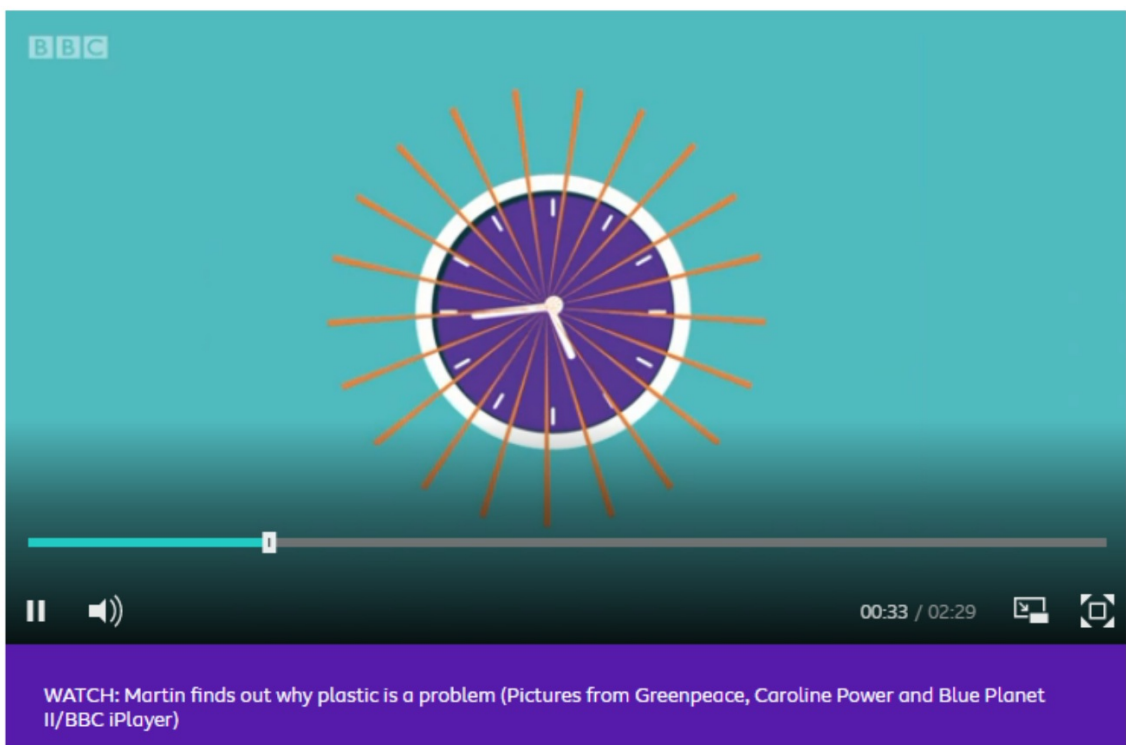




Click on the link on the Virtual School page to watch

Create a mind map of everything that you know about single use plastics.





Click on the link on the Virtual School page to watch

Consider the role that plastic plays in your life.

How much do you use every day?

Think about the secret plastics like wet wipes or synthetic clothing.

Think about home, school or when you are out and about.



Think of ways that we could all
use less plastic.





Click on the link on the Virtual School page to watch

Let's complete the 'What can be done? diagram', and write down as many ideas as possible for what can be done at each level.



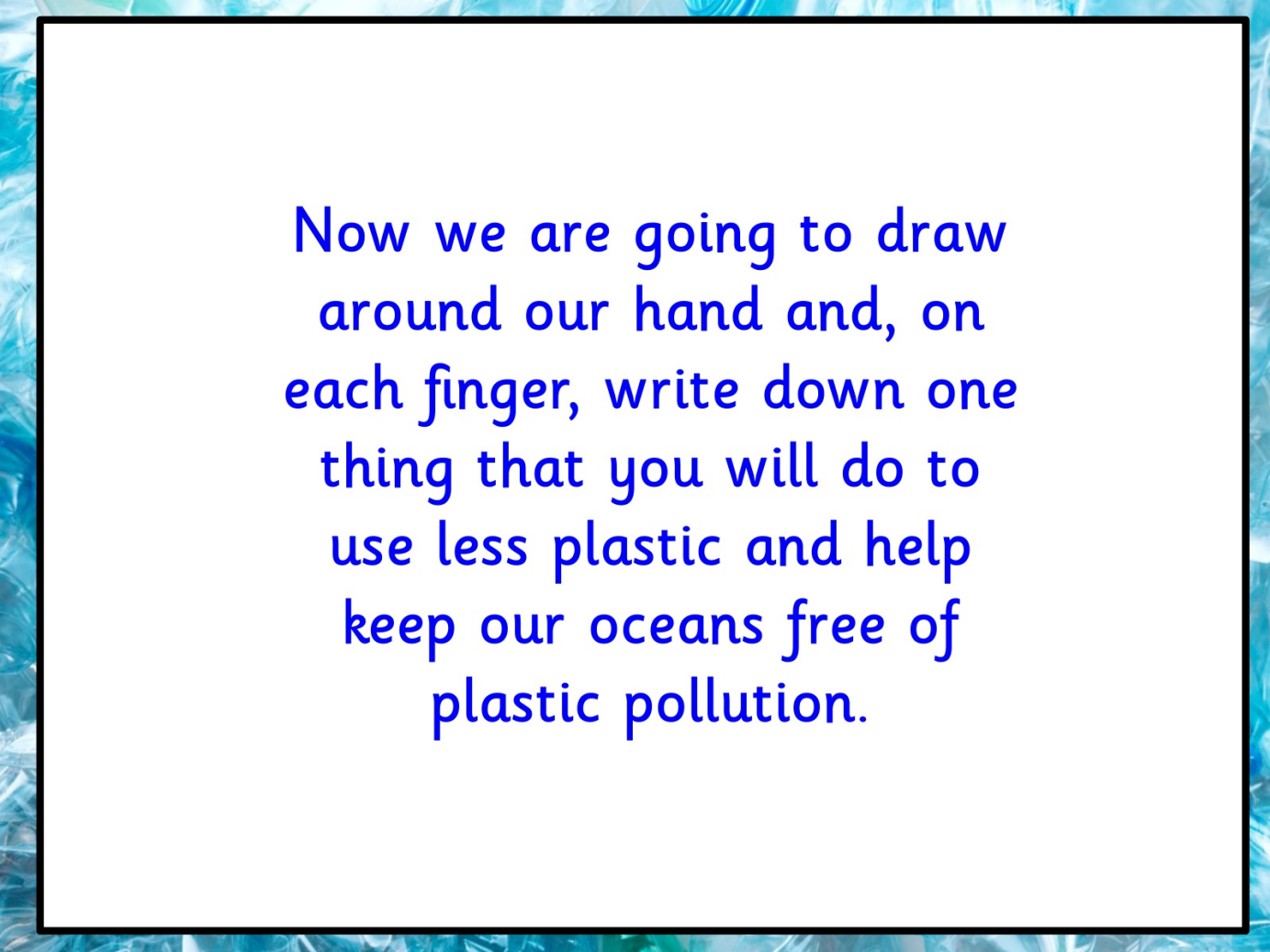
My Ideas...

- I can say no to plastic drinking straws.
- At a community level, schools or local community centres can invest in reusable food and drinks containers.
- At a wider world level, businesses can reduce their plastic packaging.

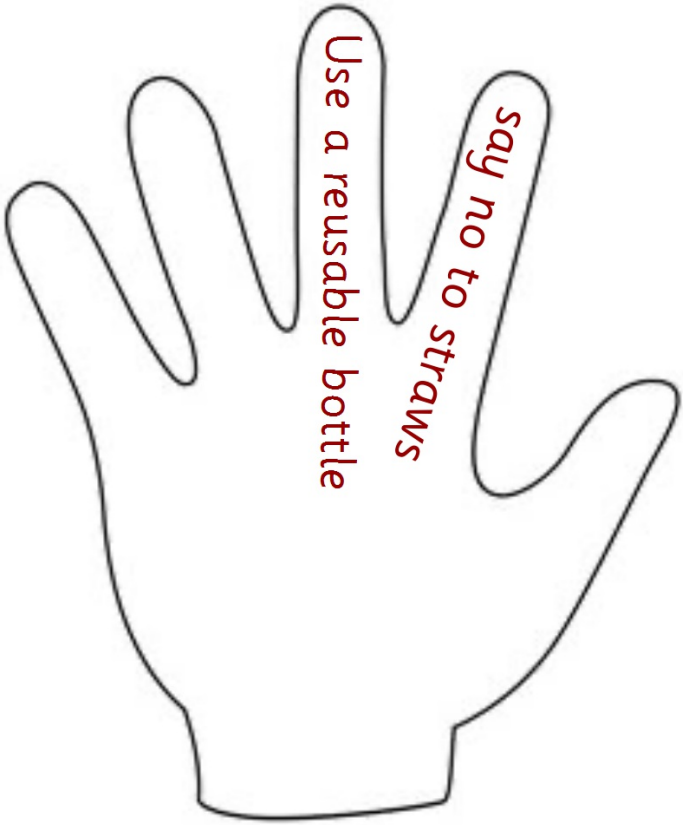
**BY THE
WIDER WORLD**

**BY MY
COMMUNITY**

BY ME



Now we are going to draw around our hand and, on each finger, write down one thing that you will do to use less plastic and help keep our oceans free of plastic pollution.



say no to straws

Use a reusable bottle

ACTIVITY 6

MY PLASTIC DIARY



Your name

Over the next week, keep a 'plastic diary', recording how much single-use plastic you use.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Add up your totals here
Plastic bags								
Plastic bottles								
Plastic drinking straws								
Plastic food wrappers and packets								
Yoghurt pots and other food containers								

What other plastic items have you used this week?

.....

Download this diary from the Virtual School page.