



ECO Club Activity

Date: 22nd September 2020

Grade: 2

“No challenge poses a greater THREAT to Future generations than CLIMATE CHANGE.”

- Barack Obama

Eco-clubs in school empower students to participate and take up meaningful environmental activities and projects.

To empower our young Ridgeans, an Eco-club activity on spreading awareness on pollution was organized by the Eco-club members of the school. Discussions were made on the SDG 13: Climate action to spread awareness about the environmental pollution and the ways in which we can contribute to reduce air pollution. The students came up with the idea of “vehicles running on electricity”, “using car-pool” etc as some of the ways which can be adopted to reduce air-pollution. The students also discussed about the harmful effect of air-pollution on our health. The students also spoke about how this dirty or unclean air can be hazardous to Ozone layer protecting us from harmful sun rays. As a take away the Grade 2 kids have thought of designing a car or any vehicle that will be “Eco-friendly” in nature. The students danced on the tunes of “Life is a breath of fresh air.”



When too much polluted air gets into people's lungs, illnesses can start to develop.

People might experience...

- difficulty breathing
- heart problems
- lung cancer
- a shorter life

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Pollution is not good for our bodies.

What is pollution?

Take a Break to Breathe

Let's take a break and focus on our breathing.

You're going to concentrate on how the air feels travel through your respiratory system.

Your nose and mouth are connected.

Listen to the following instructions and give them a try.

1. Place your hands on your chest while breathing. What do you notice?
2. Now, cover your mouth with one hand while you breathe through just your nose.
3. Next, pinch your nose and just inhale through your mouth.
4. What did you notice about your chest each time you inhaled and exhaled?

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Fresh Air

Life Is
A Breath Of
Fresh Air

Running Time:
1:35

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