

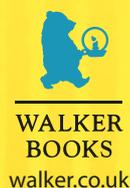
KIDS FIGHT PLASTIC RESOURCE PACK

HOW TO BE A #2MINUTESUPERHERO

It is easy to become a #2minutesuperhero – in fact it only takes 120 seconds. If every child in every school became a #2minutesuperhero just once in their school life, think of the positive difference it would make to our world... This resource pack is based on *Kids Fight Plastic* by Martin Dorey, which challenges kids to become a #2minutesuperhero by completing 50 missions to fight plastic at home, school and on days out. Informative, practical and positive, *Kids Fight Plastic* shows how small actions can make a BIG difference!



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KIDS FIGHT PLASTIC RESOURCE PACK

INTRODUCTION

Plastic. It's the dirty word nobody wants to hear. It is the dirty word we are hearing more and more. Whatever we do in our day-to-day lives, plastic is everywhere – from what we sit on to the very food we eat. There is no escaping it! It is here, it is 'now' and it is certainly here to stay.

Today's children are outspoken about plastic – outraged, even – as this disaster is going to affect them more directly than it will us. And, whether we like it or not, we must accept that the actions of older generations (us, in fact) are the single biggest cause of plastic pollution. Children look to us to lead by example. Let's try to set a good one, starting in the classrooms of every school in the country.

These notes serve as an introduction to the issues facing our planet due to plastic, and demonstrate how kids can fight back in simple ways and undo some of the mess we've created.

The #2minutesuperhero missions outlined in the resource pack may take a little longer than 120 seconds, but the idea is to get the next generation fighting plastic. The missions are informal and practical. There is some planning to do and resources to gather, but everything has been designed with the busy teacher in mind!

ABOUT THE AUTHOR

Martin Dorey is pretty cool! In fact, he's a really inspirational guy as he started the #2minutebeachclean from a small town in North Cornwall. He looks cool too – he has a shock of curly auburn hair and loves wearing orange. No one has ever told him about the clash of colour because, well, it's cool and a kind of trademark! Martin surfs OK but he is an awesome writer and you will always find him on the beach. If he is not there, he will be driving his camper van looking for the best waves.

ABOUT THE RESOURCES WRITER

I am the Superhero on p.40 of *Kids Fight Plastic*. As a teacher who is passionate about the environment, I would rather be in it and not worrying about school planning. I have made these resources as simple to follow as I can. I know you would rather be out in our wonderful world than stuck at your desk trying to work out what the resources want you to do!



MISSION A: FIGHT PLASTIC IN YOUR CLASSROOM

Using the background information on p.8-9 of *Kids Fight Plastic*, introduce the topic of plastic and how to become a #2minutesuperhero in school and at home.

OBJECTIVES

- To find 'good use of plastic' and 'bad use of plastic' in a classroom hunt
- To sort and categorise items to produce a visual diagram and generate discussion
- To design and make a superhero mask or cape from plastic bags collected prior to this mission

OUTCOMES

- A class or individual diagram of necessary/unnecessary plastic in the classroom to display
- A superhero cape and mask display

PRE-MISSION HOMEWORK

- Ask the children to go home and, with the help of an adult, collect plastic bags. Do the same yourself. Tally the total collected as a class.

LEAD-IN QUESTIONS

- What is a superhero?
- Who are your favourite superheroes and why?
- If you were a superhero, what would you look like? What would your powers be? What good would you do?

ACTIVITY 1: PLASTIC HUNT

YOU WILL NEED:

- A stopwatch or clock with a second hand
- Large sheets of paper folded in half with columns labelled good plastic and bad plastic

INSTRUCTIONS FOR THE KIDS

1. You have 2 minutes to find:
 - 10 objects in the classroom that you think are made from good plastic
 - 10 objects that you think are made from bad plastic
2. Bring your objects back to your paper and sort

DISCUSSION

Discuss with the class what they think is good / bad plastic and why. Share the key points made on p.24-25 of *Kids Fight Plastic*. Could any of the bad uses of plastic be avoided? Could any of the bad plastic be re-used, repurposed or recycled?



ACTIVITY 2: MAKE YOUR OWN SUPERHERO GEAR

YOU WILL NEED:

- Lots of plastic bags
- Glue
- Scissors
- Cape and mask templates photocopied onto A4 or A3 paper, one for each pupil

INSTRUCTIONS FOR THE KIDS

Some superheroes need to keep their identities secret. You are going to design your very own cape or mask that you could wear on all your #2minutsuperhero missions.

1. Use the shape templates you have been given or, if you want to be unique, design your own!
2. Carefully cut the plastic bags into small pieces and arrange them on your cape/mask. When you are happy, glue them in place.
3. Once the glue has dried, carefully cut around the cape/mask. If you need help cutting the eye sections out, ask your teacher.
4. Repeat the Superhero Promise on p.17 of *Kids Fight Plastic* individually or as a class:

I SOLEMNLY SWEAR TO PLEDGE MY ALLEGIANCE TO THE OCEAN.

**I WILL TAKE CARE OF THE OCEANS THROUGH MY EVERYDAY ACTIONS
AND WILL USE 2 MINUTES OF EACH DAY TO FIGHT PLASTIC.**

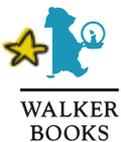
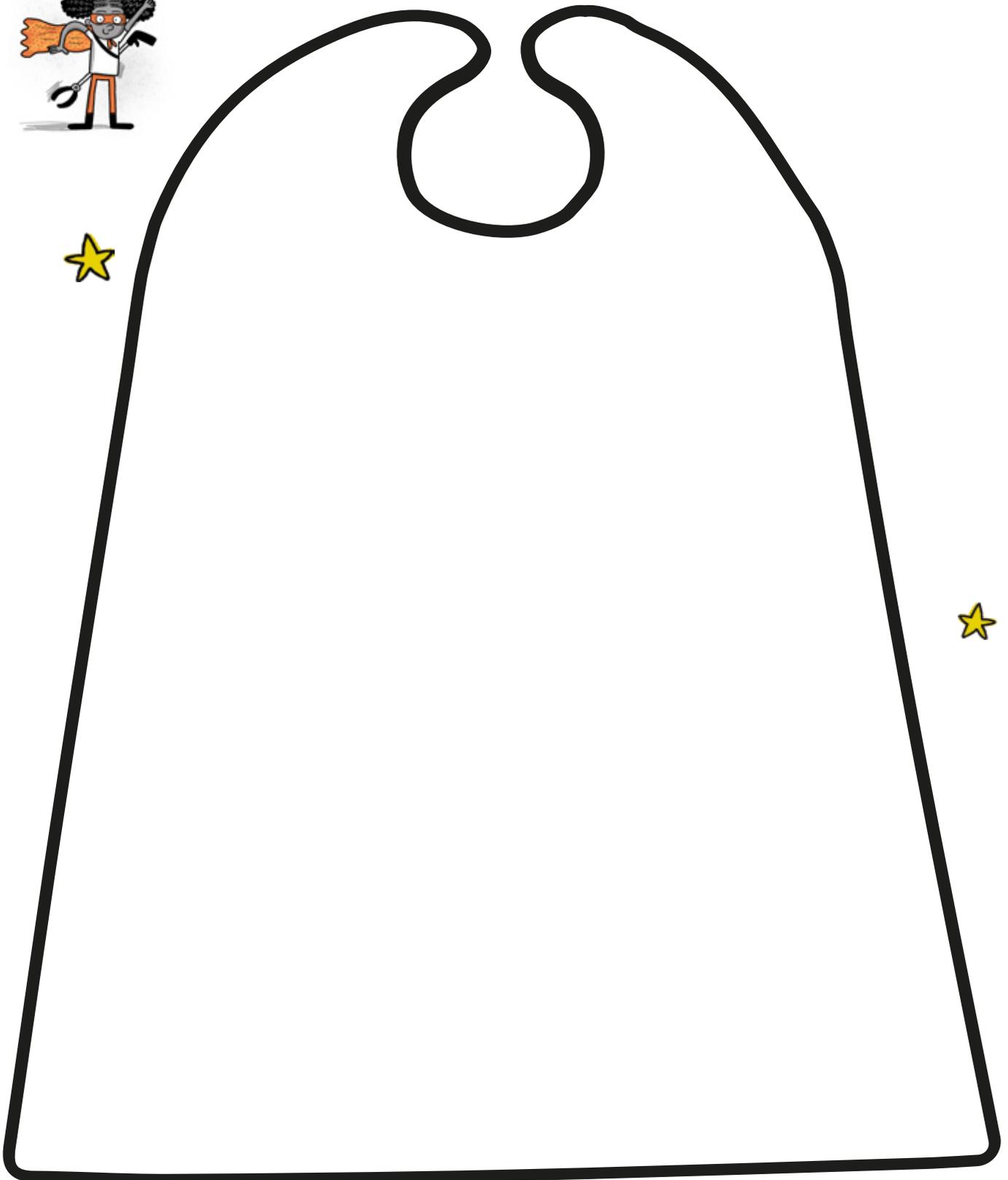
5. Ask your teacher if you can do a #2minutsuperhero parade around school or share your capes and masks in assembly or with another class.
6. Don't forget to clear up the classroom and put all unwanted plastic bag bits into an empty bag for your teacher to recycle.

**NOW YOU HAVE COMPLETED MISSION A AND HAVE YOUR VERY OWN CAPE AND MASK,
YOU ARE A QUALIFIED #2MINUTESUPERHERO AND READY FOR THE NEXT MISSION!**



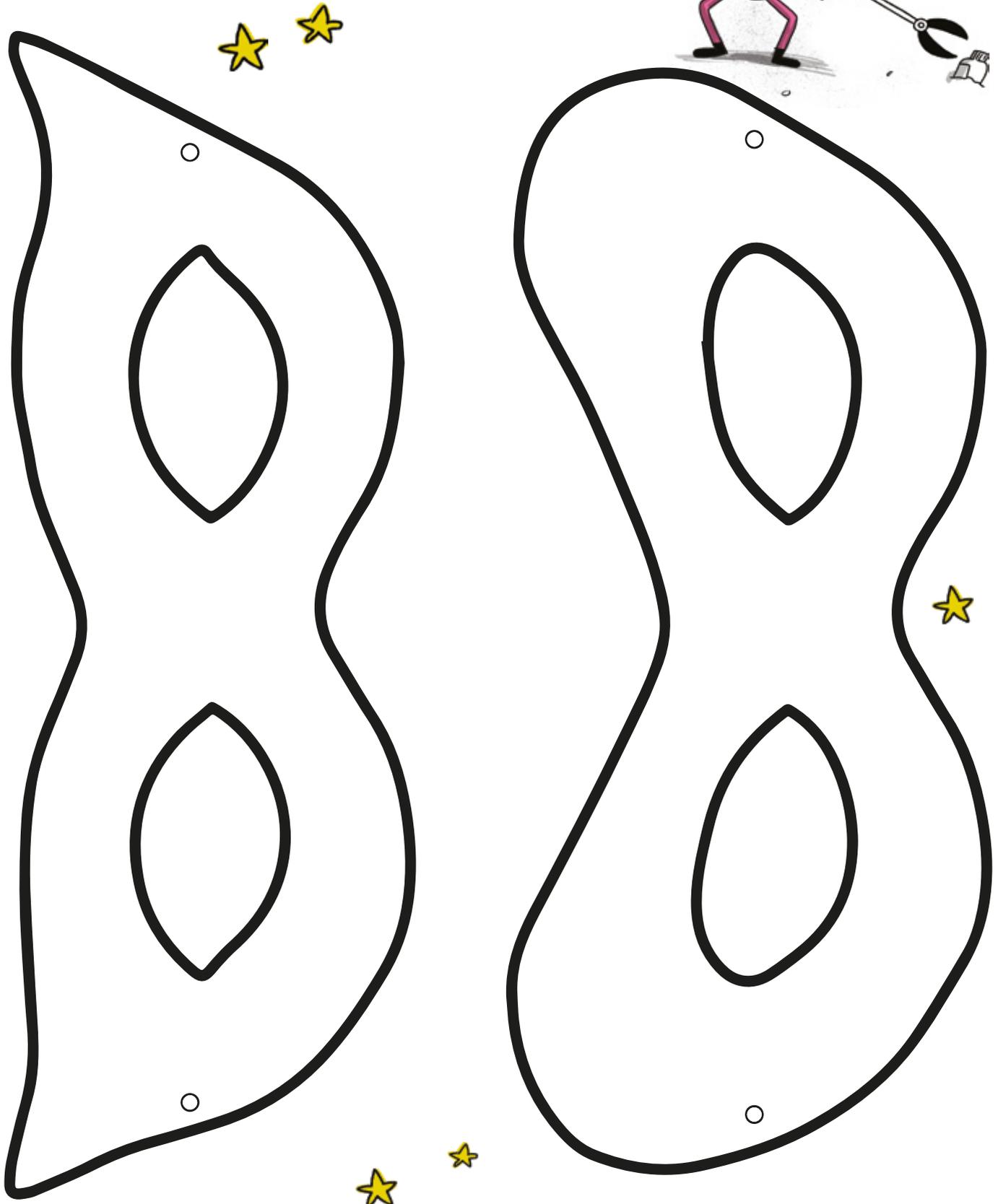
#2MINUTE CLASSROOM SUPERHERO TRAINING

MY #2MINUTESUPERHERO CAPE



#2MINUTE CLASSROOM SUPERHERO TRAINING

MY #2MINUTESUPERHERO MASK



MISSION B: FIGHT PLASTIC IN YOUR SCHOOL BAG

Use the background information on p.38-39 of *Kids Fight Plastic* to introduce the topic of plastic in school bags

OBJECTIVES

- To look at the problems of pens used in the classroom – what happens after the ink has dried?
- To explore options to recycle pens

OUTCOMES

- Setting up a pen recycling scheme in your school by making recycling boxes to 'bust the ballpoint' and 'fight the felt tip'

PRE-MISSION HOMEWORK

- Search your school for used pens that you can mix in with pens that work

LEAD-IN QUESTIONS

- Pens versus pencils! What are they made of?
- What happens in our classroom when one runs out or dries up (you may want to reinforce pen rules – always replace the cap, and when you come across a dried-up pen, don't put it back!)

YOU WILL NEED:

- Cardboard boxes
- Paper, glue and colouring pencils/pens to redesign the boxes

RESEARCH

- Does your school already use TerraCycle's Writing Instruments Recycling Programme? Head to their website to find an existing drop-off location close to your school. (www.terracycle.com/en-GB/brigades/the-writing-instruments)
- Find your nearest BIC Community Champion (yes BIC sponsors the programme!) and contact them to see if they are still actively collecting. Arrange with them to deliver your pens.

INSTRUCTIONS FOR THE KIDS

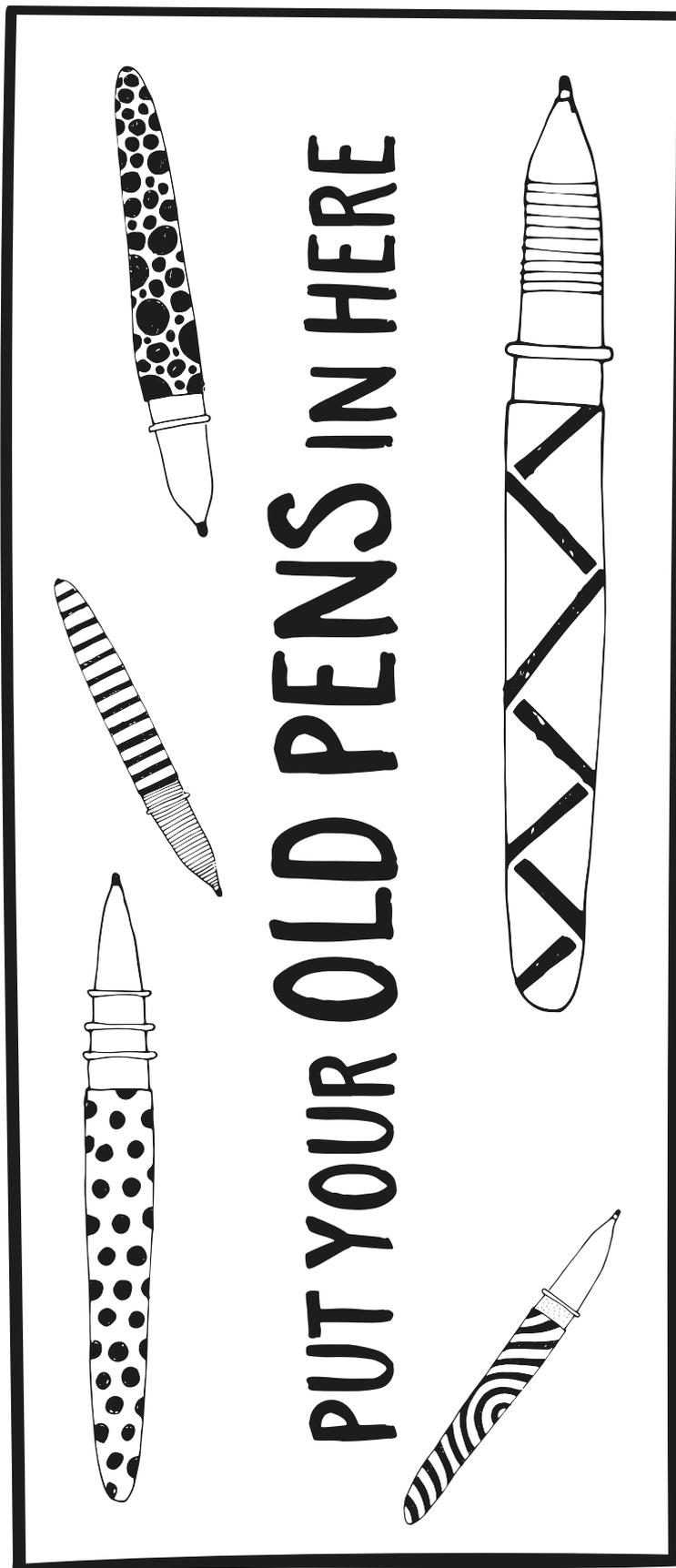
Your mission as a #2minutesuperhero is to rid your school (and home!) of unusable 'dead' pens. But fear not, these pens are no longer destined for landfill or the incinerator; they can now be recycled into brand new pens!

1. Gather every pen from your classroom and test them. Sort them into two piles – ones that work and ones that don't work.
2. Take your empty cardboard box and transform it into a recycled-pen box using your best colouring and doodling. Make your recycling box bold, bright and colourful. Don't forget that other children in your school need to know what it is, so use pictures or labels to let them know.
3. Pop any old and dried-out pens in your box and your teacher will organise for these to be recycled.

NOW YOU HAVE COMPLETED MISSION B AND HAVE YOUR VERY OWN PEN RECYCLING BOX. GET READY FOR THE NEXT MISSION!



#2MINUTE CLASSROOM SUPERHERO TRAINING
MY #2MINUTE PEN BOX



#2minutesuperhero



MISSION C: FIGHT PLASTIC IN YOUR SCHOOL CANTEEN

OBJECTIVES

- To see how much we use plastic in our everyday lives and investigate switching to plastic-free reusable alternatives
- To repurpose plastic into something useful

OUTCOMES

- Design a perfect 'avoidable' plastic lunch box
- Make ecobricks – plastic-filled plastic bottles to be turned into an object that can be used in school

PRE-MISSION HOMEWORK

- This activity needs to be done before lunchtime!
- Activity 1 – If possible, photograph some of your children's lunch box contents over several days. If you can, create a PowerPoint of photographs, ready to introduce Mission C.
- Activity 2 – Get resources ready at least a week early. It is probably worth sending out information to parents.
 - Each child will need a 1-litre clean and dry plastic bottle (preferably with a wide top) and lots and lots of soft plastic film (wrappings from vegetables, salad items, envelope windows, for example). All the plastic needs to be clean and dry.
 - Check out ecobricks on the internet. There are loads of websites and Facebook pages out there.

For example:

<https://inspirecreateeducate.co.uk/lifestyle/are-ecobricks-the-plastic-scourge-solution-weve-been-waiting-for/>

<https://www.ecobricks.org/>

<https://www.facebook.com/groups/ecobricksUK/>

ACTIVITY 1: FIGHTING PLASTIC IN YOUR LUNCH BOX!

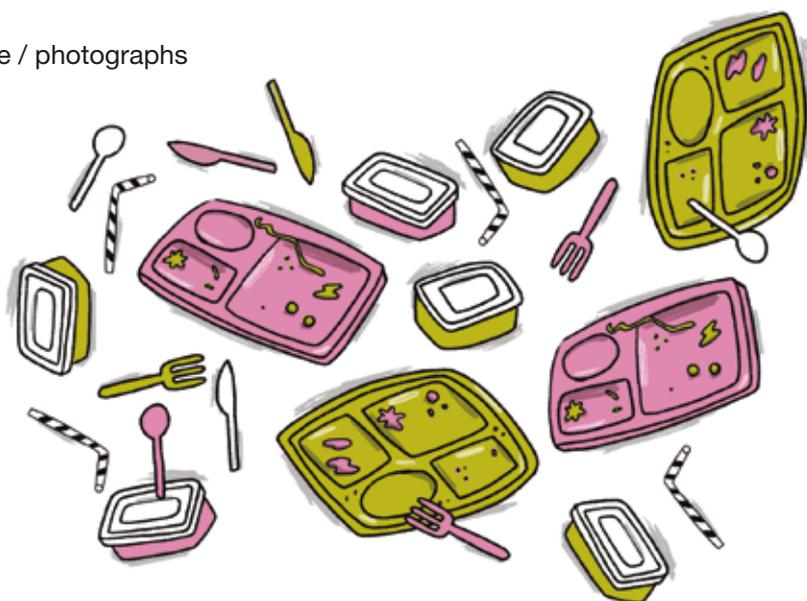
Explain that you will be looking at plastic coming into school in their lunch boxes. Tell those children who have school lunches not to panic! They can team up with a friend.

LEAD-IN QUESTIONS

- Who brings in a packed lunch?
- If you had a choice, what would you ask your grown-ups to put in your box?
- What do these items come wrapped in?

YOU WILL NEED:

- A PowerPoint of photographic evidence / photographs
- Children's own lunch boxes
- Activity sheet – one per child



INSTRUCTIONS FOR THE KIDS

1. You are now going to be a #2minutelunchboxsuperhero!
2. Look at the PowerPoint or photographs. What do these photos tell you?
3. Get your lunch boxes out and open them up. If your friend is having a school lunch, let them share yours. Does your lunch contain plastic?
4. Draw the contents of your box in the top box of the activity sheet. Label each item and write down if it is covered in plastic. Could you make a switch?
5. In the second box, draw, label and annotate your perfect plastic-free lunch box.
6. If you get stuck, take a look at the solutions Martin has written on p.46-47 of *Kids Fight Plastic*.

EXTRA ACTIVITY

If time allows, explore if your school kitchen uses any avoidable plastic. Check out p.48-49 of *Kids Fight Plastic*.

Does your school milk come in Tetra Paks with straws? Can you as a school switch to milk in bottles or large recyclable plastic bottles, and use washable cups instead? Can you set up a plastic film recycling bin, a crisp packet bin (these can now be sent to TerraCycle under the Walkers scheme), a yogurt pot bin, a drinks bottle bin? These can go out with your school recycling rather than to landfill.

HOMEWORK

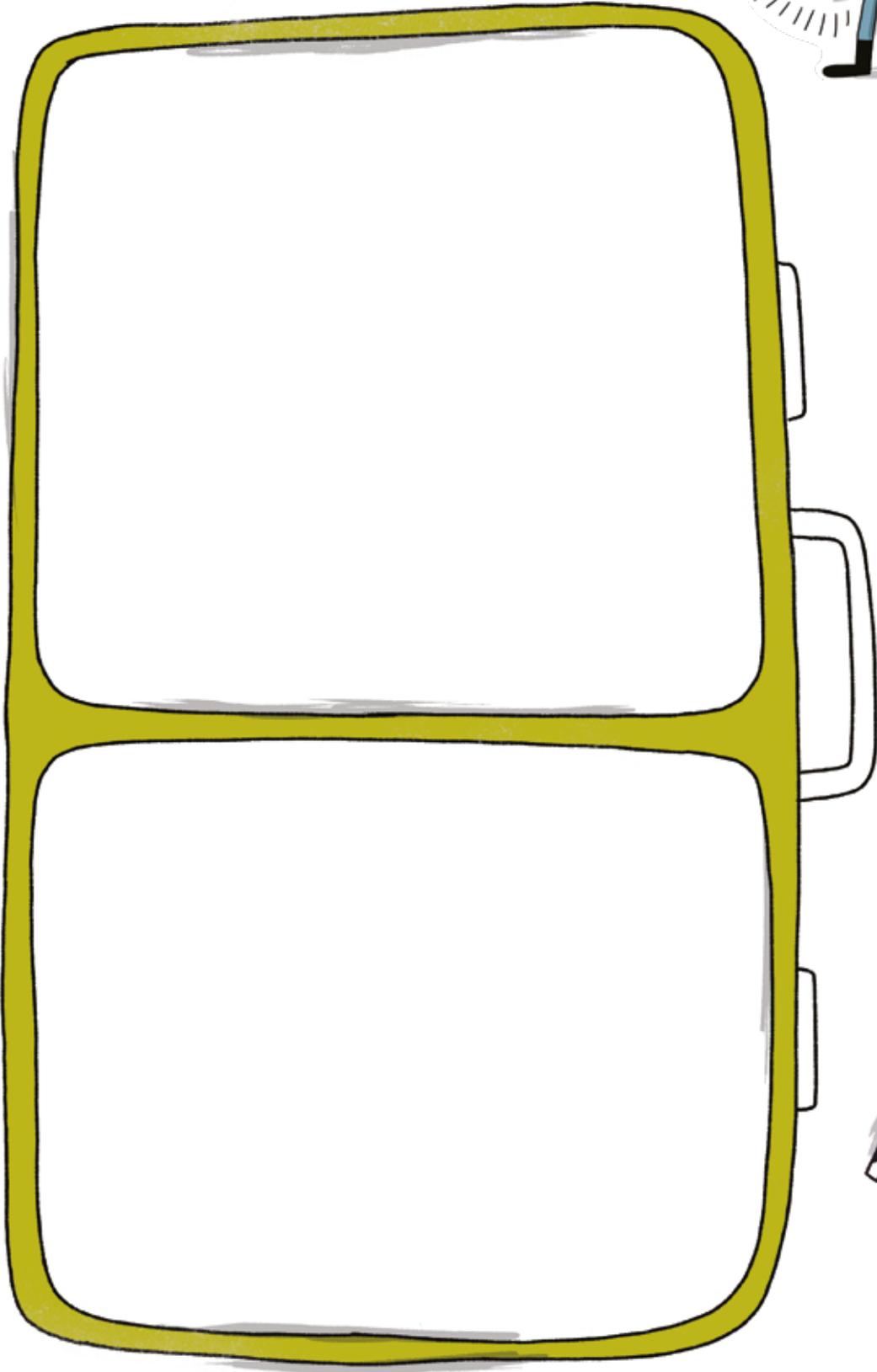
Why not share what you have done in this mission with your grown-ups? Tell them how easy it is to make switches! You want them to become #2minutesuperheroes too!

Don't forget to tell them about using beeswax wraps instead of cling film – they are easy to make. Check out p.59 of *Kids Fight Plastic*.



#2MINUTE CLASSROOM SUPERHERO TRAINING

MY #2MINUTE PACKED LUNCH BOX



ACTIVITY 2: MAKE AN ECOBRICK

Explain to the children that avoidable, single-use plastic is not just in schools but everywhere!

LEAD-IN QUESTIONS

- How much do you put out for the rubbish truck each week? How many black rubbish bags?
- What do you think most of your rubbish at home is made from?
- How can you reduce the rubbish you put out really easily? (Check out p.54-59 of *Kids Fight Plastic* to stimulate discussion)

WHAT'S AN ECOBRICK?

Ecobricks are plastic bottles filled with plastic waste we can't recycle. They can be used to build all sorts of things, and there are designs all over the internet. The ecobrick movement came from a desire to allow people to take personal responsibility for their plastic use.

YOU WILL NEED:

- A litre plastic bottle – preferably with a wide opening (smoothie or fruit juice bottles are perfect)
- A 2-litre plastic bottle
- A long stick (not pointed) – wooden spoon handles are ideal
- Lots of soft plastic film – check out your kitchen! Ask your grown-ups to keep it all for your mission. It must be clean and dry
- Scissors
- Patience!

DESIGN

- Your teacher will show you pictures of ecobricks. There are videos too on the official website – www.ecobricks.org and www.inspirecreateeducate.co.uk
- What could you make out of ecobricks to use at school? A stool, bench, playhouse or even a rubbish bin? Be creative!
- Use the activity sheet or scrap paper to design your structure

MAKE

1. Set up your ecobrick station – use your desk! Get everything ready and name your bottle.
2. Stuff the ecobrick with plastics. Use the stick to stuff clean, dry plastics into the ecobrick, packing down firmly as you go. Cut larger pieces of plastic down to more manageable pieces to prevent little pockets of air forming. Those little pockets of air will stop you from being able to fit as much plastic in.
3. Weigh, seal and use. Once you've packed the ecobrick to within an inch of its life, pop it on the scales. A perfect ecobrick will weigh 0.33g per ml; so a 2-litre bottle will weigh 660g. To seal, simply put the lid on tightly. Sign and date the ecobrick if you like!
4. Ecobricks will take time to make. You may run out of plastic film or time in this lesson. Ask your teacher if you can stuff your bottles in any spare time during the day, or take them home to finish. Remember, a 2-litre bottle has to weigh 660g and a 1-litre bottle has to weigh 330g.



DISCUSSION

How easy was it to make your ecobrick?

Share the videos and websites again. What are your thoughts on sending them to developing countries?

Debate these issues.

- Some people are anti ecobricks as they do nothing to stop the flow of plastic use
- Some people say ecobricks actually encourage people to use plastic because they are used to make something that is useful and cheap
- Some people say ecobricks take recyclable bottles out of the recycling system and makes them non-recyclable. Is that right?
- Some people say that it costs a lot to send ecobricks to developing countries for use as building bricks, and these journeys by plane or boat are more harmful than just putting the plastic in the bin in the first place

Think about these points in your class debate.

NOW YOU HAVE COMPLETED MISSION C AND HAVE YOUR VERY OWN ECOBRICK. GET READY FOR THE NEXT MISSION!



MISSION D: FIGHT PLASTIC IN YOUR PLAYGROUND

ACTIVITY I: CLASS LITTER-PICK

LEAD-IN QUESTIONS

- Who thinks our school playground and grounds are clean?
- Where do you think litter will end up if you leave it?
- What harm can litter do to our wildlife?
- Most rubbish comes from being blown in by the wind or escaping from recycling lorries. How can this be avoided?
- What can we do to make our grounds a better place?

OBJECTIVES

- To investigate the amount and types of litter in the school grounds
- To work out where this comes from and to think about the harm it is doing to our planet
- To design a poster highlighting litter issues

OUTCOMES

- Make your school grounds litter free!
- Display posters highlighting the issues of litter around your school

PRE-MISSION HOMEWORK

- Photos of litter in your grounds would be a powerful visual to start this mission
- Do a risk assessment. If possible, choose a nice dry day for your litter pick and ask the children to bring in gardening gloves if they have any. Dig out any litter pickers (grabbers) if your school has them. Can you find any plastic buckets or boxes to use instead of black plastic sacks that will end up in landfill?
- Print off activity sheets for the children to design their posters

YOU WILL NEED:

- Litter pickers / grabbers
- Buckets or boxes (black sacks or old carrier bags if not)
- Gardening gloves
- A stopwatch
- Access to hand-washing facilities after the clean



INSTRUCTIONS FOR THE KIDS

1. Grab your litter picker or put on some gloves.
2. Get yourself a bucket, box or plastic bag to put your rubbish in.
3. With your teacher, head outside to your playground.
4. Pick up as much rubbish as you can in two minutes. **Remember do not pick up anything sharp or dirty!**
5. If you haven't succeeded in picking up everything after 2 minutes, repeat.
6. After the #2minutelitterpick, look at how much you collected. Can you sort the litter into groups? What is the most common? Can you recycle any of the litter?
7. Why not ask your grown-ups if you can do a #2minutelitterpick on your walk home or at the park? Remember to recycle what you can after your pick!

DESIGN YOUR OWN POSTER

- Design a bold, bright, eye-catching #2minutelitterpick poster to display around school.
- Put up your posters asking your friends to be careful and not drop litter.

NOW YOU HAVE COMPLETED MISSION D BY CLEANING UP YOUR PLAYGROUND AND CREATING A FUN AND INFORMATIVE POSTER.

