**Pupil Workbook** 



Wave goodbye to single use plastic





Welcome to Plastic Clever Schools! We're so pleased you're here because we need your help to make every school Plastic Clever. Plastic pollution is a big problem- you'll find out more about that later- but we know a way you, your school, and all your friends and family can help.

Common Seas and Kids Against Plastic (KAP) have joined forces because we know that young people, like you, have powerful voices and brilliant ideas - we need you on our team!

Your journey to becoming a Plastic Clever School is split into three levels:



0

Inspire You'll go on a deep dive to learn all about plastic and share that information with your classmates, teachers, parents and community.



Investigate It's time to discover the problem plastics in your school and get ready to do something about it!



Act You'll learn how to create a positive impact by leading an exciting campaign to help your school and community wave goodbye to single-use plastic.

In each stage you'll need to learn, do and share. This workbook will be your guide you can use it to make sure you stay on track.

Remember to share your progress on the Plastic Clever Schools website to achieve your award! Amy and Ella, along with their brilliant KAP club members and Common Seas' Ocean Superheroes will be sharing lots of helpful tips along the way.

## Your journey



### Keep notes!

To help with the sharing part in each stage, it might help to keep a note of all the amazing things you are learning and doing along the way!



#### Level I Inspire

- Raise awareness about your mission to become a Plastic Clever School
- Host a litter pick at your school
- Make a video to share why you're excited about becoming a Plastic Clever School



#### Level 2 Investigate

- Complete the Plastic Clever Schools audit
- Create your action plan



#### Level 3

#### Act

- Run your campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a celebration video



## Let's make waves!

These upcycled plastic waves are a great way to show people that you are part of the Plastic Clever Schools community.

- I. Find an old bottle or plastic container to upcycle
- 2. Wash it
- 3. Using scissors, carefully cut out the shape of the wave (ask an adult for help if you need it).
- 4. Use a hole punch to create a hole in the top of the wave
- 5. Loop an old piece of string or ribbon through the hole and tie in a knot
- 6. Attach your wave to your school bag



## It's time to investigate!

Congratulations! You've inspired your school to become Plastic Clever. Welcome to level two - Investigate!

### What to expect

You'll learn about how plastic gets into the ocean, and the impact that plastic pollution has on us, our communities and our natural environment. You'll also learn about the 6Rs to help you think of ways to cut down your problem plastics.

You'll do some investigating to identify the problem plastics in your school so you can pick the top two to tackle, then create an action plan to decide how you'll do it!

You'll share what you found out and what you want to do about it.

#### Actions to take

- Complete the Plastic Clever Schools audit
- Create our action plan

#### KAP Club tip

Campaigning is really easy when you're taking action on something you care about. An assembly will help you inspire everyone else to care too.

## How does plastic end up in the ocean?

Where does all the plastic come from? And how does it end up in the sea? Did you know that approximately 80% of plastic flows from land-based sources? The other 20% is plastic littered at sea, from fishing and shipping.

Even if you live hundreds of miles from the coast, the plastic you throw away could make its way into the sea.



## How does plastic pollution impact marine life?

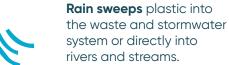
Plastic pollution is bad news for the natural world. Did you know that plastic in the ocean impacts all species, big and small - from marine mammals like whales and dolphins to the smallest fish and plankton.

Click here to learn more

#### How does plastic travel



**Wind blows** plastic and plastic litter into the environment.





People might **dump plastic waste** near to or directly into rivers and streams.



Waste and stormwater systems can **overflow** during storms and high tides.

#### Plastic pollution

What do you picture when you think about plastic pollution? Close your eyes and take a moment to think about it.

Whatever you imagined, we're sure it wasn't pretty. Plastic pollution is a big deal and causes a lot of problems in our local environment and across the planet - especially in our ocean.

Now close your eyes and imagine what this environment could look like if it was free from plastic waste – this is the difference you can make!

Click here to learn some surprising facts about plastic...



## Plostic Clever Schools Audit







An audit is a series of questions that help you understand more about something, like plastic waste. It will help you know the types of plastic being wasted - and how much - so you can know where to start on your mission to wave goodbye to single use plastics.

To investigate problem plastics at school you'll need help! Ask your friends and a teacher to help answer the audit questions, fill in the form and figure out what it means for your school.

Gathering data is a really important skill that scientists and explorers use to help find out about new things and solve problems!

Click here to get started





The Big Four - How many are your school throwing away each day?



Now you know more about plastic waste at school, use your audit results to help you plan what to do next!

## have you ever heard of the 6 R's ?

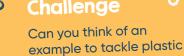












waste for each of the Rs?



refuse



reduce



replace



recycle



repair



## Some of the R's are better than others!

Check out our fact sheet to help you decide which ones you want to focus on and think about the different solutions you can come up with in your school.

Click here to learn more

#### KAP Club tip

It's really easy to refill your water bottle at school. If you don't have special water fountains, you can just make posters to let everyone know which taps they can use.

Charlotte





Write a plan to reduce at least two of the problem plastics at your school. An action plan is a simple way to get really clear on your next steps. Below are some useful questions and example answers to get you started...

# Make your action plan!

## What problem plastic(s) are you going to tackle?

Single use bottles and cups

## What can you do to reduce it?

Run a campaign to get everyone to use a reusable bottle instead

0

### How will you know you've been successful?

Everyone has a reusable bottle and the school has stopped ordering the cups.



### What help will you need?

We will spread the message to our friends, pupils, staff and parents. We'll also find out who orders the school's single use cups and speak to them too Now that you have made your action plan in the next stage you'll really get to grips with how to make these actions happen!

0



Download your worksheet and start writing your action plan!



It can be really useful to understand how everyone at school feels about the plastic pollution issue. It's important to see things from lots of different perspectives - it can help us find solutions quicker!

Check out the survey





## Share your journey

Let everyone know how your investigation has gone!

### Update your Plastic Clever Schools wall

Put pictures up of your problem plastics and which ones you plan to take on.

## Share the results of your survey and audit

This will help pupils and teachers join your mission - Make sure the information is easy for everyone to understand.



## Don't forget to talk about your action plan

Once you've completed your action plan, add it to your Plastic Clever Schools wall and think about other ways you can share it - maybe ask your teacher to remind everyone in assembly to go have a look!



### KAP Club tip

Think like a detective! Ask lots of questions and explore all sorts of solutions. There isn't one 'perfect' way to be Plastic Clever.

Thomas

# Investigation

- Completed the Plastic Clever Schools audit
- Created our action plan







#### **KAP Club tip**

We should all be learning about plastics, the harm they can do to the environment, and what we can do about it. Ask your teachers to do a topic on it. Ocean Plastics Academy can help!

Kai

Click here to learn more

## Congratulations!

## Wow! How does it feel to be waving goodbye to single use plastics?

If you've ticked off everything on your checklists, then you are really really close to becoming an official Plastic Clever School.

### Click here to submit your evidence

To stay plastic clever, you'll need to keep on learning, doing and sharing to help your whole school and your community wave goodbye to single use plastic for good!

The work you have done to get this far is amazing and we are so excited to see where you go next!

#### Welcome to the Plastic Clever Schools community! We're so happy to have you on board.

#### Amy & Ella at Kids Against Plastic

Kids Against Plastic was founded by teenagers Amy and Ella Meek. When they found out about the harm caused by plastic pollution they needed to do something about it. They created KAP - a charity by kids, for kids - to inspire and motivate others to take action too.







## Massive congratulations!

#### Jo & Sarah at Common Seas

Common Seas was founded by Ocean Explorer Jo Royle. We're a team of sea champions on a mission to quickly and significantly reduce the amount of plastic produced and stop it polluting our rivers and seas. We created Ocean Plastics Academy to empower the next generation of ocean superheroes to join our crew!



