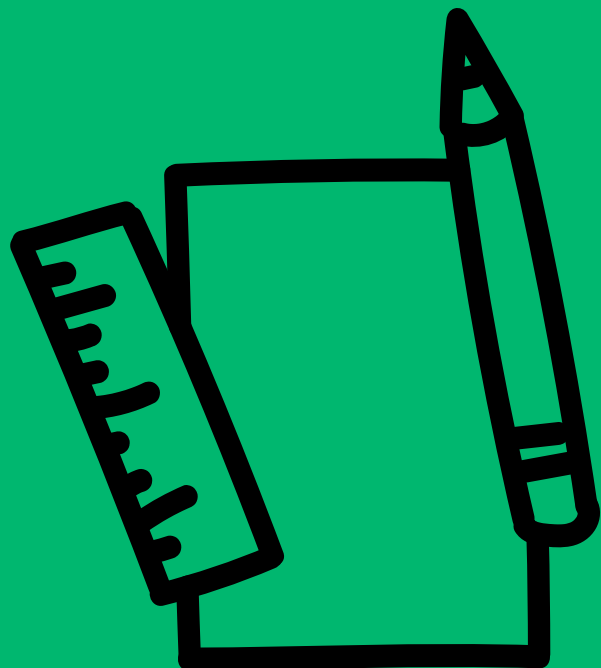


**BG BE ACTIVE**



# RECYCLING LESSONS

A Guidebook for Teachers

SPORT #WithoutWaste

## ABOUT THE GUIDEBOOK:

This guidebook has been created by BG Be Active to support the promotion of recycling to its national network of schools. The guidebook will provide the reader with step-by-step lesson plans which are easy to carry out and child friendly.

Teaching children to take care of the environment is an important part of their growing-up into responsible adults. This guidebook aims to help them become more responsible towards the environment, because our future depends on them. By inspiring them and encouraging them to be more creative, we believe that we will set an example for a waste free future

## WHY IS RECYCLING AT SCHOOL IMPORTANT?

Recycling also provides skills such as respect, sympathy, patience, responsibility and shows the children the consequences of pollution. It teaches them about sustainability and shows them that we want to protect the environment in the name of the future generations. We give talks about the dangers of the pollution of the oceans and the soil which aim to make them understand the significance of recycling.

## HOW CAN YOU INSTILL RESPONSIBILITY INTO THE CHILDREN ?

Involving kids:

- Give them recycling tasks from the guidebook
- Make them sort out the litter according to their type
- Make them color different waste bins for the different types of waste
- Prepare compost and let them take care of it
- Tell them about the reusable bags and bottles
- Encourage them to gift their old clothes and toys
- Carry out experiments that use recycled materials
- PROVIDE PERSONAL EXAMPLE. When teachers and parents show good examples, children understand and copy them. This is the key to a sustainable future and forming a responsible attitude towards the environment.

# LESSON 1: TIC-TAC-TOE USING BOTTLE CAPS

**Aim of the lesson:** PLASTIC

**Age/Level of difficulty:** EASY 8-10 years

**Resources / Materials:**

- 10 bottle caps equally divided into two different colors
- 1 sheet of cardboard
- 1 zipped bag

**Instruments:** Scissors, stapler, ruler, black marker

**Instructions:** Cut the cardboard in the size of the bag. Draw the tic-tac-toe grid. Put the cardboard inside the bag and staple it. Use the caps for pawns.

**Ready!** You have created a board game for a short amount of time which is light and easy to transport. You can carry it while traveling. Have a tournament at home or at school and let the best player win.

**Rules:** It is played by two people. Each of them chooses a set of coloured caps. Then they take turns to put their pawns on the board. The aim is to put three pawns from the same color in a row, column or diagonally. The first to arrange their three pawns wins.

**Interesting fact:** More than 10 million tons of waste is thrown into the oceans and the seas every year. Only 15% of it floats on top of the water, another 15 % is underwater. The rest 70% stays at the bottom. The most common waste in the ocean is plastic.



## LESSON 2: A PICTURE FRAME MADE FROM CARDBOARD

**Aim of the lesson:** PAPER

**Age/Level of difficulty:** EASY 8-12 years

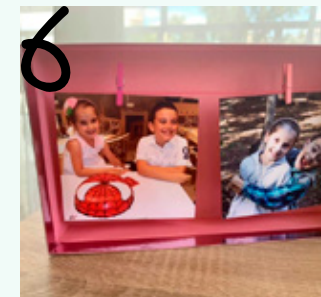
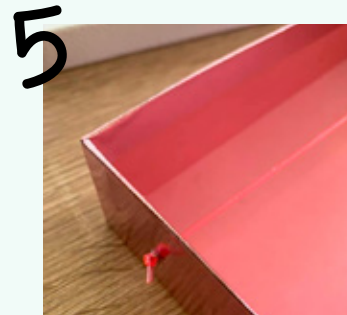
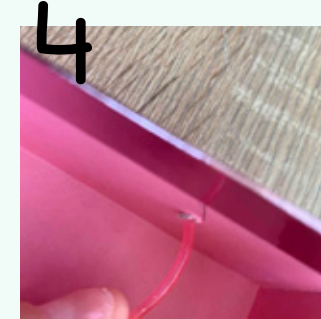
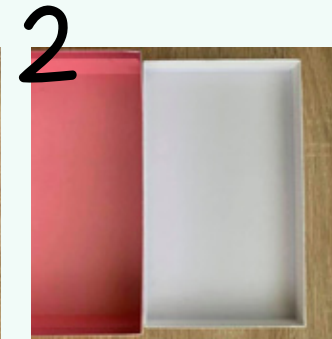
**Resources / Materials:**

- 1 cardboard box from shoes, cosmetics or something else
- 1 piece of thread
- a few wooden pegs
- photos
- double tape

**Instruments:** Scissors

**Instructions:** Use the sharp top of the scissors to make holes on both sides of the box. Put one end of the lace through one hole and tie it. Do the same with the other hole. Hang the photos on the thread using the pegs. Stick the frame on the wall using the tape. You can use the frame to attach messages of important events.

**Interesting fact:** Do you know that it was wasps that taught us to make paper? Yes, exactly, the wasps! Their nests are made of paper mush, which they make by chewing timber. A man saw the wasp and tried to do the same by mixing bamboo and water. Then he spread the paste in the sun to dry.



## LESSON 3: CANDLESTICK HOLDER MADE FROM GLASS BOTTLES

Let's turn the glass bottles into original candlestick holders

**Aim of the lesson:** Glass

**Age/Level of difficulty:** MEDIUM 10-14 years

**Resources / Materials:**

- 2 glass bottles
- 2 candles
- a piece of sisal fiber

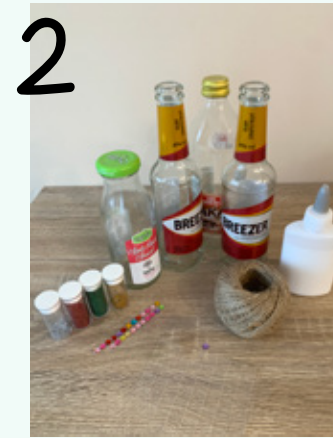
**Instruments:** Scissors, glue

**Instructions:** Spread a lot of glue on the labels of the bottles. Stick one end of the sisal thread and keep winding it around the bottle until you cover the surface you want. You can change them by adding a ribbon, a card, stickers or whatever decoration comes to mind.

**Interesting fact:**

1 glass bottle = 25 minutes of working on the computer

The energy necessary for the second phase of glass melting is 40% less than the energy necessary for the manufacturing of new glass. The energy saved is equal to a 25-minute work on the computer.



## LESSON 4: A “SUPERHEROES” FASHION SHOW

**Aim of the lesson:** paper, plastic, cardboard

**Age/Level of difficulty:** MEDIUM 8-14 years

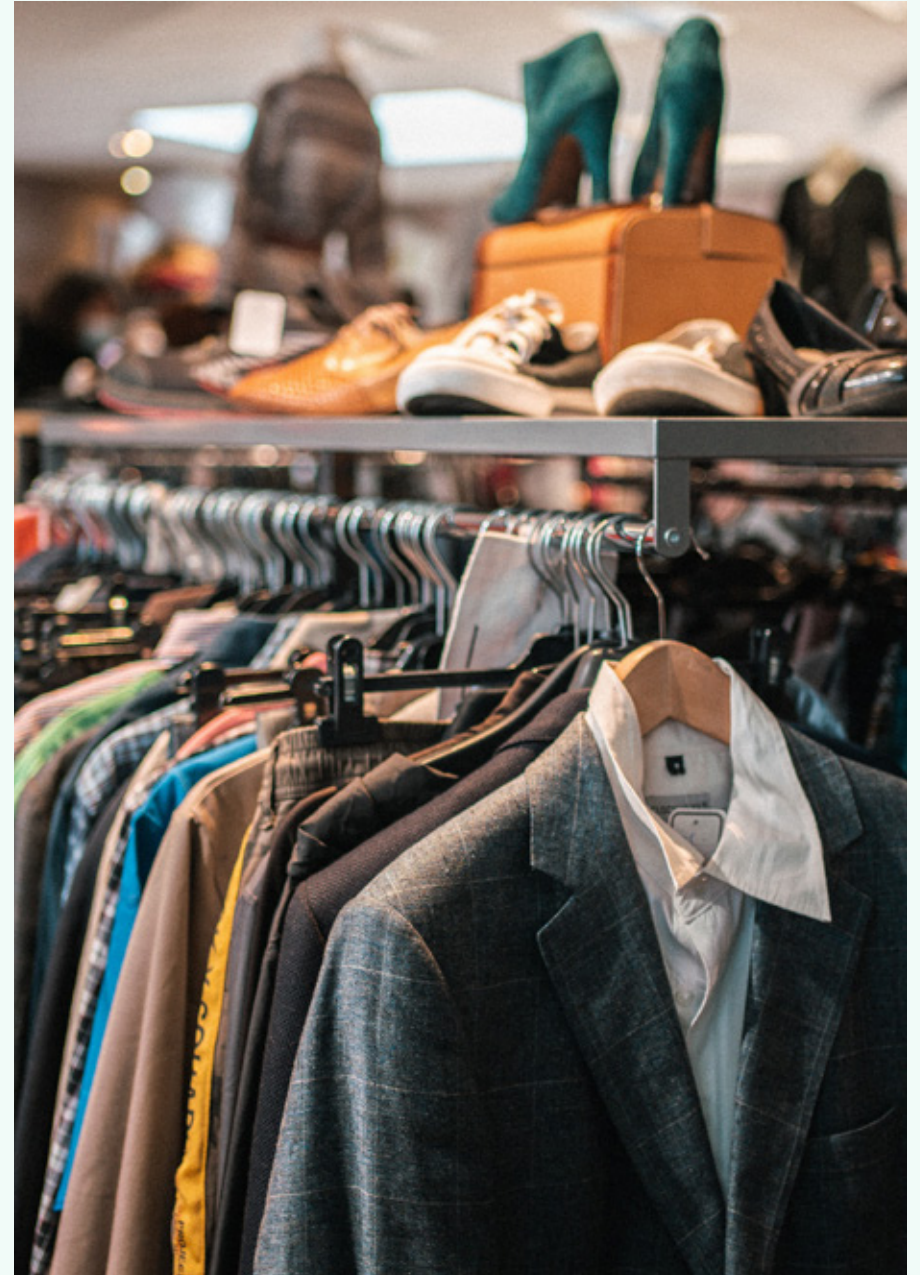
**Resources / Materials:**

- recyclable materials (plastic bags, paper, straws, cardboard boxes)

**Instruments:** scissors, tape, different color pens/crayons

**Instructions:** Organize a catwalk show at your school. Ask the participants to design their own costumes using recyclable materials, old clothes or clothes they have bought from second-hand or charity shops.

**Interesting fact:** There are local charity shops or second-hand shops where students can take the clothes they no longer wear. There are also shops which give discounts if you hand in a certain amount of clothes. Such types of events are ideal for fashion colleges and universities or professional schools of design and textile.



## LESSON 5: CINEMA #WITHOUTWASTE

**Aim of the lesson:** How to protect the environment  
**Age/Level of difficulty:** MEDIUM 8-16 years

### Instructions:

Have a #WithoutWaste class session. Use the class session to watch a film with your students. The movie must deal with waste reduction. Students learn about the consequences of pollution and how to decrease the waste. Hold a brief debate on the topic.

### You can use the following videos for reference:

- ▶ [Reduce, Reuse and Recycle, to enjoy a better life | Educational Video for Kids](#) – for the younger kids
- ▶ [14 Clever Ways To Recycle \(Old Plastic Bottles, Cardboard, Tin Cans, Etc\)](#) – be creative and use some of the ideas for your classroom/bedroom
- ▶ [THE ENVIRONMENT for Kids – Climate Change, Greenhouse Effect, Looking after the Planet and Energy](#) – climate change and how to protect the environment
- ▶ [What really happens to the plastic you throw away – life of three plastic bottles](#)
- ▶ [How to Save Our Planet](#) – how to save our planet

**Interesting fact:** Organizing such events for students promotes eco-friendly lifestyles. Students are educated in a fun way and they pay more attention to the three Rs – Reduce, Reuse, Recycle. By refusing to buy items that you don't need, reusing items more than once and disposing of the items that are no longer in use at appropriate recycling centers, you can contribute towards a healthier planet.



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**FINANCIAL SUPPORT**



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