

NATURALIZA SHEET "PROPOSALS BEEHIVE"









As you know, bees make hives. They are very interesting animals because they work for the common good of the whole hive. They are tireless workers, they organise themselves together and their tasks have an important role for the environment because they are responsible, along with other insects, for the pollination that causes many plants to reproduce, the crops that feed us and biodiversity. However, the deterioration of the environment, the use of pesticides in agriculture, deforestation, pollution, etc. are making them endangered.

Let's imitate bees and build a honeycomb of pollinating proposals that cultivate a good life: healthy for our body, our psychology, for all of society and for the planet.

We will investigate the proposals in the beehive and identify them with a card that explains each of the alternatives and which affects the health that provides us with something in all aspects: biological, psychological, social and environmental. In addition, we will think of two alternatives to complete the two empty cells of the beehive. We will cut out the cells and glue them together by building our honeycomb of healthy, planet-friendly alternatives.







	Healthy breakfasts and snacks at school	Organic school gardens
	Reducing excess sugar and industrial bakery products is important for our health as it prevents obesity. Sharing a healthy diet at school will make us grow up happy and disease-free.	Learning to grow vegetables is very important in order to know how our food is produced without attacking the planet with toxic products. In addition, we learn to do work together with other people.
	School bike-bus	Inclusive playgrounds
	Some schools organise to go to school together by bicycle. It's a lot of fun, you exercise together, you	So that everyone can enjoy the playground, we need to think about how we can share the space





	Nature excursions	Tree planting
	Going on an excursion to natural spaces allows us to exercise, to get to know the importance of nature in our lives and to breathe healthy air. We will share rewarding experiences with peers.	Participating in a reforestation of trees in nature, in the city or in our school, helps us to exercise, collaborate in the conservation of nature and generate "green lungs".
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	Walking to school	Healthy school canteens
	Organising group walks to school makes us exercise, get to know our neighbours and acquire autonomy. It's fun to go along chatting with your classmates. This way we can collaborate to improve air quality.	School meals can be healthy and sustainable if they provide a diet that reduces processed foods, excess sugar, fat and meat. As well as eating cereals, fruits, and season vegetables, which are local and organic.





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