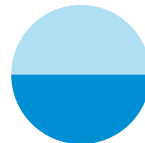




# Plastic Clever Schools



Wave goodbye to  
single use plastic



Common  
Seas

**KIDS**  
against  
**PLASTIC**

Hey!

Welcome to Plastic Clever Schools! We're so happy you're here because we need your help to make every school Plastic Clever. Plastic pollution is a big problem but we know a way you, your school, and all your friends and family can help.

We know that young people, like you, have powerful voices and brilliant ideas - we need you on our team!



# Your journey



## Keep notes!

To remember what you have to share in each stage, it might help to keep a note of all the amazing things you are learning and doing along the way!



### Level 1 Inspire

- Raise awareness about your mission to become a Plastic Clever School
- Have 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

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

# Let's make waves!

## How to make an upcycled wave:

1. Get an old bottle
2. Wash it
3. Using scissors, cut the shape of a wave (ask an adult for help if you need it)
4. Make a hole at the top (crest) of the wave
5. Tie it to your bag with a string



# Let's get inspired!

For the first part we will focus on inspiration – that means learning a lot and sharing it with everyone at school so that they participate in the challenge ahead!

## What to expect

You'll learn about where our plastic products come from, different types of plastic and why it's so important to become Plastic Clever!

You'll do a litter pick to see how plastic pollution impacts in your local environment, and you'll create a space to help your school be interested and up to date on your Plastic Clever journey.

You'll share your mission with the Plastic Clever Schools community and find some creative ways to inspire your class mates!



## Actions to take

- Communicate our mission to become a Plastic Clever School (for example – send out a newsletter, create a plastic clever schools wall)
- Do a litter pick at our school
- Make a video to share why we're excited about becoming a Plastic Clever School



## KAP Club tip

Make an eco-club at school!  
Try to have someone from every class in the team.

Freddie



# The life cycle of a plastic bottle

[Click here to learn more about how plastic is made](#)

1 This is an oil rig, where they search into the seafloor to find oil.

2 This is where they add chemicals to the oil, and make plastic material.

3 They drive them to the factory.

9 The rest ends up floating up to sea, where it breaks down into small pieces. Then sea animals eat them, which makes them really sick.

4 Here's where plastic bottles are made.

8 This is the landfill, where lots of plastic ends up. This contaminates the soil, which then pollutes our waterways (like rivers).

5 Then they fill the bottles with water, and package them up in more plastic before they send them to the stores.

7 Did you know that only 30% of plastics get recycled? The rest ends up in landfill or in our streams, rivers and waterways.

6 This is where we buy the bottled water. Some people take their water home in a plastic bag.

# Different types of plastic

LEARN

Litter picks are a great way to find out which types of plastic are lurking in your local environment. What different types of plastic do you think you'll find?



**PETE**  
Polyethylene Terephthalate  
Water bottles



**HDPE**  
High-density Polyethylene  
Milk bottles and shampoo bottles



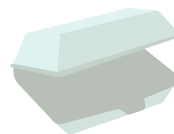
**PVC**  
Polyvinyl Chloride  
Cleaning products and shower curtains



**LDPE**  
Low-density polyethylene  
Bread bags and plastic films



**PP**  
Polypropylene  
Yoghurt cups, straws and hangers



**PS**  
Polystyrene  
Takeaway, hard packaging and toys



**OTHER**  
Polycarbonate  
Baby bottles, nylon and CD's



Easy to recycle



difficult to recycle



Can't be recycled

Want to check out our guide to recycling?

Click here to learn more

# Guide to litter picking

Click here to view our guide to litter picking



A litter pick is a fun way to get attention for the Plastic Clever School challenge. Who are you going to invite to join in?



## Amy & Ella's Top Tip

A litter pick is the perfect way to get others involved in your Plastic Clever mission. It's also a brilliant way to find out more about problem plastics in your local area, like the litter hotspots, types of plastic and even where they come from. This information will help you engage your school and wider community with the problem, and inspire them to help you do something about it!

## Amy & Ella's guide to litter picking

We've done a lot of litter picking. Litter picks are a great way to make a big difference on plastic pollution in your own neighbourhood.

You must be careful when picking up rubbish - sometimes there are items and places that can be dangerous.

### Our tips for a litter pick:

#### 1. Think about your location

You can find rubbish almost anywhere that humans have been! The places we normally find the most litter are places people use a lot, like by the side of the road.

We've done litter picks on **roadsides** and collected more than 1,000 pieces. You can find lots of litter and make a big difference by the side of the road but you have to be very careful. Make sure you stay away from busy roads, and always stay on the pavement (sidewalk).

Never do these litter picks on your own. Go with your parents or teachers. Another great idea is to wear something very bright, like a hi-vis jacket so the drivers can see you.

#### 3. Be careful what you collect!

Sometimes at the end of a litter pick your bag can **rip**. Don't collect sharp objects (broken glass, or needles). These items are dangerous and they might rip your bag.

It's better to be safe than sorry!



#### 2. Be hygienic

Litter is very dirty and **unhygienic**. It is covered in lots of **bacteria**. It's important to stay safe and healthy when picking up rubbish.

Use:

1. A litter picker
2. ALWAYS wear **thick gloves**
3. Always take **hand sanitizer**

#### 4. Work together

Look around for community groups that do litter pick. You can pick up so much litter when you work as a team.

KAP app here to log litter data (QR code)



SCAN ME

[plasticcleverschools.co.uk](http://plasticcleverschools.co.uk)

Kids Against Plastic and Common Seas



# What have you learnt?

## A. What are these items?

~~Hi-Vis Jacket~~ Thick gloves Hand Sanitizer Litter Picker

1. Hi-Vis Jacket



2.



3.



4.



## B. Complete the table with Litter pick DOs and DON'TS

~~Take hand sanitizer~~ ~~Pick up dangerous items like broken glass~~ Go on a litter pick **without** an adult  
 Wear **thick** gloves Wear **bright clothes** Pick-up litter in the middle of a **busy road**  
 Look for **community** groups Find a place you want to make cleaner

DO	DON'T
Take hand sanitizer	Pick up dangerous items like

**C. Draw a picture of a place near you with a lot of litter.  
Why do you want to do a litter pick there?**

This is \_\_\_\_\_.

I want to do a litter pick here because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Design your Plastic Clever Schools wall

Becoming a Plastic Clever School is a lot easier if everyone at school knows about it.

One way to do that is to create a Plastic Clever School wall. Think of it like a giant screen that everyone can see.



- Completed Plastic Clever School
- Created our school's action plan
- Ran a plastic campaign



## Your journey



- Level 1 Inspire**
- Have conversations about your mission to become a Plastic Clever School
  - Post a litter pick of your school
  - Make a video to show 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 tell at least 2 people about your school
  - Share photo evidence
  - Create a celebration video



## Your step by step guide to creating your Plastic Clever School wall

1. Ask your teachers if they can help you find a good spot for your wall. Make sure it's big enough for you to fill with lots of pictures and information.

2. Start designing your wall on a piece of paper. You'll want to include the three different levels (inspire, investigate, act), a checklist, photos, drawings or posters, and a map of your school.

3. Remember that you will keep adding information to it, remember to leave free spaces!

4. Let everyone know what they can create for the wall - drawings, posters, sticky notes with ideas for your school.

5. Make sure you take photos and send them to us, so we can share it on our website.

# Inspire Checklist



- Raised awareness about our mission to become a Plastic Clever School (for example - hosted an assembly, sent out a newsletter)
- Hosted a litter pick at our school
- Made a video to share why we're excited about becoming a Plastic Clever School



[Click here to share your evidence](#)

## KAP Club tip

The more people on your team the easier it'll be to make a difference. Get creative to encourage your whole school to reduce single use plastic and protect our amazing ocean.

Inaaya

# It's time to investigate!

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

## What to expect

- Learn about how plastic gets into the ocean,
- The impact of plastic pollution on our community, nature and the environment.
- Learn about 6Rs to help you think of ways to cut down your problem plastics.
- Identify the "problem plastics" in your school.
- Pick the top two
- Create a plan to remove them from your school.
- Share what you discovered 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 care about the problem

A school presentation will help you inspire everyone else to care too.

Skye

# How does plastic end up in the ocean?

Where does all the plastic come from? And how does it get to the ocean? Did you know that approximately 80% of plastic comes from the land? 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 might become **marine litter**.



## How does plastic travel

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

2. Rain **sweeps** plastic into the waste directly into rivers and streams.

3. People **dump plastic** into rivers and streams.

4. Waste can **overflow** during storms and high tides.

4. **Coastal erosion** at landfill sites is also a big problem.



## 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. Which means it affects us too.

[Click here to learn more](#)

## Plastic pollution

What do you see when you think about plastic pollution?

Close your eyes and take a moment to think about it.

Plastic pollution causes a lot of problems in our local environment and across the planet – especially in our ocean.

Now close your eyes and imagine what the world would look like if it was free from plastic waste. You can help make this happen.

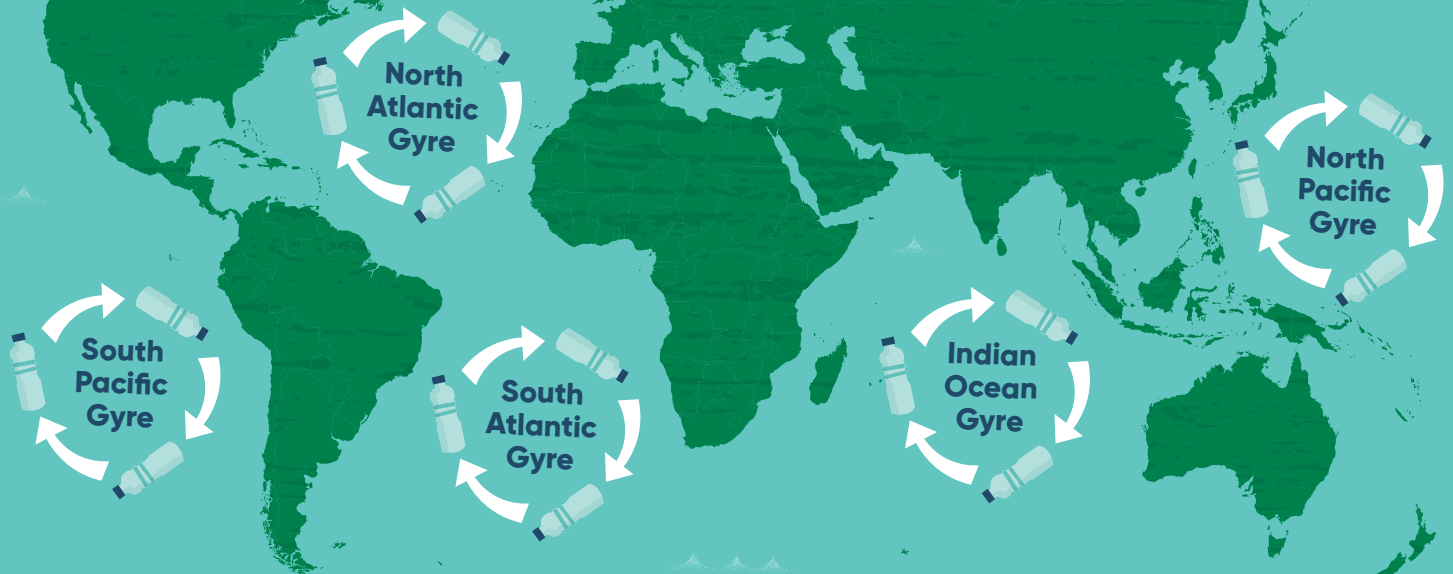
# The 5 gyres

LEARN

When ocean water moves together it forms a current. Wind patterns and the forces from the Earth's rotation can make these currents move in circles (like slow moving whirlpools) known as 'gyres'.

There are five main gyres... the North Atlantic Gyre, the South Atlantic Gyre, the South Pacific Gyre, the North Pacific Gyre and the Indian Ocean Gyre. They act a bit like conveyor belts and a lot of the plastic in our ocean ends up in one of the five gyres.

[Click here to learn more](#)



# What have you learnt?

## A. Picture matching

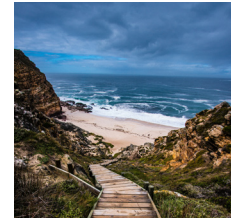
Match the words in the box to the picture below.

Marine mammals

Marine Litter

Coast

Overflow



## B. Can you remember?

Which 5 reasons are given for plastic getting into the ocean.

1. Wind \_\_\_ w \_\_\_ plastic litter into the environment.
2. Rain \_\_\_ w \_\_\_\_\_ directly into rivers and streams.
3. People \_\_\_ m \_\_\_ plastic into rivers and streams.
4. Waste \_\_\_\_\_ w \_\_\_ during storms and high tides.
5. Coastal \_\_\_ r \_\_\_\_\_ at landfill sites is a big problem.





# Plastic Clever Schools Audit



**As a Plastic Clever School, you need to take steps to cut down on single use plastic waste and help keep our ocean and natural world healthy.**

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

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



Plastic waste at school, use your audit results to help you plan what to do next!

Now you know more about it.



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



rethink



refuse



reduce



replace



recycle



repair

- Challenge**
- Can you think of an example to tackle plastic waste for each of the Rs?



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

Look at the fact sheet and decide which R's to focus on in your school.

[Click here to learn more](#)

## KAP Club tip

You don't need plastic water bottles. It's easy to refill your water bottle at school. If you don't have special water fountains, 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 an easy way define your next steps. Below are some useful questions and example answers to help you start...



# 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

## 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!

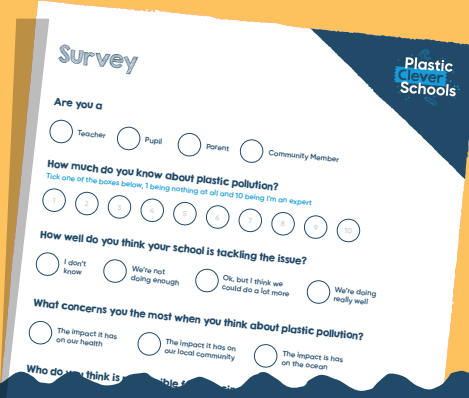
## Download your worksheet and start writing your action plan!



## Are you ready to survey your school?

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 work 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 to go have a look!

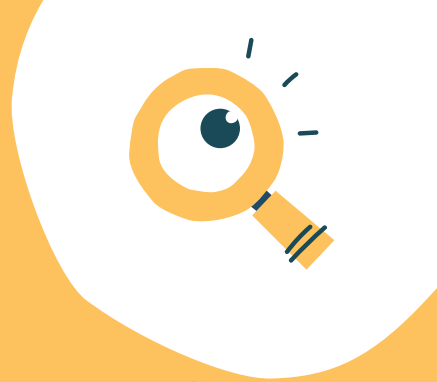


## KAP Club tip

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 Checklist



Completed the Plastic Clever Schools  
audit

Created our action plan



[Click here to share your evidence](#)

## 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

# Are you ready to act?

The final stage of your journey is all about action! You'll kick off your campaign, start to wave goodbye to single use plastics in your school and share your progress with everyone along the way.

## What to expect

You'll find out how to make a difference.

You'll use your action plan to tackle at least two of the problem plastics in your school, then get your friends and teachers to help you put it into action!

You'll share what you've found out through this journey by creating a Plastic Clever Schools map of your school, showing everyone your progress!



## Actions to take

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



## KAP Club tip

Make sure you give everyone an opportunity to get involved in your campaign. You'll need lots of people with different skills to help you.

Matilda

# How to make a difference



## Learn

Research as much as you can so that you understand the issue and can speak about it. Look online, speak to teachers, parents and people in your community.

## Connect

Remember that there are lots of people around the world working on this. Find ways to connect with other activists, organisations and community groups.

## Find your superpower

Think about the skills that you have that you can bring to this cause. Everyone has something they can use to help.

## Start small

Look for things you can do at home, in your school and in your local community first.

## Fight for not against

Don't focus on all the bad things that plastic pollution does, focus on why our ocean is so important and how amazing all the marine creatures are.

## Speak up

Don't be afraid to think of new ways to share your message.

## Practice what you preach

Try and be a Plastic Clever role model so others can learn from you.



**Sometimes learning about plastic pollution across the world can feel a bit overwhelming - it's easy to think that one person can't really make a difference.**

But all you have to do is think about someone like Greta Thunberg, the environmental activist.

Did you know that when Greta was 15 she started the Climate Strikes movement by sitting outside the Swedish Parliament to call for stronger action on climate change.

Her small action has inspired millions of students around the world to protest and she now speaks to world leaders, politicians and activists to address the climate crisis.

## Need a spark of inspiration?

We've made a list of some of our favourite plastic pollution activists....

[Click here to learn more](#)

# Guide to building effective campaigns

Click here to view our guide to building effective campaigns



Remember to use your action plan as the starting point for your campaign!



Act

Plastic  
Clever  
Schools

## Building effective campaigns

**Building an effective campaign can feel like a big task. There are four things we need to remember when we are trying to make change.**

### Give me a reason to do it

Sometimes the changes we need to make will need hard work and so it's important to know why you take action.

#### Example

Help your community fall in love with the ocean by showing a documentary about all the amazing creatures in the sea.

### Show me how to do it

If we need to change our behaviour then we need to know how. Sharing simple steps makes people feel more likely to start a new habit if they've got a good idea of how we can get started.

#### Example

Make a 'How-to' poster to help people reduce the amount of single-use plastic they use.

### Show me others doing it

It can really help to see other people taking action too - not only does it show us that change is possible, but it can inspire us to join the movement.

#### Example

Share the stories of your favourite environmental activists around the world.

### Make it easy for everyone to do

If we want our whole community to make a change, then we need to show them it's easy to do.

#### Example

Get together with an local organization to place recycling bins.

look on the next page for some fun ideas



# Take action!



Ready to wave goodbye to plastic waste? Here are a few ideas to get you started.

Send a tweet! Ask a teacher or an adult at home to help with this.

Create posters to put up where there's a lot of plastic.

Give a presentation to your school leaders

Plan an event

Need money to make some of your ideas possible? Come up with a fun way to fundraise!

Get creative and write a letter!

There are so many different ways to help your school become Plastic Clever. Why not write a letter to encourage positive change.

[Click here to learn more](#)

## How to write an advocacy letter

Letters are a great way to communicate your opinions with others to encourage positive change. There are several questions that you should ask before writing your letter such as what, who, and why?

### What?

What is it that you want to change? Do you want to learn more about plastics in your school curriculum? Or perhaps you wish there was fewer plastic items in the canteen. Focus on one or two key points that you would like to communicate.

### Who?

Once you have decided what you want you can then think about who the best person would be to contact.

### Contact your school leadership team

When it comes to making change, your school is the very best place to start. You might need to contact your headteacher, parents or the team who run your canteen.

### Contact local government

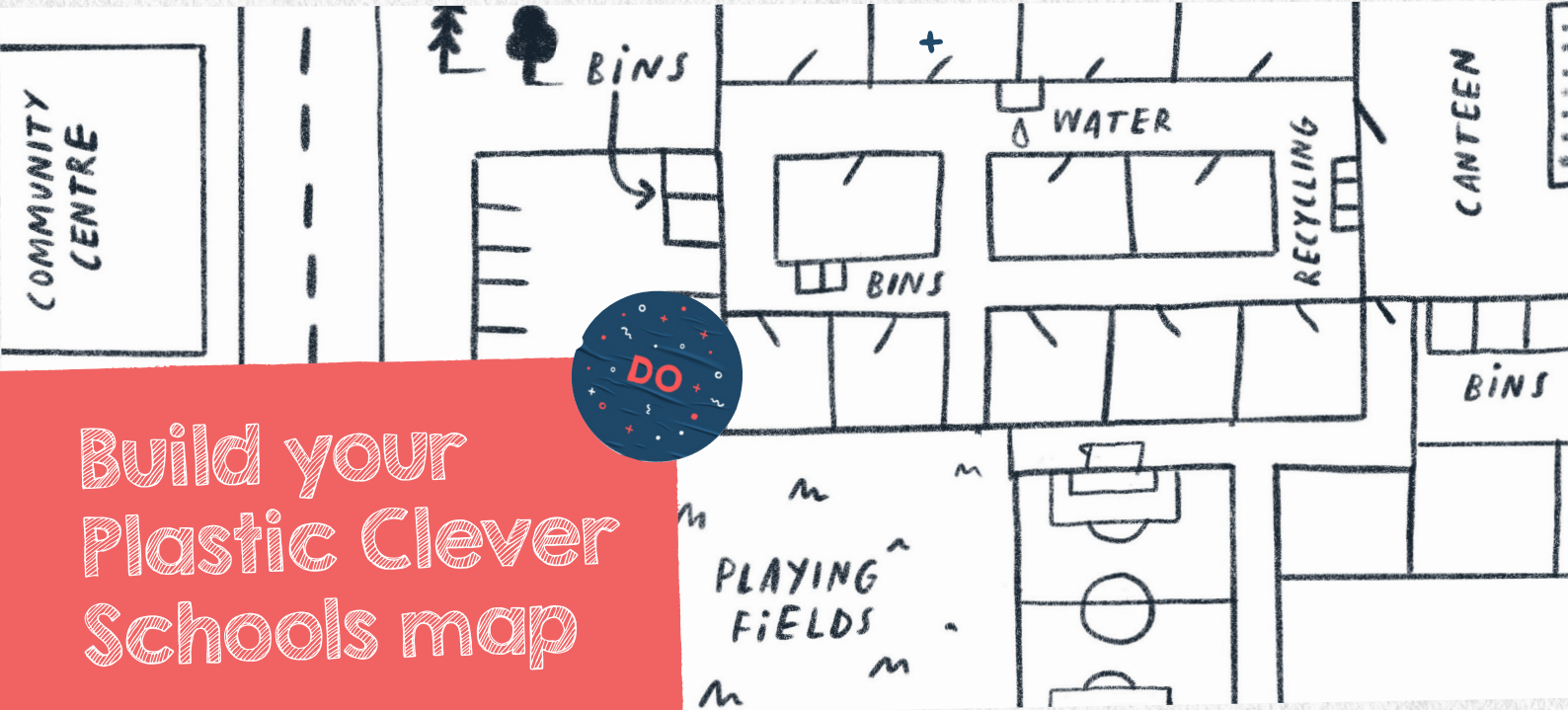
Your local government is responsible for all the services in your area. This includes transport, health and the environment and much more.

### Contact a local business

Local businesses can produce a lot of waste. Generally, they want happy customers, so getting in contact to share your opinion on a product or service they do or don't deliver can be very helpful. Local business can also help reduce waste! For example, you could try out if any businesses will let you refill your water bottle when you're out and about.

### Why?

After outlining what you want and who you will write to for support you can consider why it is important. In your letter you will have to be persuasive so you will need to consider why it is important to you and why it is important to the person you are writing to.



# Build your Plastic Clever Schools map

**Creating a map of your school is a really good way to learn more about your schools' plastic footprint and share important information to help reduce it.**

1. Start by drawing a birds eye view of your school. Make sure you include all the outside spaces too, like playgrounds, sports fields, car parks etc. Do it on a big piece of paper so you have lots of room to add information.
2. Add in your recycling bins, water refill stations or drinking water taps

and any Plastic Clever projects (e.g. maybe you have litter pickers that people can use stored somewhere).

3. Great - now add your plastic hotspots to the map - the places where you most often see plastic pollution. For many schools this is the playground, car park, lunchroom or the area around bins.
4. Good work! Next up you can add some important people to the map. This should be the people who make decisions about your waste management, the person who runs your canteen or lunchroom, plus anyone else who

plays an important role in your Plastic Clever School journey (e.g. your Eco Club or school council if you have one).

5. Keep building - The idea of your Plastic Clever Schools map is for it to grow :) Once you've created the map of your school, see if you can extend it to show your local community. Add in local recycling centres, plastic hotspots, water refill stations, parks and green spaces etc.
6. Don't forget to display your map on your Plastic Clever Schools wall!

# Share your journey

Yay! It's time to celebrate all your hard work and share it with the rest of the Plastic Clever Schools community.

## Give us a video tour

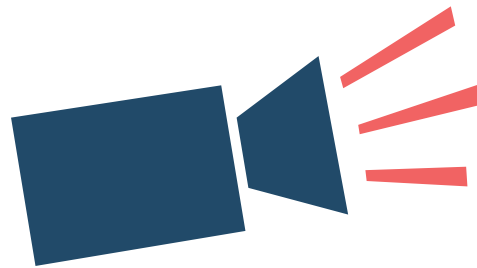
Show us your Plastic Clever Schools wall and take us to see some of your work in action. Maybe show an area that used to be full of plastic, or students using their reusable bottles. You could even introduce some of the incredible students and teachers who helped through!

## Show us the fun bits

Tell us about the funniest parts. Have there been any interesting discoveries?

## Get help

Why not ask your teacher to help you share your video on the schools website, or with a local newspaper to really get the attention of your whole community and celebrate your amazing work!



+



## Be Proud

Tell us why you're proud to be a Plastic Clever School and share what's next for you - has your school been inspired to do even more? Which plastic items will you tackle next?

## Say thanks

Thank all the people who have helped. What if you shared the video with your whole school?



Take pictures of some of the changes you've made at school reduce single use plastic. We can't wait to see what you've been doing!

# Act

## Checklist



- Ran your campaign to tackle at least two problem plastics in your school
- Shared photo evidence
- Created a celebration video

[Click here to share your evidence](#)



### KAP Club tip

If you're not sure where to start, choose one of the 'big 4'! Single use plastic bottles, cups, bags and straws are some of the biggest plastic polluters and some of the easiest to cut out!

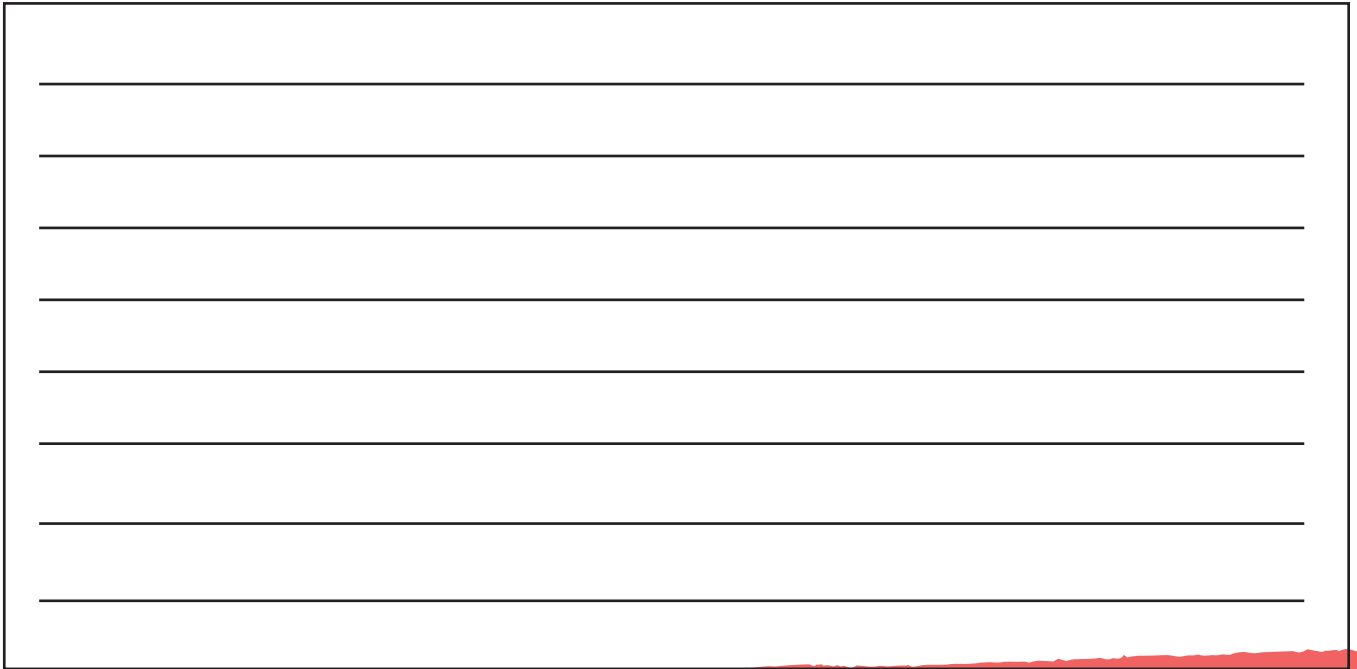
Archie



# What have you learnt?

## A. Write about your experience

Tell your friends and teachers what you think is the most important thing you have learnt and how you feel about your campaign.



## B. Create a piece of art to show on the wall

You can use different techniques, be creative!

# Congratulations!

## Wow! How does it feel to wave 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.

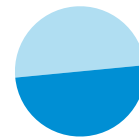
**KIDS**  
against  
**PLASTIC** 



## Massive congratulations!

### Jo & Sarah at Common Seas

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



**Common  
Seas**

# Glossary:



## Unit: Inspire

**Single-Use-Plastic (noun):** A piece of plastic that is only used once. Like fruit wrapping or plastic water bottles.

**E.g:** 40% of plastic made in the world is a single-use-plastic.

**Mission (noun):** An important assignment or goal.  
**E.g:** Our mission is to reduce plastic waste.

**Excited (adjective):** To be very eager or keen to do something.

**E.g:** We're excited to go on the litter pick.

**Tie (verb):** to fasten a piece of string or cord.  
**E.g:** You have to tie the string around the bottle.

**Evidence (noun):** Facts or information to prove something is true.  
**E.g:** This photo is evidence of the litter dropped in the park.

**Microplastic (noun):** A piece of plastic no bigger than 5 millimetres  
**E.g:** Microplastics are released every time you wash your clothes.

**Upcycle (verb):** To reuse an old object and create something better.  
If you upcycle a bottle you can create a plant pot or a birdfeeder.

**Pollution (noun):** Poisonous or harmful substances in the environment.

**E.g:** Plastic pollution is just one of the big problems we face in the climate crisis.

**Roadside (noun):** The part of land next to the road  
**E.g:** The roadside was covered in rubbish.

**Rip (verb):** To tear or break something thin like paper or plastic.

**E.g:** Sharp objects can rip your litter picking bags, so be very careful.

**Unhygienic (adjective):** Not clean or sanitary  
**E.g:** You have to be careful when litter picking, always wear gloves and use a litter picker if you're picking up unhygienic items like masks.

**Hand Sanitizer (noun):** The liquid used to clean bacteria from your hands.

**E.g:** Always carry hand sanitizer when you go on a litter pick to make sure you can wash your hands.

**Community (noun):** A group of people around you or with a common interest.

**E.g:** We had a community litter pick in the park and collected 1234 pieces of litter.



# Glossary:



## Unit: Investigate

**Marine Mammals (noun):** Animals that live in the seas and oceans, like whales and dolphins.

**Marine Litter (noun):** Rubbish that is in the ocean, it's usually plastic.

**Overflow (verb):** When there is too much of something for its container.

**Coast (noun):** Where the land meets the sea.

**Investigate (verb):** To look more deeply into something.

**Fewer (adjective):** Not as many.  
E.g: I generally use a fewer amount of bottles than Emma. I carry my reusable one everywhere.

**Plastic Packaging (noun):** The plastic that goes on products.

**Consider (verb):** To think about.

**Carbon emissions (noun):** The carbon dioxide released by something.

**Efficient (adjective):** To do something with little effort in a timely fashion.

**Reduce (verb):** Use less

**Reuse (verb):** Use again

**Recycle (verb):** Use the materials from a base product to create a new one.

**Repair (verb):** To fix something.

**Rethink (verb):** To think of a new way of doing something

**Refuse (verb):** To say no to something

**Truck Load (noun):** Enough to fill a truck.

**Micro-fibres (noun):** Tiny fibres

**Billion (noun):** A big number with 9 0's.  
1,000,000,000

**Down-cycle (verb):** To reuse materials from a base product and create something of far lesser value or quality.

