

This activity book
belongs to:

Join others and
receive your
certificate for
helping Fox on
their adventure!

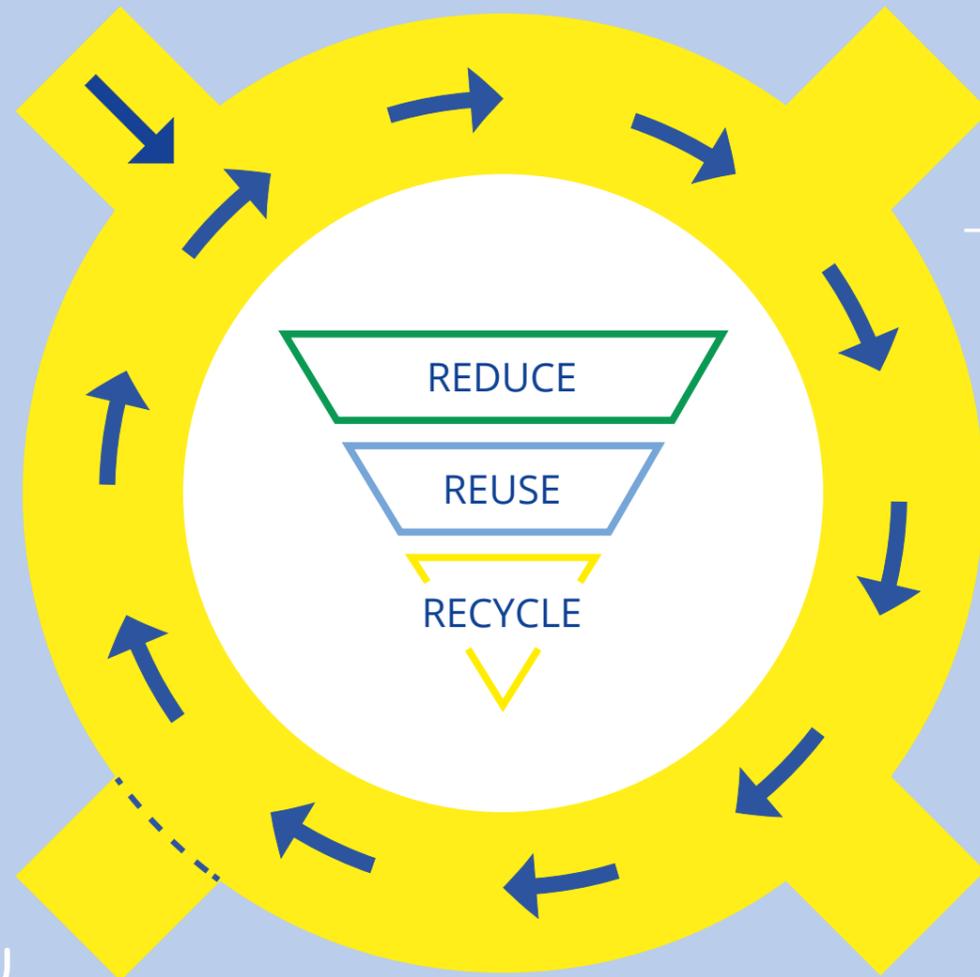
Fox's Waste Adventure



START

REDUCE

- Waste journal
- Waste-free lunches Page 6
- Sustainable swaps Page 7
- Waste action plan Page 8-9



LANDFILL

Landfill Page 16



Fold these pages into colourful paper planes and fly them into the recycling bin!

REUSE

- DIYs Page 10-11
- Design challenge ... Page 12-13

RECYCLE

- Recycling labels & tips Page 14
- DIY recycling bin Page 16

WELCOME TO YOUR WASTE ADVENTURE!

Fox is always hungry, and looking for food. But wherever Fox looks there is rubbish... and lots of it!

"I like fruit, especially berries! I also enjoy the odd rat, but don't like crisp packets or bottles."



Follow Fox on their adventure to reduce their rucksack full of waste and find their dinner. Each section is full of activities that follow the Three Rs: **Reduce**, **Reuse** and **Recycle**.



The goal is to make sure that as little waste as possible ends up at the final destination, which we call the **landfill** or a waste treatment plant.



Some activities may require help from an adult. Make sure you ask your grown-ups whenever you see this symbol.



Once you've got to the end of the booklet, show an adult your work. You can then apply for your **waste adventure certificate** to celebrate what you have learnt.



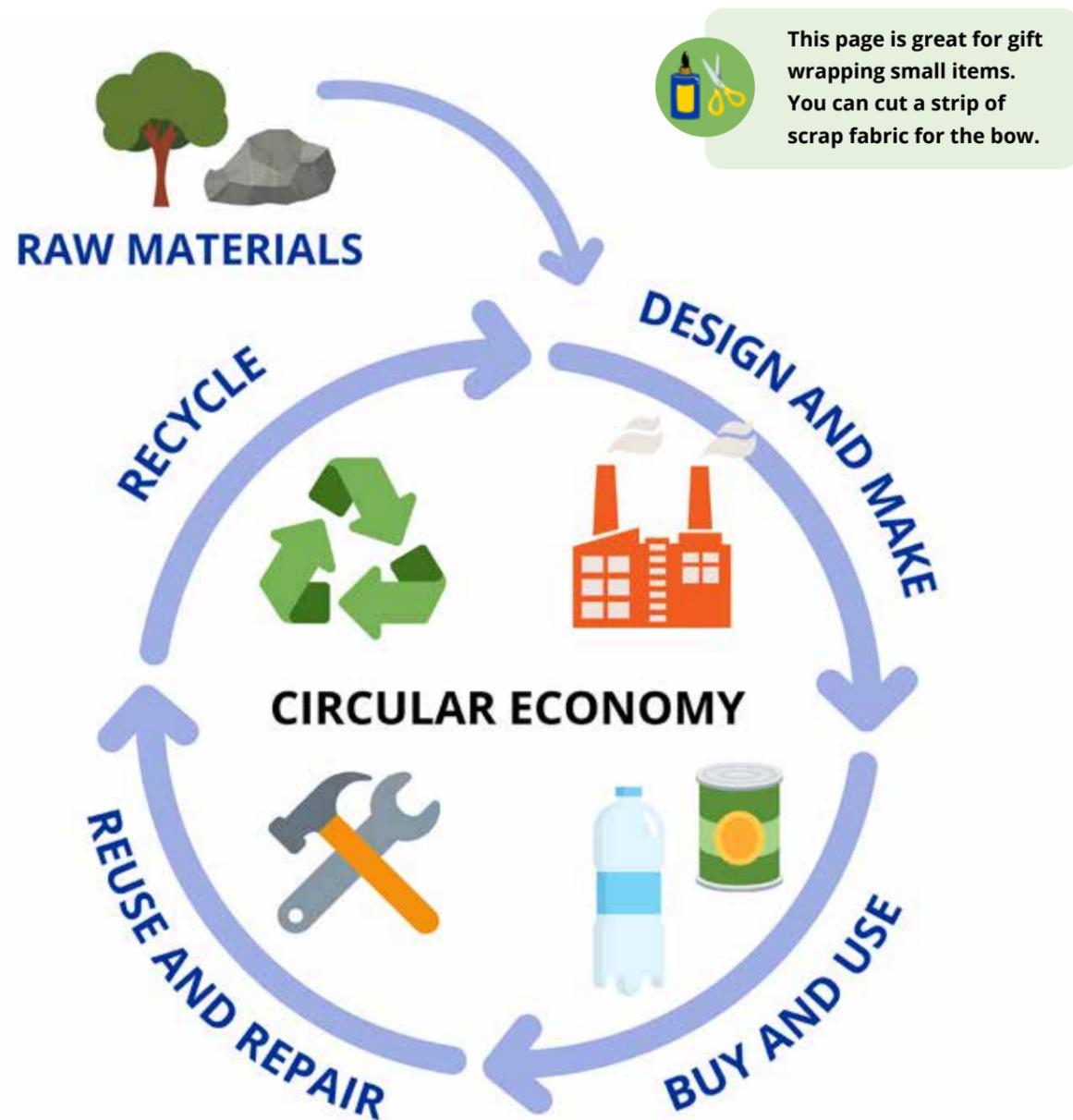
This symbol means you can use the images or pages to create something else. Keep a look out! There's lots of things you can do.

WAIT, WHAT IS A CIRCULAR ECONOMY?

The way we produce and use items has followed a **Take-Make-Waste** model. This means that we take from the Earth's resources (such as oil and metals) to make a product. Once the product has been used, it is then thrown away. This is also called the **linear economy**.

However, we only have so many resources on Earth, and they are running out. The **circular economy** encourages us to **reduce, reuse, and recycle**. What was once 'rubbish' can be used again and again without creating more waste.

This helps us to use fewer of Earth's materials and reduce the amount of waste that goes to the smelly landfill.



GLOSSARY

LINEAR ECONOMY

Rubbish or waste - we use these words to describe the materials we no longer use and normally throw away.

Single-use plastics - plastics that can be used only once before being thrown away.

Landfill - another word for the dump. A place where rubbish that cannot be reused or recycled is taken.

Pollution - the introduction of harmful materials into the environment.

Find the following words in the puzzle. Watch out - words can go in any direction!

CIRCULAR ECONOMY

Resource - something that can be used for a purpose or to create something else.

Pre-loved or second-hand - something that has been used before or had a previous owner.

The three Rs - the section of the waste hierarchy known as reduce, reuse and recycle.

Reduce - to use less of something.

Reuse - finding a new use for something that is considered old or used.

Recycling - the process of turning a used material into new material.

B	O	X	X	K	T	A	Z	C	J	V	Q	D	P	D
Q	V	G	X	E	I	I	K	E	Q	Y	X	I	O	E
R	E	C	Y	C	L	E	I	N	K	H	S	R	L	E
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G	G	Q	I	M	N	Y	L	E	W	Z	P	O	U	U
S	H	U	Q	C	A	F	C	K	T	P	F	G	T	D
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R	C	E	U	E	D	D	C	J	X	J	L	H	A	Y
E	F	Y	S	I	F	H	E	E	O	D	K	U	N	K
I	V	U	E	I	K	R	A	D	P	U	G	U	P	C
P	E	B	L	V	Q	P	B	N	H	K	I	G	Z	Q
R	W	L	H	V	U	V	P	E	D	Y	I	Y	X	V

landfill reduce waste pollution reuse recycle secondhand

REDUCE

Fox has been walking for a little while now and is getting thirsty.



"I have a reusable water bottle somewhere in my rucksack. I don't need all of these plastic ones!"

Before we buy and use new things, we should think about if we can buy less or if we need it at all."



WASTE-FREE LUNCHES

Let's try to reduce the waste we produce in our school lunch boxes. Circle the **four** items with the least amount of waste in your lunch box.

TIP: Snacks such as crisps, nuts and biscuits can be bought in bulk and separated into reusable containers!



Look out for waste-free lunch days at your school!

SUSTAINABLE SWAPS

What swaps can we make at home to reduce our waste?

Reusable bags are stronger and can be used again and again, unlike plastic bags which can break easily and stay in the environment for up to 500 years!



If everyone in the UK used a plastic toothbrush and lined them all up, they could reach **to the moon and back 5 times!**

Create a TV advert to persuade your family and friends to make a sustainable swap. Tell them why the swap is good for the environment and how easy it is to use!

Cut out these images to create your recycling bin on page 15 or your poster on page 17!

MATCH THE ITEM WITH ITS SUSTAINABLE SWAP



KEEP A WASTE JOURNAL FOR A DAY

Keeping a waste journal is a great way to find out how much rubbish you create and how you can reduce it. Have a go at keeping track of all the things you (or your household) throw away in each room of your house. You can write or draw them in the table below.

_____ 's waste journal.

Room	Waste Item
Kitchen	
Bathroom	
Bedroom	
Total number of items:	



Which room has the most rubbish? What types of rubbish do you create the most of?

YOUR WASTE ACTION PLAN

An action plan helps us work towards a goal or solve a problem. Reducing our waste is a good way to help protect our environment from too much rubbish.

Follow the steps below to create your action plan!

STEP ONE: WHAT'S WRONG?

Thinking about your waste journal on page 6, write down the items that you throw away most frequently in the thought bubbles below.

For example, do you throw away lots of crisp packets, juice cartons, or even clothes or toys? Does your household use a lot of plastic shopping bags? Do you use hand soap in a plastic bottle in your bathroom? Write it all down or draw illustrations!



Cut me out and stick me on a lollipop stick to make Fox puppets! Can you create a puppet play with them?

STEP TWO: PLEDGES

Pick 3 to 5 items of rubbish from your list and think about how you can try to reduce them. Can you make a sustainable swap? Can you use less of this item? Or recycle it? Write down what you pledge to change! Then ask your family and friends to make a pledge too.

I, Tom pledge to **reduce** reuse recycle plastic bags

by: reminding my grown-ups to take reusable shopping bags everytime they go to the shops.

I, _____ pledge to **reduce** reuse recycle _____

by: _____

I, _____ pledge to **reduce** reuse recycle _____

by: _____

I, _____ pledge to **reduce** reuse recycle _____

by: _____

Cut out your pledges and pin them up in a place where you will see them, like the fridge!

STEP THREE: SPREAD THE WORD

Ask your friends about their action plans! Are they similar? Can you work together?

To learn how to create a new recycling bin go to **page 15!**

STEP FOUR: THE EXTRA MILE

- Why don't you go one step further and...
- Check out the DIY activities on the next page to reuse some of your waste.
 - Make extra recycling bins to stop even more waste going to landfill.
 - Organise a litter pick to reduce the waste that has already escaped into the environment.

REUSE

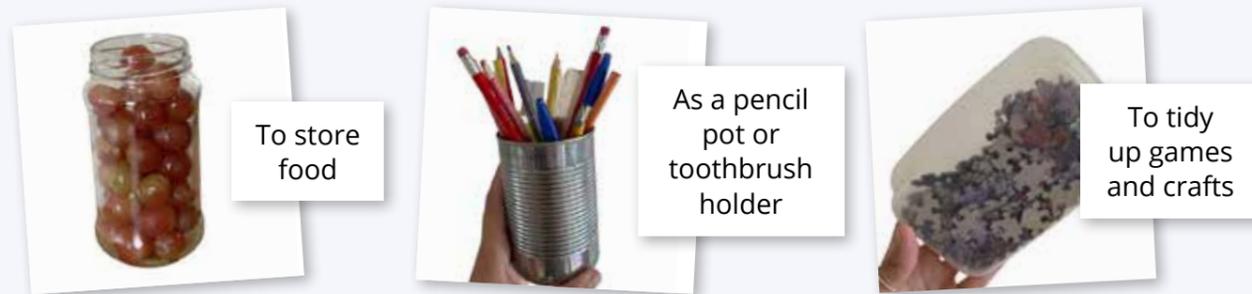
Fox is getting a bit chilly.



"I've made myself a jumper out of some old clothes. Reusing things that we already own is a fun way to reduce the waste that we produce. We can be creative and save lots of energy and resources needed to make brand new items!"

GIVE YOUR WASTE A NEW LIFE!

Reusing containers like glass jars, tins and plastic tubs are a good way to replace throwaway packaging, like plastic bags and cling film. We can use them in lots of different ways:



To store food

As a pencil pot or toothbrush holder

To tidy up games and crafts

Check out the below for more ideas on what to do with a glass jar and other 'waste' that might be thrown away!

GLASS JARS



Lanterns – decorate the outside of a glass jar or tin can, and ask an adult to pop a light or candle inside.

Difficulty rating – 1/3



Terrarium – use a glass jar to create your own mini environment by adding gravel, soil, and plants.

Difficulty rating – 2/3

CANS & BOTTLES



Tin can targets – decorate and stack 10 old tin cans for a fun family game in or outside.

Difficulty rating – 1/3



Plastic bottle bowling – fill your empty plastic bottles with water and different food colourings. Then simply line up and play!

Difficulty rating – 1/3

CLOTHING



Sock puppets – rather than throwing them away, turn those odd socks into waste-reducing champions!

Difficulty rating – 3/3



DIY bean bags – use old clothes to create bean bags using a needle and thread and some rice.

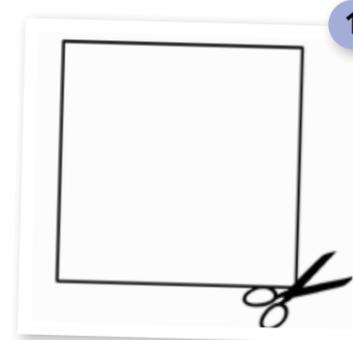
Difficulty rating – 3/3

ORIGAMI BOOKMARKS

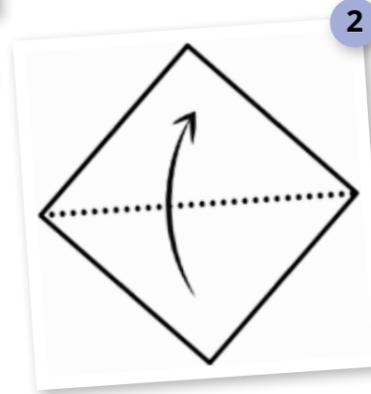
Difficulty: 1/3



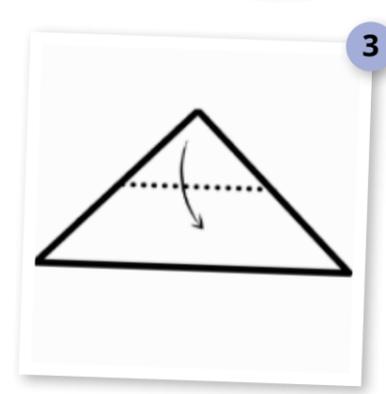
Some of these activities might be tricky, so make sure to ask a grown-up for help!



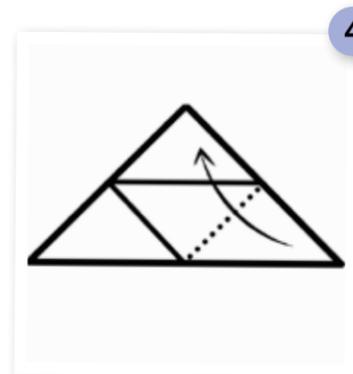
Step 1 – Cut a square piece of paper



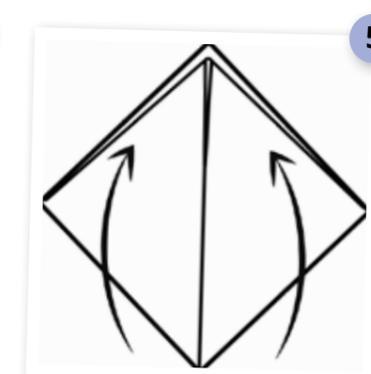
Step 2 – Fold in half corner to corner



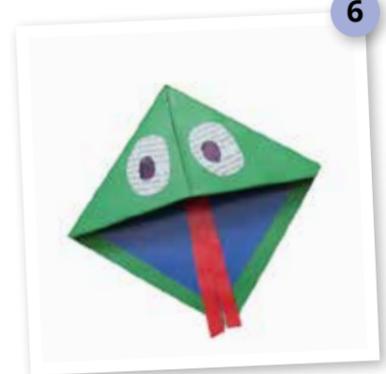
Step 3 – Fold the top layer corner to the bottom



Step 4 – Fold both side corners to meet the top corner



Step 5 – Tuck the top two points into the centre



Step 6 – Turn your corner bookmark into an animal using scrap paper and pens.

Check out our BLUEPRINT website at projectblueprint.eu/campaigns for the full step-by-step guides.

These activities have been recycled from PECT's Nature's Schools programme, for more activities head to pect.org.uk/projects/natures-school



You can use page 19 to create your origami bookmark!

DESIGN CHALLENGE

Lots of people and businesses turn items into new things instead of throwing them away. This is often called **upcycling**. It also saves lots of energy and materials needed to create new things.



Look what Up the Garden Bath can do with old baths in Peterborough!

We have seen lots of examples of reusing and upcycling old items into new things. Now it's your turn to design a new product from reused items!

Choose from the challenges below or make up your own to start designing:

1. A sewing shop has a pile of leftover materials like scrap fabrics, buttons, ribbons etc. Instead of throwing them away, they would like to create some new clothing! Design an outfit using scrap materials to show how useful 'waste' materials can be.

2. A bike repair shop needs a storage solution. They use lots of nuts, bolts, and tools to repair their bikes but don't have anywhere to keep them. Using old bike helmets, chains, and handlebars, can you create a place to store their nuts and bolts?

CHOSEN BRIEF

My challenge is _____

MATERIALS

What items will you reuse/upcycle for your design? (fabric scraps/ bike helmets/ paint/ glue)

1. _____
2. _____
3. _____



When you're done with this page, make it into a paper boat to float in your bath or sink!

Check out the BLUEPRINT website for instructions: projectblueprint.eu/campaigns.

DESIGN AND PITCH



Draw or describe your design. Ask yourself the following questions before you start your design:

- Who is your audience? What features would they like to see on your product?
- What problem are you solving?
- What is the environmental impact of your product? Where will it end up?



What three words describe your product?
 What makes it unique and why would people want to buy it?

The BLUEPRINT team would love to see your designs. Ask a grown-up to send a copy of your design to us! You can find our social media channels on page 19.

RECYCLE

Fox's bag is feeling a lot lighter without all those single-use plastic bottles. Together, you and Fox have reduced and reused as much as you can. Now we should consider whether our leftover rubbish can be recycled.



"Recycling is the process of turning our rubbish into new materials and objects. Look at this activity book. It is made from recycled paper!"

Not everything can be recycled so we need to make sure we throw the correct items into the correct bins. Using the logos below, you can find out what can and cannot be recycled in the UK.

RECYCLING LABELS



Cut out the labels for your poster on page 17!



The on-pack recycling label (OPRL) tell us how to recycle certain items.



Sometimes the recycling label might include an instruction to rinse, leave the cap or lid on, or remove sleeve which cannot be recycled.



Check out the Recycle Now video to learn more about recycling labels. Use the camera on your smartphone or tablet and hover over the QR code to access the video. [youtube.com/watch?v=_Uf_sqN77ml&t=7s](https://www.youtube.com/watch?v=_Uf_sqN77ml&t=7s)

GO ON A LABEL HUNT

Search around your home or classroom and see if you can find the different waste logos. Are some more common than others?

There are also different codes for different types of plastic, which tell us if they can be recycled or not. Can you research what these codes mean?



TOP RECYCLING TIPS



1. Dirty recycling is bad recycling. Remember to wash out your recycling before you put it in the bin.
2. Smaller items like bottle tops and small pieces of tin foil cannot always be spotted by the recycling machines. Make sure to loosely attach your bottle tops to your bottles and collect foil into a ball the size of your palm.
3. Different areas recycle in different ways. Make sure you check your local council website to see what you can put in your recycling container.
4. Putting lightbulbs and batteries in your general waste bins is dangerous! Lots of supermarkets, libraries, businesses, and schools have recycling boxes for batteries.



MAKE A NEW RECYCLING BIN!

In the UK, households only recycle around half of their recyclable waste.

Sometimes it's hard to keep track of rubbish in our home, especially in the bathroom or bedroom. Wouldn't it be easier if there was a recycling bin in every room? Here's your chance to create your own.

YOU WILL NEED:



A cardboard box from a delivery



Scissors and glue



Scrap paper (use this booklet when you have finished)



Colouring pencils

METHOD:



Cut the outside flaps of your cardboard box



Design a bin sticker and attach it to your makeshift bin



Place into position and remind your household to recycle!

THE PROBLEMS WITH WASTE

Let's look at the problems waste can cause to our environment. For example, some materials like plastics don't break down easily and can last a long time in our environment.

MATCH THE PICTURES TO THE PROBLEM DESCRIPTIONS.



As waste breaks down (decomposes), it can create gases and liquids which harm our natural environment and contribute to climate change.



Some waste plastics found on beaches have travelled miles and miles and end up on the other side of the world!



Birds and sea creatures like fish and turtles can eat plastic and it gets caught in their stomachs.

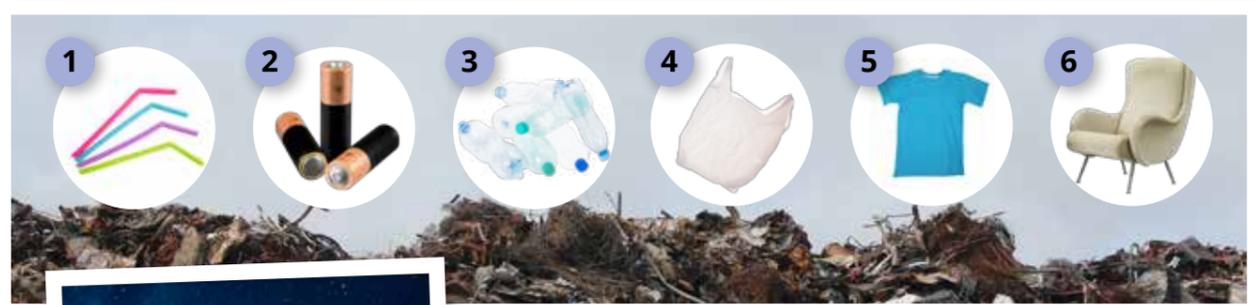
By minimising the amount of waste that goes to landfill by reducing, reusing and recycling we can help to protect our environment from pollution.

CIRCLE THE ITEMS THAT COULD HAVE BEEN REDUCED, REUSED OR RECYCLED TO PREVENT THEM FROM GOING TO LANDFILL.

Use **red** for recycling

Use **blue** for reusing

Use **green** for reducing.



Watch out - there could be more than one correct answer.

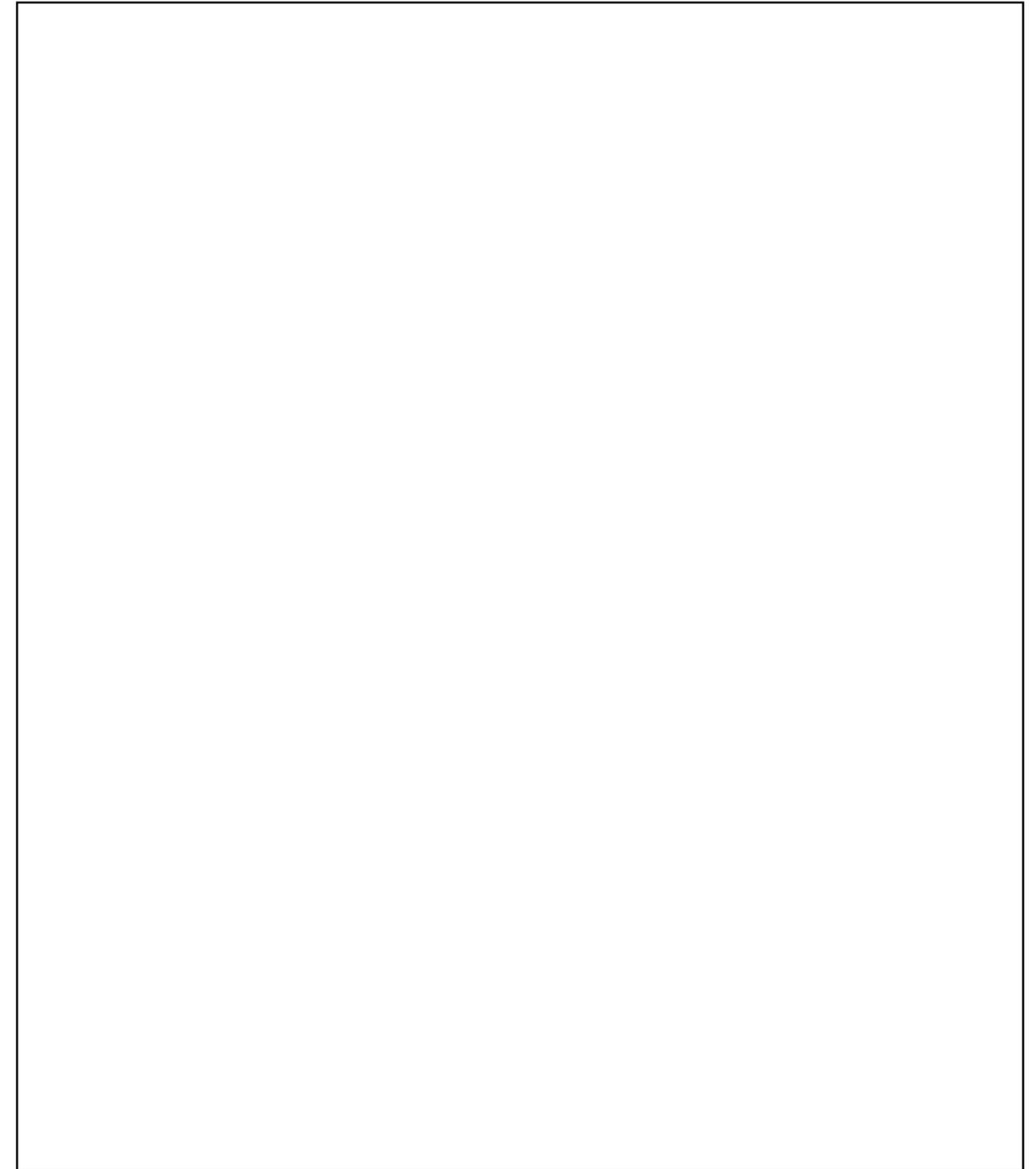


Not all non-recyclable waste has to go to a landfill. Lots of waste that cannot be recycled can be turned into energy in different ways. For example, in Peterborough, non-recyclable waste is burned and converted into enough electricity to power nearly 16,000 homes!

Answers: 1. Reduce 2. Recycle 3. Recycle 4. Reduce 5. Recycle 6. Reuse

CREATE A POSTER

Fox has found a friend. Make a poster to tell them what ways they can **reduce, reuse** and **recycle** their waste. Cut out some of the images and text from this book to help.



Cut this poster out and pin it on a notice board, fridge or door to remind everyone of the Three Rs.

CONGRATULATIONS YOU'VE FINISHED YOUR WASTE ADVENTURE!



"Woohoo, we did it! My rucksack is empty, and I can fill it up with lots of snacks. Look I found some wild blackberries with no plastic packaging in sight!"

Great job! You have helped Fox on their rubbish adventure to reduce, reuse and recycle. You have kept things in use for longer and stopped waste going to landfill.



It's now time to go to projectblueprint.eu/campaigns and follow the steps online to receive your very own waste adventure certificate! If you're unsure, ask a teacher or adult for help.



And don't stop there! What can you do with the activity book now? Well, you could recycle it, but we think there are lots of fun ways to reuse it first:

1. Make an origami fox like on the back page!
2. Use it as scrap paper for DIY activities or collages.
3. Use it as wrapping paper for gifts for your family and friends.
4. This booklet is great for other BLUEPRINT activities. Visit projectblueprint.eu/campaigns for more ideas!

INFORMATION FOR EDUCATORS, PARENTS AND GUARDIANS

The waste adventure activity book has accompanying resources that are free to all educators. Visit projectblueprint.eu/campaigns to find out how you can access your copies.

These resources include:

- Activity packs including engaging and inspiring games and craft activities to slot into your lessons or playtime activities.
- A student ambassador programme for secondary school students.
- Links to other resources around waste reduction and recycling.

Find out how other schools across the UK are getting involved using #BLUEPRINTschools, and please share your students' journeys. We'd love to see how you get on!



Facebook: [@blueprintinterreg](https://facebook.com/blueprintinterreg) (facebook.com/blueprintinterreg)



Instagram: [@blueprint.project](https://instagram.com/blueprint.project) (instagram.com/blueprint.project/)



Twitter: [@blueprint_fce](https://twitter.com/blueprint_fce) (twitter.com/blueprint_fce)



LinkedIn: BLUEPRINT to a Circular Economy (linkedin.com/company/blueprint-to-a-circular-economy/)

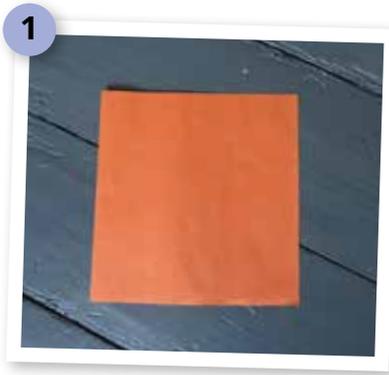
The BLUEPRINT to a Circular Economy Project is funded by the European Regional Development Fund via the Interreg France (Channel) England programme. It will help local authorities move towards a circular economy, the principle of designing out waste and pollution by reusing, repairing and recycling existing resources. It also promotes the reuse, repair, refurbishment, and recycling of products for as long as possible with minimal waste.

Working with local authorities, social enterprises, schools and households, the project will unlock growth opportunities within the France (Channel) England region.

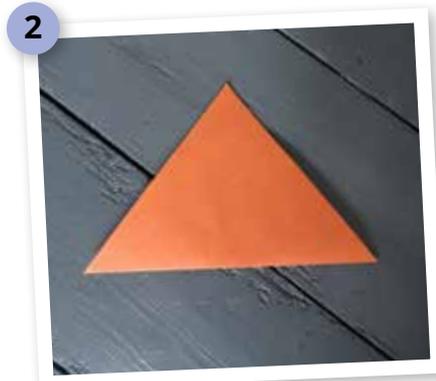
For more information, please visit our website: projectblueprint.eu



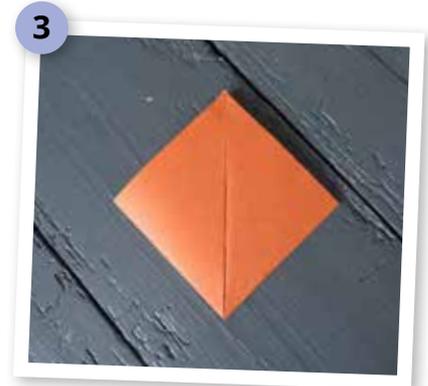
LET'S MAKE FOX OUT OF THE PAGES OF THIS ACTIVITY BOOK!



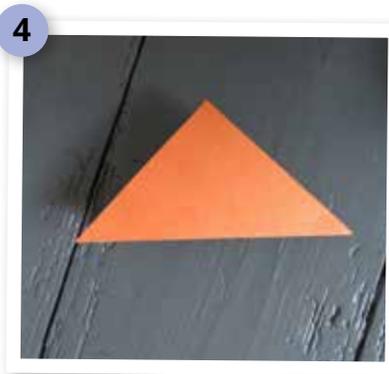
1
Cut out a square piece of paper



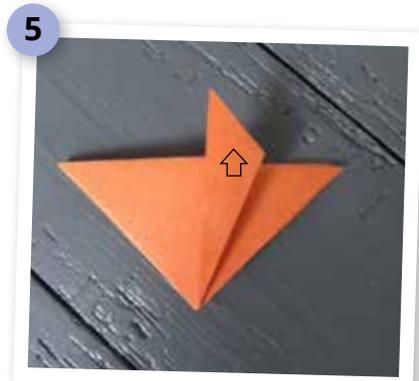
2
Fold in half



3
Fold to meet the centre line



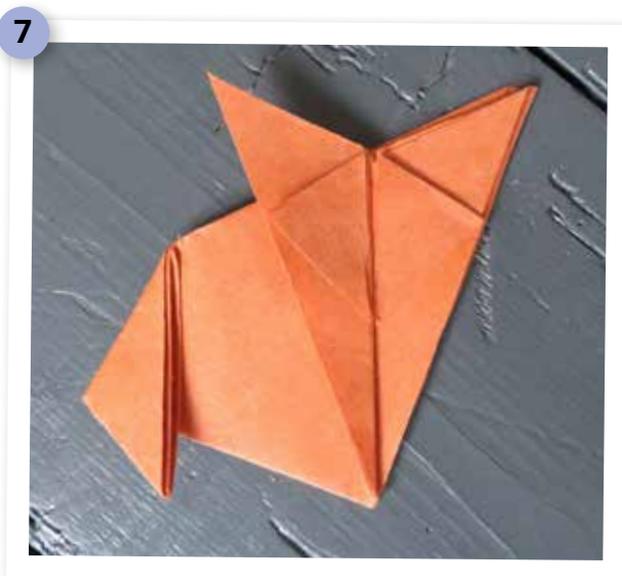
4
Fold in half again



5
Open the ↑ part and flatten



6
Turn around



7
Fold the tail inwards and decorate



8
A FOX

Visit projectblueprint.eu/campaigns for the full instructions and more activities.