



ECOLOGICAL BOOK OF IDEAS

THE NAME OF THE PROJECT:

**“EVEN SMALL CHANGES CAN
WORK GREAT MIRACLES”**

The number project:

**2021-2-SK01-KA210-SCH-
000048735**



Co-funded by
the European Union



INTRODUCTION

Our planet is under the threat - global warming, increasing amount of waste, water pollution, felling of trees, fires, and a construction of new factories on the most fertile lands and so on.

Climate changes are taking on a more rapid impact due to a human activity.

This e-book presents some ideas and activities of our children on how to help our nature, how to discover its beauty or how to protect it. We want to show you that even small changes can help. The book contains creative ideas, activities and some advice from schools involved in the Erasmus + project: "Even small changes can make great miracles".

WOODEN RAISED BEDS

Raised beds are used for growing common types of crops and for the development of practical skills.

1. Treat the raised bed with an anti-pest coating
2. To prevent contact with the soil, use a bubble foil
3. The lower part consists of logs or thicker dry branches so lay thinner branches on top of them
4. Next, we layer mowed grass, bio waste and unripen compost
5. The last layer consists of soil mixed with high-quality compost or matured manure



HERBAL SPIRAL

Herbs should not be missing in any garden. They are used in the kitchen, help with various health problems and they are also used in the production of eco-cosmetics and eco-cleaning products.

1. Place bubble foil on the lawn
2. Connect two semi-circular blocks in the middle and place other blocks around it in the shape of a circle.
3. Place additional blocks on a top of the base layer
4. Fill the bottom of the blocks with gravel and pour soil mixed with high-quality compost on the top
5. Plant the herbs and sprinkle them well
6. Sprinkle the surroundings with a fine gravel



HERBAL SEAL FOR RESPIRATORY PROBLEMS

Herbal seals are used to massage cavities, muscles or sore spots for various health problems.

Need: cotton fabric, cotton wool, a mixture of herbs (wild thyme, sage), oat flakes and sea salt

Procedure: Mix the herbs, salt and oat flakes and put them on a cotton cloth, which we tie tightly from the bottom to the surface with cotton. We will have the herbal seal.

Use: Steam the seal for 15-20 minutes, let it cool a little and massage the inflamed cavities. The seal can be used from 3 to 5 times then we should make a new one.



HERBAL MINT SOAP

Need: glycerine soap mass, herbs, soap colour, peppermint essential oil, silicone form for soap

Procedure: We prepare a water bath in which we melt the chopped soap mass. (The substance must not boil so that bubbles do not form.) Add colour to the soap and a few drops of essential oil. Put finely chopped mint on the bottom of the silicone forms and cover them with a prepared soap mixture. Let it cool down.



LIP BALM

Need: pot marigold oil or high-quality olive oil, bees wax, a drop of essential oil

Approach: Prepare a water bath in which we mix 1 part of wax and 8 parts of oil. After melting the wax, add a drop of essential oil and immediately fill the balsam sticks. Let them cool and then close them.



GIFT BAG

Need: Coloured drawing (can also be coloured paper), glue, sheet perforator, twine, beads

Procedure: When making a paper bag, proceed according to the picture. At the end, make holes with a sheet perforator, through which we pass the twine and fasten the ends with beads.



WOWEN PLACEMATS

Need: wool, two colours, cardboard (square 12cm x 12cm) scissors, large needle

Procedure:

1. Measure and cut grooves 1 cm apart on the cardboard.
2. Prepare the bottom thread, which we will wind into the opposite grooves.
3. Take another colour of wool, thread it onto a large needle and thread it through the base alternately at the top and bottom.
4. Thread thickly along the entire length.
5. Cut off the free ends of the wool.

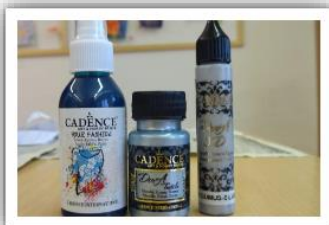


CHRISTMAS BAGS

Need: bag (textile), sheet of taught paper, scissors, textile spray paint, brushes, clothing, glove, newsprint, a pencil, an iron, baking paper

Procedure:

1. Cut out a template in the shape of a flake from a quarter.
2. Put cardboard paper in the bag so that the colour does not get on the other side of the bag.
3. Remove the template and decorate the flake.
4. The next day, we iron the bag over baking paper.



HOW TO DO A CHRISTMAS STAR

Need: Beads, pliers, gold skeleton

Procedure:

1. First we thread the beads onto the skeleton (we start with smaller beads in the middle)
2. Twist the end of the skeleton with pliers
3. Do it 7 more times



INSTRUCTIONS FOR MAKING WIRE DRAGONFLY

Need: wire, pliers, toothpick

Procedure:

1. We wind the end of the wire on a toothpick.
2. Start stringing beads
3. Thread the larger bead, leaving approximately 1cm
4. Bend the wire over the ball. Then we will wrap the wire under the ball.
5. Bend the wire and make wings.
6. Add the lower wings.
7. Everything is done.



HOUSE FOR BEES

Tools:

- drill, screwdriver or hammer
- taker and staples
- screws and nails -2 cm long
- scissors for trimming the mesh

Materials:

- 2 wooden boards (sides of the house) 11 cm x 8 cm
- 1 board (floor) 9cm x 12 cm
- 1 board 12 cm x 8 cm and 1 board 14 cm x 8 cm
- mesh 12 cm x 15 cm (2 pieces)
- filling with natural material (beverage tines, cones , straw, pieces of brick etc.)

Procedure:

Put the boards together using screws or nails. At the back of the house put the mesh, using the taker. Fill the house inside using natural materials. When the filling is ready, put the mesh in front of the house.

Find the right place in the garden and leave it.



WAX CANDLE

Tools and materials:

- Hair dryer,
- Patch of beeswax 10 cm x 33 cm (for one candle),
- Candle wick – 12 cm

Procedure:

Heat the wax gently with a dryer, arrange the wick along the shorter side of the wax and carefully roll the slices. Heat the slices gradually.



BREAD BAGS

Tools and materials:

linen canvas, thread, sewing machine, scissors, cord, template, cardboard, safety pin, paint, sponge, iron

Procedure:

Iron the canvas and cut into pieces measuring 50 cm x 22 cm. Fold the pieces in half and sew on two sides. On the sides, do not sew to the end, just leave 2 cm from above and make a tunnel for a string. Drag the string with a safety pin through the tunnel.

Decorate it. Take a stencil with a pattern, put on a bag. Inside do not forget to put cardboard and apply paint with a sponge on the stencil. When the paint dries, iron the bag.



DECOUPAGE JARS

Procedure:

1. Preparing the jar
Wash the jar in warm, soapy water. Begin by removing labels attached to the jar, along with the leftover adhesive left behind.
2. Paint the jar
We chose to paint a white acrylic on our jars before starting to adhere flowers. Apply one thin layer with sponge. Let it dry properly before continue.
3. Preparing the images.
Choose image and material you would like to use on your jar. We used paper napkins. The first separate the plies of your napkins. Discard all the white pieces. Once your napkin is separated you are ready to cut out your pictures.
4. Paint a thin layer of decoupage glue on the jar.
Dip your sponge brush in the decoupage glue, and carefully paint a thin layer on your glass jar. If you are only putting the image on one section of the jar, just paint that section. If you are putting images around the entire jar, cover it with glue. Make sure to completely cover the areas your pictures will touch.
5. Place the images onto the jar.
After applying the glue, place the images on the surface. Add the images wherever you would like. Use your fingers to gently push down and smooth out any wrinkles.
6. Top coat
Let it dry a few minutes before applying a coat of glue on the top. You can apply as many coats as you would like to seal your picture. The glue on the top protects pictures from colour fading and water damage.





**Co-funded by
the European Union**



**THE NAME OF THE PROJECT: EVEN SMALL CHANGES
CAN WORK GREAT MIRACLES**

The number project : 2021-2-SK01-KA210-SCH-000048735

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Financované Európskou úniou. Vyjadrené názory a postoje sú názormi a vyhláseniami autora(-ov) a nemusia nevyhnutne odrážať názory a stanoviská Európskej únie alebo Európskej výkonnej agentúry pre vzdelávanie a kultúru (EACEA). Európska únia ani EACEA za ne nepreberajú žiadnu zodpovednosť.

