

Be a Fownhope Climate Action Superhero

Take the Climate Action Superhero Challenge

Based on the United Nations Team of Superheroes - Truth Talker, Fume Fighter, Green Guide, Recycle Ranger, Veggie Vindicator, Energy Expert, Fashion Fixer and Water Wizard - <https://www.un.org/sustainabledevelopment/climate-action-superheroes/> and with a couple of extra superheroes all of our own, Fownhope's Environment Group have compiled a High Aspirations Bingo card.

Simply tick off 1 line or 5 squares for a Bronze Award; 2 lines or 9 squares for a Silver Award; or go for the full house, all squares, for the Gold Award.

Tailor the actions to suit your age – keep it simple if you're little, make it more challenging when you reach double digits, and really stretch yourself if you're a little older; choose your challenge, complete it and ask your adult to sign it off. Then submit it to the Parish Clerk at clerk@fownhopeparishcouncil.gov.uk.

Be an AGENT OF CHANGE and take your actions NOW!



<p>Be a Truth Talker:</p> <p>Draw a picture or write an article on something that inspires you about nature and submit it to the Fownhope Flag</p> <p>Step up the challenge by reading a book about the climate emergency or learning about local actions.</p>	<p>Be a Fume Fighter:</p> <p>Take the bus with your family or friends. Find out about free bus routes or other local sustainable transport to places in Herefordshire.</p> <p>Step up the challenge by car-sharing a regular journey with someone you know.</p>	<p>Be a Green Guide:</p> <p>Complete Fownhope's Wild Flower Challenge. Follow the trail and learn about the wild flowers that grow in and around Fownhope. Take your photo and send it to the Flag.</p> <p>Step up the challenge by planting your own wild flower pot or patch.</p>	<p>Be a Recycle Ranger:</p> <p>Reduce your Food Waste and clear your plate - every meal, every day for a week.</p> <p>Step up the challenge by helping your family create a meal from leftovers.</p>
<p>Be a Veggie Vindicator:</p> <p>Eat a Meat Free Monday lunchbox for a month (4 lunchboxes).</p> <p>Step up the challenge and cook a Meat Free Monday meal for your family.</p>	<p>Be an Energy Expert:</p> <p>Change the light bulb in your bedroom to LED and switch it off every time you leave the room.</p> <p>Step up the challenge by changing all of the lightbulbs in your home to LEDs.</p>	<p>Be a Habitat Hero:</p> <p>Create a habitat for wildlife in your garden – this could be a bug hotel, a log pile, a dead hedge, a hedgehog home, a pond or water feature.</p> <p>Step up the challenge by creating two!</p>	<p>Be a Fume Fighter:</p> <p>Grow your own clean-air houseplant.</p> <p>Step up the challenge by learning how different houseplants change the air quality in a room.</p>
<p>Be a Fashion Fixer:</p> <p>Clear out your clothes and donate them for recycling using either of the two textiles banks in Fownhope.</p> <p>Step up the challenge by taking the 30-wear pledge when you buy new clothes.</p>	<p>Be a Water Wizard:</p> <p>Turn off that tap when you're brushing your teeth or washing your hands.</p> <p>Step up the challenge by taking short, 5-minute showers.</p>	<p>Be a Veggie Vindicator:</p> <p>Grow your own herbs or vegetables this summer.</p> <p>Step up the challenge by cooking a meal for your family with your own produce.</p>	<p>Be a Nature Ninja:</p> <p>Help to feed the birds by making your own bird feeders. You can use toilet rolls, peanut butter and seeds, or yoghurt pots with fats and seeds.</p> <p>Step up the challenge by building a bird nesting box or feeding table.</p>
<p>Be a Recycle Ranger:</p> <p>Reduce, Reuse, Recycle – find something in your home to reduce, reuse or recycle.</p> <p>Step up the challenge by making your own compost.</p>	<p>Be a Fownhope Forager:</p> <p>Explore Fownhope's footpaths and collect fallen leaves (being careful not to pick any fresh ones) and create your own amazing picture.</p> <p>Step up the challenge by identifying each of the leaves and matching them to their trees.</p>	<p>Be a Green Guide:</p> <p>Take part in a litter pick at your school, where you live, along the River Wye or at the beach.</p> <p>Step up the challenge by finding out where you can recycle 'hard-to-recycle' items such as batteries or ink cartridges.</p>	<p>Be a Fashion Fixer:</p> <p>Get creative with clothing and keep it out of landfill by making something new. Perhaps a tote bag from fabric squares or a draught buster with fabric stuffed with old socks or tights.</p> <p>Step up the challenge by learning how to mend clothes.</p>

