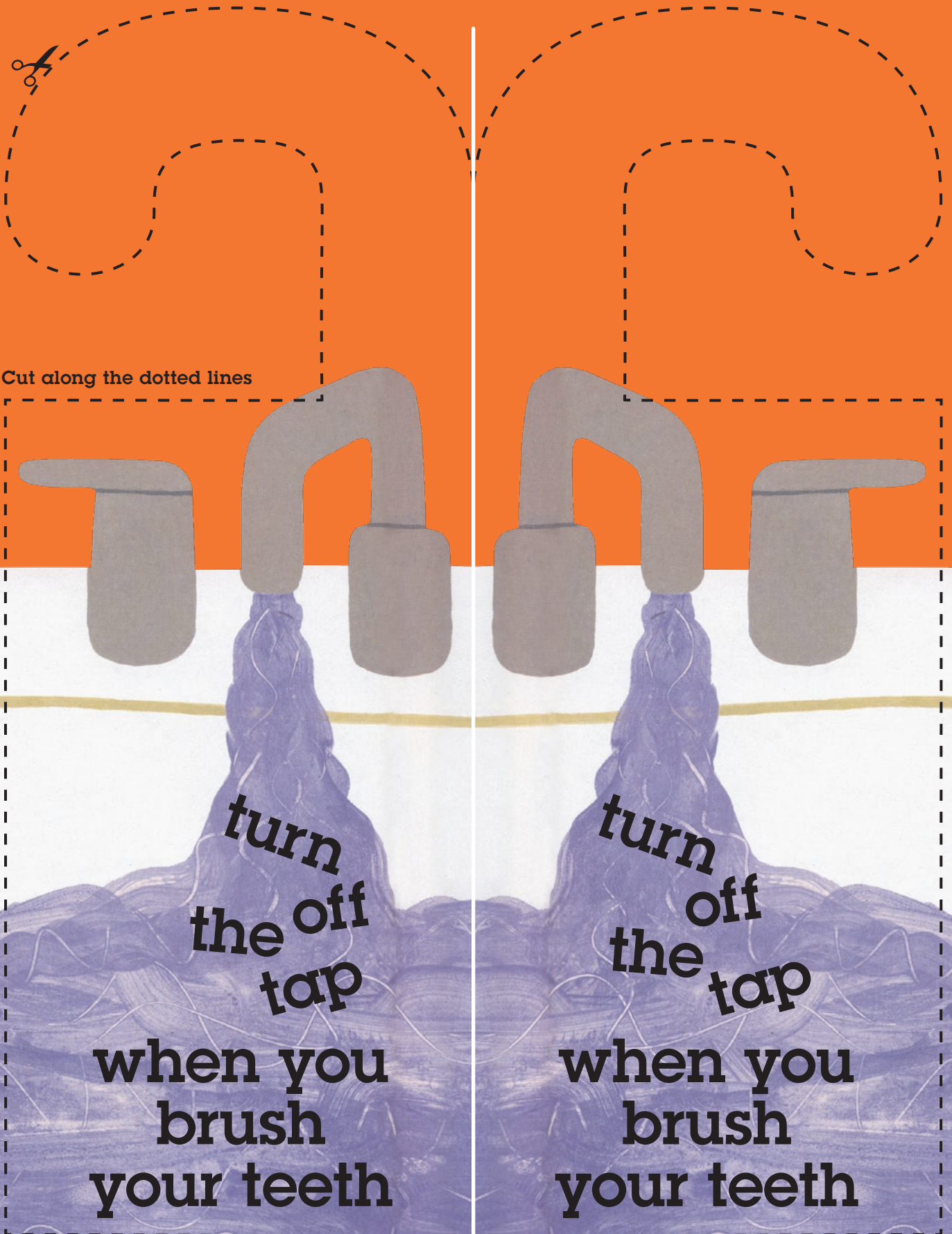
I will remember to switch off the light

Cut along dotted line and position over light switch

when I leave the room.