

# Re-use cascade training session plan



## Theme

Upcycling

## Objectives

To do an activity with children that is on the surface of it about fun and creativity, but is also a way of introducing them to re-use. This activity also promotes biodiversity.

## Outcomes

To get children to make something that reduces waste and is useful. To also get children talking about plastic waste and/or biodiversity.

## You will need

- Cardboard (corrugated if possible)
- Plastic bottles
- String
- Scissors
- Straws
- Tape
- Newspaper
- Sticks/Twigs
- Pine Cones
- Tufts of grass/moss and leaves

## Introduction

To put this activity into context, you may want to talk a bit about plastic, what it's made from, a bit about recycling and biodiversity.

**For example** - plastics are man-made materials that come from natural resources such as oil, gas and coal (fossil fuels). These valuable resources were formed from prehistoric plants and animals that lived hundreds of millions of years ago. These fuels won't be replaced for millions of years to come – they are called 'non-renewable' resources.

As the resources used to make plastic take so long to form and are so valuable, it's important to think of plastic itself as a valuable resource and re-use or recycle it wherever possible. Plastic is simply too valuable to waste.

Plastics have only been widely used in the past 50 to 60 years so we don't know how long they will take to break down completely.

## The session

- Take the top section of the bottle off with scissors
- Cut a strip of cardboard to fit the bottle and roll
- Place rolled cardboard into the bottle, along with other materials such as sticks, twigs, pine cones, straw, moss, rolled newspaper etc.
- Tie some string around the bottle for hanging or place the bottle in a sheltered spot under a tree or bush.

**Source** Thanks to Forth Upcycling Network  
[forthenvironmentlink.org/projects/forth-upcycling](http://forthenvironmentlink.org/projects/forth-upcycling)

## Hints/useful links

The following might be of use for some background about recycling

- [recycleforscotland.com](http://recycleforscotland.com)
- [vimeo.com/7217407](https://vimeo.com/7217407) - How bottles are recycled video clip
- [recycling-guide.org.uk/facts.html](http://recycling-guide.org.uk/facts.html)
- [recycle-more.co.uk/school-zone/why-recycle](http://recycle-more.co.uk/school-zone/why-recycle)

