

My Travel Journal

This Journal

belongs to

NAME

.....

AGE


.....

My favourite PLACES
to VISIT:

.....

.....





Hello Parents and Carers!

This booklet is full of ideas and information about how your child can make a positive impact on air quality and the environment around them. They will learn about the **climate emergency, air pollution and the effect it has on the environment as well as our physical and mental health.** They will also find out about what children in Newham are already doing to tackle both issues.

There are some exercises you can join in by helping your child plan a safer and quieter route to a green space near you and by showing them how to use a map.

We hope you have as much fun on this journey as your child.




Hello Teachers!

We've put this booklet together to help children learn about the importance of **a healthy environment and clean air.**

It can be used for **maths, science, geography or english** homework or as a classroom activity in combination with an **assembly pack** we have created for primary school children.

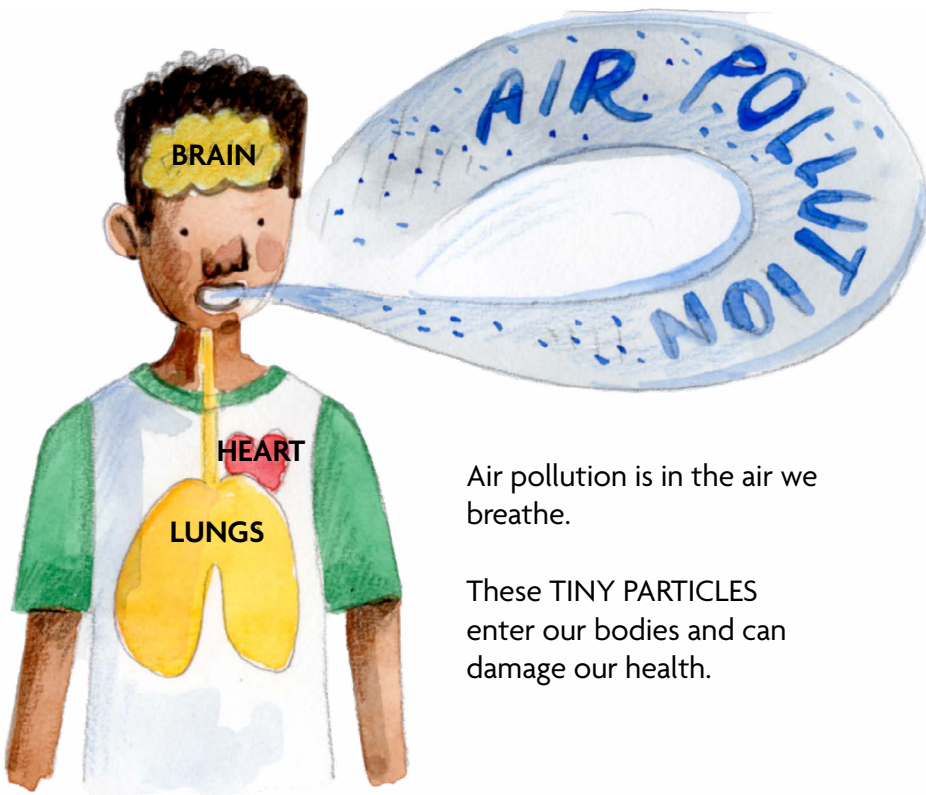
You can download it here:



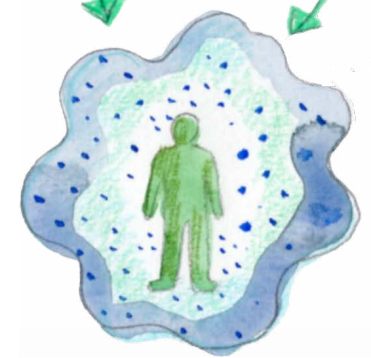
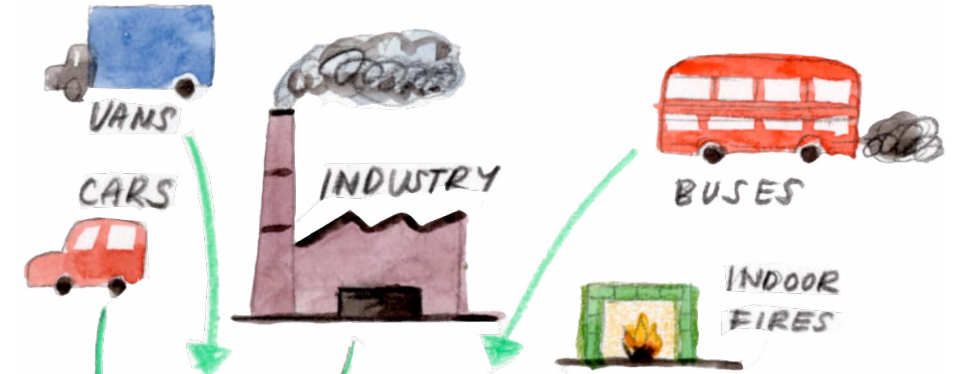
www.newham.gov.uk website.

**Just search for:
Assembly pack for primary school children
to raise awareness of air pollution.**

Have you ever wondered about the AIR around you?
It's **invisible** but can still have a **BIG** impact on you,
your health and environment around you, including plants,
wildlife, and even water.



Air pollution is in the air we breathe.
These **TINY PARTICLES** enter our bodies and can damage our health.



The more you are exposed to it,
the more your health can be impacted.



But we can all help to clean up our air to protect ourselves and our environment from air pollution. Let's explore simple things we can do.

What we can all do to reduce our carbon footprint,
and protect ourselves and the environment from
AIR POLLUTION:

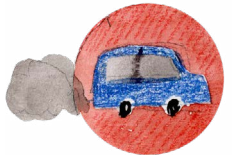
Most cars are fuelled by petrol, which releases harmful pollutants and produces greenhouse gases that contribute to **climate change**. It's much better for the planet to walk or cycle whenever you can. It's also healthier for you!



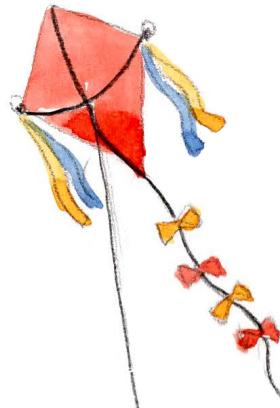
Walk, cycle, scoot, wheel or take public transport whenever you can



Plan a route along **quieter streets** and avoid main roads



Ask your driver to **switch off their engines** when the car is not moving



Trees clean the air we breathe from pollutants through **photosynthesis**.

Being in nature can improve your **mental and physical wellbeing**. It's a place to relax and slow down.

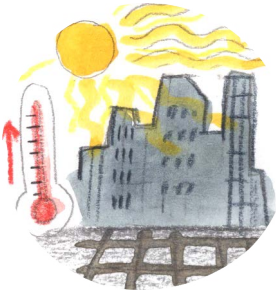
Green spaces offer a **home for wildlife** in the city. The more green spaces - the better for wildlife and us.

Where can you find cleaner air?
GREEN SPACES ARE AMAZING!

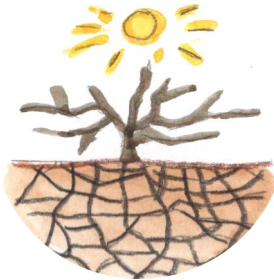


Air pollution is not only bad for our health. It also contributes to climate warming and that can lead to the Earth experiencing more extreme weather such as

HEAT WAVES



DROUGHT



FLOODING



But there are ways in which you can help the environment!

Ask your parent, carer or teacher how to become an ECO-WARRIOR!

**AS ECO-WARRIORS,
WE KNOW THAT NO
ONE IS TOO YOUNG OR
TOO SMALL TO BECOME
A CLIMATE ACTIVIST**

Here are some of the many amazing ways in which eco-warriors like you are already tackling air pollution and protecting our environment:



Growing food and herbs in planters at school



Working on recycling campaigns in your school



Talking to parents and classmates about sustainability



Looking after chickens and selling eggs



Planting trees in school

Let's plan a trip to a GREEN SPACE near you

For your trip you will need:



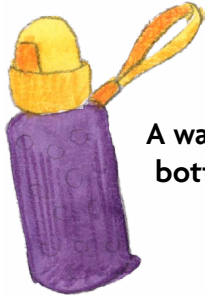
Comfortable shoes



A rain coat or sunscreen depending on the weather

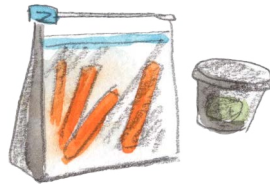


A scooter or bike if you have one



A water bottle

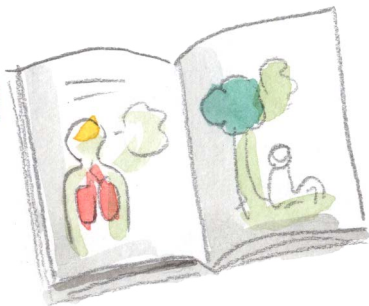
A snack



A bag

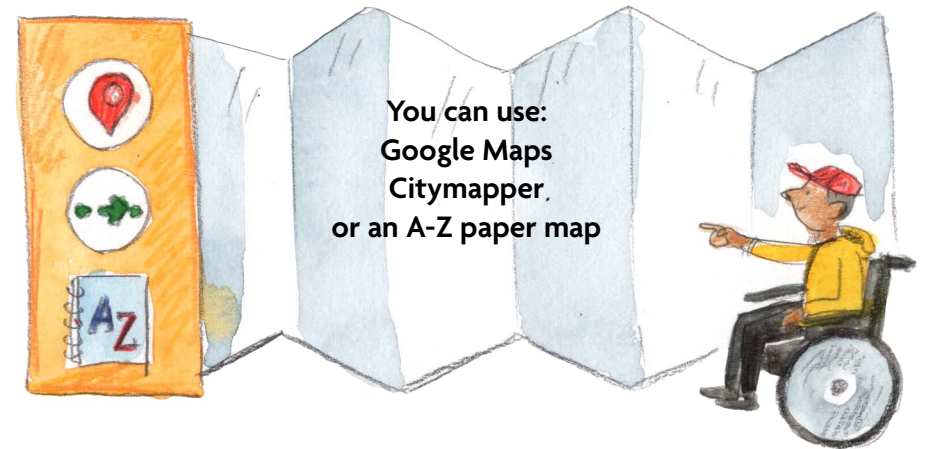


A pen



This journal

It can be a good idea to plan for your journey using a map. Ask a parent or guardian to help you plan your trip.



Once you've found where you want to go on a map, answer the following questions:



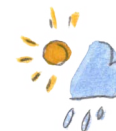
How long will it take to get there?



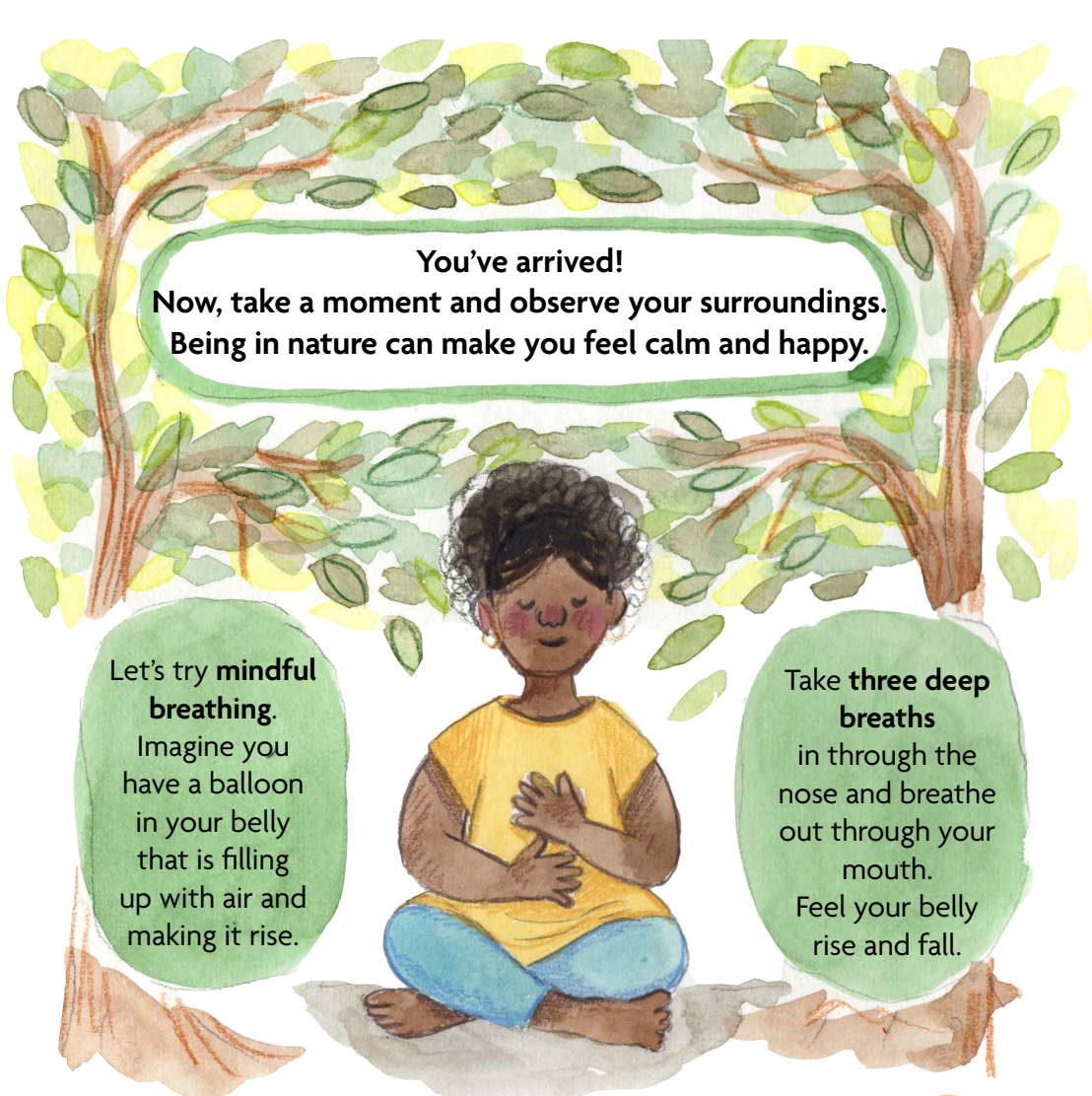
What is the distance?



What alternative routes could I try?



What is the weather like today?




You've arrived!
Now, take a moment and observe your surroundings.
Being in nature can make you feel calm and happy.

Let's try **mindful breathing**.
Imagine you have a balloon in your belly that is filling up with air and making it rise.

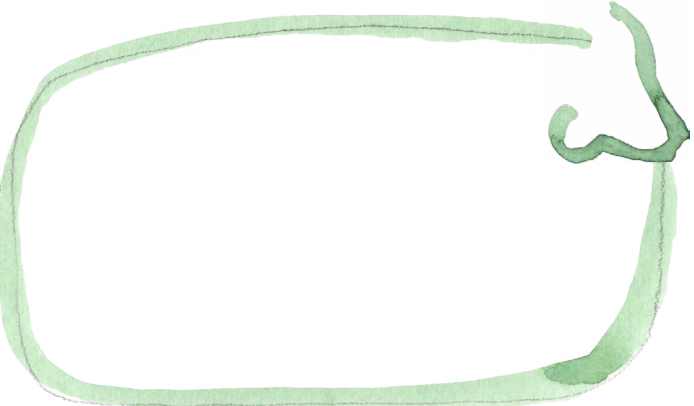
Take **three deep breaths** in through the nose and breathe out through your mouth. Feel your belly rise and fall.

Breathing exercises like this help you to relax and **connect you to your body**

Write or draw how you FEEL now



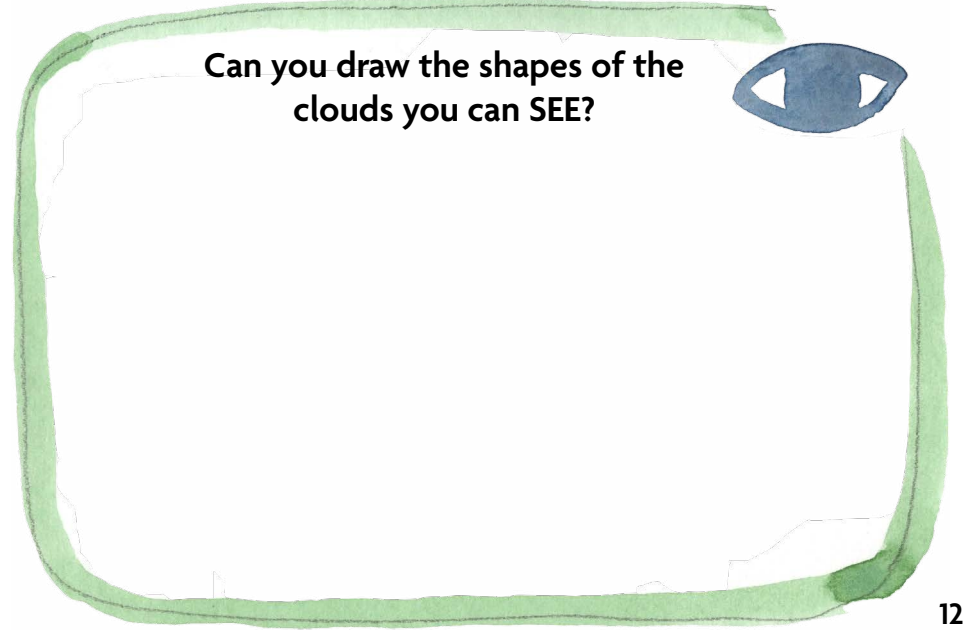
What can you **SMELL** when you breathe in the air around you?



LOOK AT THE SKY

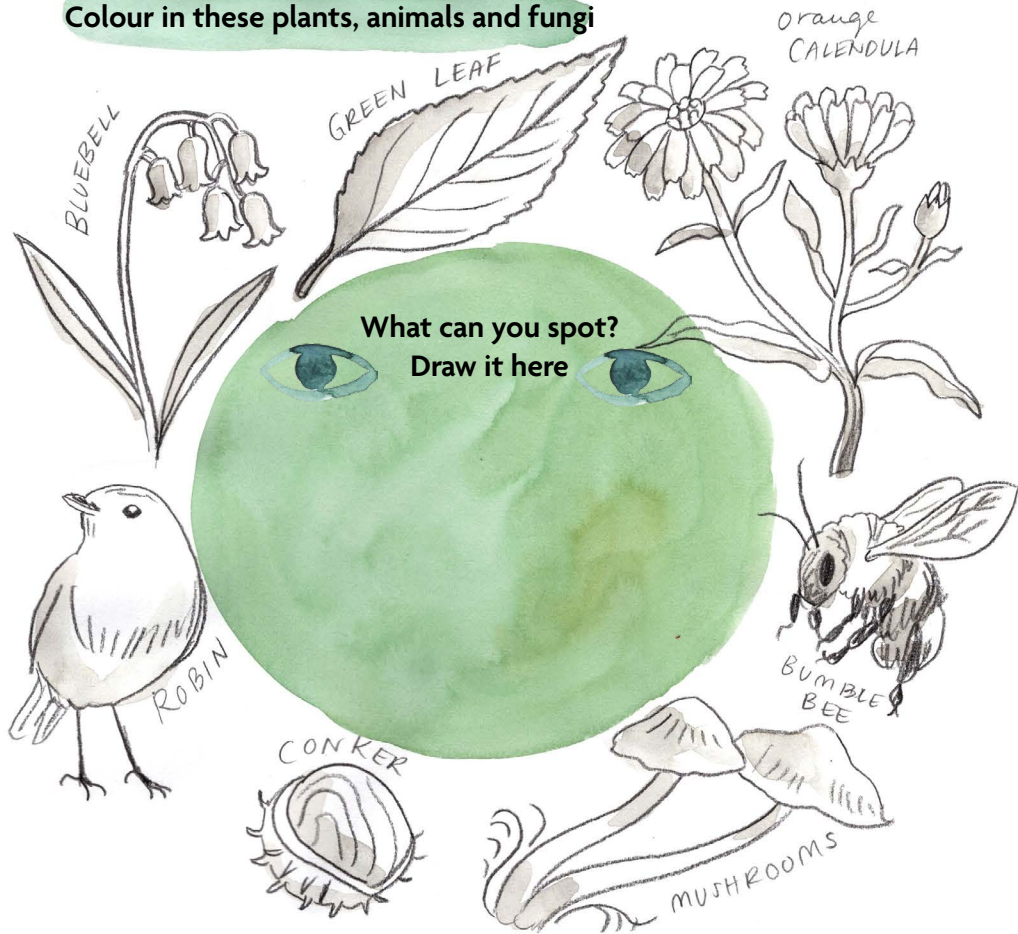


Can you draw the shapes of the clouds you can **SEE**?



Can you see different **COLOURS** in nature around you?

Colour in these plants, animals and fungi



Green spaces offer habitats for a wide variety of wildlife and plantlife. You'll be able to spot all sorts of wonderful creatures if you look closely.

Record how many of the plants and animals on this page you can spot.



Bumble Bee



Fox



Butterfly



Robin



Snail



Beetle



Long Grass



Tree



Goldfinch

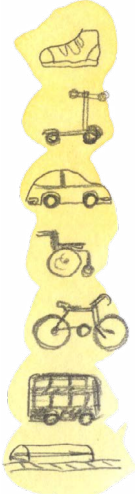
How do different colours make you FEEL?

The colour _____ makes me feel

Which journey do I make regularly?

Where I go:

- SCHOOL
- THE SHOP
- A FRIENDS HOUSE
- VISIT FAMILY
- THE PLAYGROUND
- THE MOSQUE/CHURCH/TEMPLE



How I get there:



Which of these trips could I:

- ★ WALK
- ★ BIKE
- ★ SCOOT/WHEEL

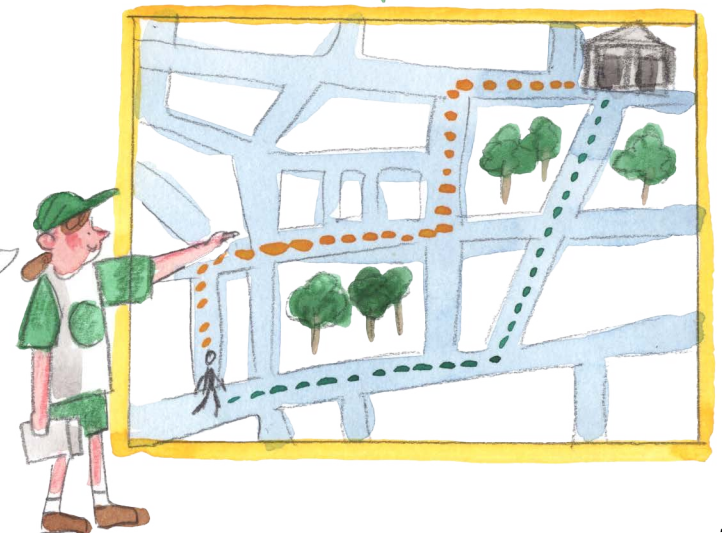


instead of taking a car or bus?

You can also get off the bus one or two stops early and walk or wheel the rest of of your journey. By including active travel, you can build some physical activity into your daily routine.

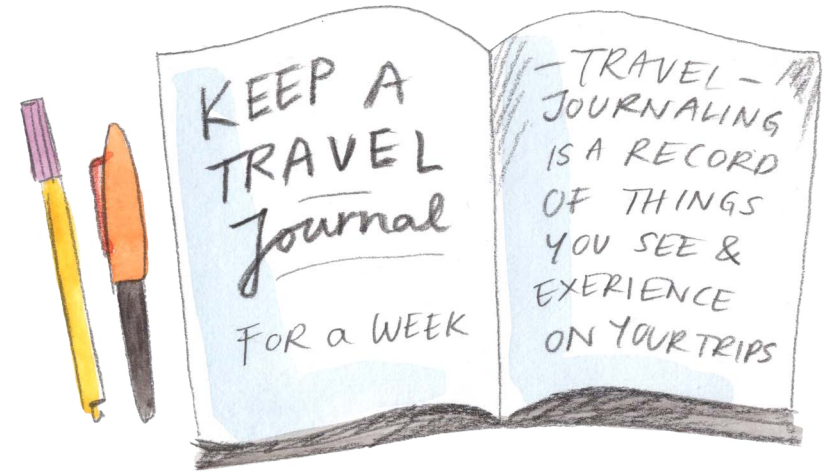


You can choose different, cleaner air routes for the same destination!



Ask your parent or carer to help you plan your route/routes.

Remember you can use Google Maps or Citymapper





On the following pages you can record the journeys you are making this week.

Think about:

- Where you went
 - Which routes were the **nicest** and why
Was it: safer, quieter, greener or more interesting?
 - What the **best and worst** parts of your journey were
 - Were you able to **walk, cycle or wheel?**
- If you needed to travel further, did you use buses, trains or the tube?

LET'S GO OUTSIDE!

Journey

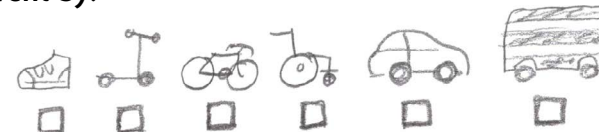
2

My journey

was



I went by:



I went to: _____

I liked: _____

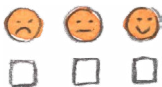
I did not like: _____

I noticed: _____

Journey

1

My journey was



I went by:



I went to: _____

I liked: _____

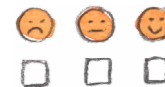
I did not like: _____

I noticed: _____

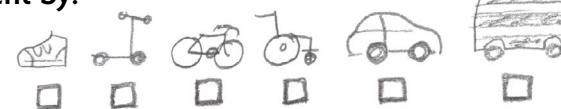
Journey

3

My journey was



I went by:



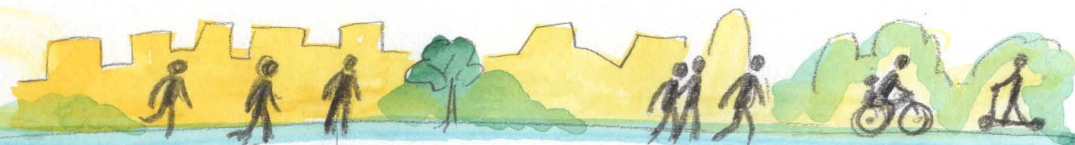
I went to: _____

I liked: _____

I did not like: _____

I noticed: _____

My TRAVEL JOURNAL



Journey

4

I went by:



I went to: _____

My journey was



I liked: _____

I did not like: _____

I noticed: _____

Journey

6

I went by:



I went to: _____

My journey was



I liked: _____

I did not like: _____

I noticed: _____

Journey

5

I went to by:



I went to: _____

My journey was



I liked: _____

I did not like: _____

I noticed: _____

Journey

7

I went by:



I went to: _____

My journey was



I liked: _____

I did not like: _____

I noticed: _____



WE HOPE YOU CONTINUE MAKING JOURNEYS LIKE THIS IN THE FUTURE. IT'S A GREAT WAY TO IMPROVE YOUR HEALTH, CLEAN UP YOUR AIR AND HELP PROTECT THE ENVIRONMENT.

You can find out much more about air quality and even find a map showing you how clean the air in your neighbourhood is by going on the following website:

www.air-aware.co.uk

We are committed to making Newham the best place for children and young people to grow up safely by providing the environment and support they need to reach their full potential.

Our main focus is on safeguarding our local environment, preserving green spaces, addressing climate change, and tackling the challenges posed by air pollution.

Cleaning up our air is crucial as it benefits our physical and mental health, as well as our environment. Children are particularly at risk from the harmful effects of air pollution, so it's essential that we succeed with our clean air initiatives.

We want to ensure that children and young people are happy, healthy, and safe, and have the best start in life so that they can thrive and become resilient adults.

The council has partnered with local artist **Somang Lee** to create this inspiring Travel Journal. We hope you enjoy it as much as we have enjoyed making it!

Please scan this QR code for more information on Air Quality Awareness

