

11-13 year old, 3 lessons

Plastic Challenge - What do I use and what can I leave out?

Objectives:

- That students realize how much single-use plastic we use every day and consider other ways
- That students learn about plastic pollution in the ocean and how to prevent it.
- That students set a personal goal and follow it.

Materials Needed:

- Registration sheet, see attachments

Lesson structure

Lesson 1 (40 min)

Pre discussion - what is plastic and where is it found?

Discussion in class

- What items do you use every day that are made of plastic?
- Which ones are disposable?
- Who are multipurpose
- What single-use plastics can you ditch easily?
- What could you use instead?
- Why should we stop using single-use plastic packaging?

Teacher and students record results in Padlet

Lesson 2 (40 min)

Teacher presents homework to students. Students choose the second day of the weekend to write down everything they use that is made of plastic. Also, they write down if there is something else they can use instead.

Lesson 3 (40 min)

Students and teacher group the results together. For example, toothpaste and record how many people use toothpaste.

Students put the results in a histogram and you can read out what the group is using the most.

Students set goals for what they plan to stop using and what they plan to use instead.

Additional studie

You can do the project again after 3-6 months and check if the students have reduced their plastic consumption

Assessment:

- Peer assessment. Students evaluate each other's activity and results
- Self assessment

Attachments

Worksheet home

Plastic challenge! (Home assignment)

Short description

Students examine how much plastic they use on a daily basis and then set a goal to reduce the use of plastic.

Objectives

That students realize how much single-use plastic we use every day and consider other ways.

That students learn about plastic pollution in the ocean and how to prevent it.

That students set a personal goal and follow it.

Key questions

What items do you use every day that are made of plastic?

Which ones are disposable?

Which ones are multipurpose?

What single-use plastics can you ditch easily?

What could you use instead?

Why should we stop using single-use plastic packaging?

Method

The project is a homework project – a full day project.

Each student should monitor which items (made of plastic) they use during the day. Please record all items you use or touch on the record sheet.

The task starts when you wake up and ends when you go to sleep.

The next day, the student should look at his results and think about what he can easily skip and set a goal for the next week.

Plastic Challenge: Data Collection

Class

Name:

How much plastic do you use? What can you skip?

Saturday _____ we pupils are going to try to measure how much plastic we use today.

The assignment is a homework assignment – a full day assignment.

Each student should monitor which items (made of plastic) they use during the day. Please record all items you use or touch on the record sheet.

The task starts when you wake up and ends when you go to sleep.

Example: toothpaste, toothbrush..

I had oatmeal instead of cheerios, because the cereal was in plastic in the package.

Plastic items I used/touched	What could I use instead?

Plastic challenge: Setting goals

For consideration:

Can I use less plastic? What can I use instead? What are easy to skip?

What is hard to let go of?

Goals for next week.

Choose one thing that you think you can let go of. What are you going to use instead? Good luck!

Next week I plan to reduce the use of:

Student's signature