



Common
Seas



PLASTIC CLEVER SCHOOLS

PRIMARY PUPILS

WORKBOOK





HEY!

WELCOME TO PLASTIC CLEVER SCHOOLS

We're so pleased 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 you have powerful voices and brilliant ideas - we need to work together!

Why is it important to be plastic clever?

Plastic pollution is a global issue - chances are, it's one you've seen yourself already.

Every year, humans produce a huge 220 million tons of plastic waste! A lot of this waste ends up polluting our environment.

Plastic has now been found at the deepest and highest places on Earth, in tap water, and even in our poo!

It's not too late to fix this problem, but we need everyone to play their part- including you. This workbook will help you lead your school to become Plastic Clever.

Freddie's top tip

Get the school eco-team involved. If you don't have one- make one! Try to have someone from every class in the team.



Look for this sticker to find out more about the plastic problem and how you can help.



Plastic Clever Schools

LEVEL ONE INSPIRE

Spread the word with a Plastic Clever Schools assembly

Organise a litter pick

Make a video, poster or display to tell others what you want to achieve and why.

**CONGRATULATIONS
YOU'RE A PLASTIC CLEVER SCHOOL!**



LEVEL TWO INVESTIGATE

Complete a school plastic waste audit

Create an action plan

LEVEL THREE ACT

Turn plans into action with a school wide campaign

Capture photos and videos of your journey

Make a celebration video or presentation to showcase your success



Want to earn a plastic Clever Schools Award?

Each stage has an evidence checklist- ask a teacher to help you upload this evidence on plasticcleverschools.co.uk

LEVEL ONE

INSPIRE

If you want to help solve the plastic problem, you need to know more about it. In this first stage of your journey, you'll be learning why plastic is a problem in your local and global environment. Get the whole school involved by sharing what you're learning and including them in inspiring events.



EVIDENCE CHECKLIST

- Host an assembly
- Do a litter pick
- Make a video, poster or display to tell others what you want to achieve and why.



Inaaya's top 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.

1 ASSEMBLY TIME

Kick things off with an assembly. This is a great way to let the whole school know about your plans to become a Plastic Clever School. It will also help you introduce everyone to the awe and wonder of our amazing ocean, so they feel inspired to help protect it from plastic pollution.

We've made a presentation that you (or a teacher) can use. Make it fun by getting some friends involved too!



2 DO A LITTER PICK

A litter pick is 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. It's also a fun way to get lots of people involved in your challenge to become Plastic Clever.

Check out Amy & Ella's Guide to Litter picking for more information about hosting your own litter pick.

Amy & Ella's guide to litter picking

We've done our fair share of litter picks in the past. They're a great way to have an immediate impact on the plastic pollution in your neighbourhood, as it doesn't take long to see a big difference.

However, it's important to be careful when picking up rubbish - sometimes there are items or places it is best to avoid. So, here are our top tips for staying safe while litter picking:

1. Think about your location

There are many different places you can litter pick. Beaches, parks, paddocks, city streets... you can find rubbish almost anywhere that humans have been! However, often the places where you find the most litter are the ones that we use the most regularly, like near roads.

We've done litter picks on roadsides and collected more than 1,000 pieces, just as a family!

While you can achieve great results from litter picking along roadside, they can also be very dangerous. Make sure you stay away from busy highways, and always stick to places with a pavement. Always have a parent or guardian with you, and ensure you wear something bright so you can be easily seen - such as a high-vis jacket.

If something looks too gross (and trust me, you will find many strange things when picking up), then just leave it. It's better to be safe than sorry!

2. Be hygienic

While litter picking, you often find items that aren't particularly clean. Many times, the

pieces before we've even collected over 2,000 pieces in just one hour of picking up!

3. Be careful what you collect

Just imagine, you've got a full bin of rubbish that you're taking to the bin and suddenly your bag has split and dropped everything back onto the floor. This is a nightmare scenario that's happened to us.

Not only are these items dangerous, they're also far more likely to rip your bag open than an item like a plastic bottle.

If something looks too gross (and trust me, you will find many strange things when picking up), then just leave it. It's better to be safe than sorry!

4. Work together

Try to keep an eye out for organised litter picks in your area. We've been on group litter picks before and we've collected over 2,000

3 MAKE A POSTER, VIDEO OR DISPLAY

Share why you want to be a Plastic Clever School.

You can make a video, a poster or a display. Share it with your school and with us- this is your final piece of evidence to complete the Inspire stage. Hurrah!



Here are some questions to help you:

- What sparked the idea to sign up?
- Is plastic pollution a real problem in your local community?
- How would your school, local environment and planet improve if everyone helped become Plastic Clever?

If you're making a display, take a look at page 20 for our guide to making a Plastic Clever School Wall.





Different types of plastic



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



OTHER
Polycarbonate
Baby bottles, nylon and CD's

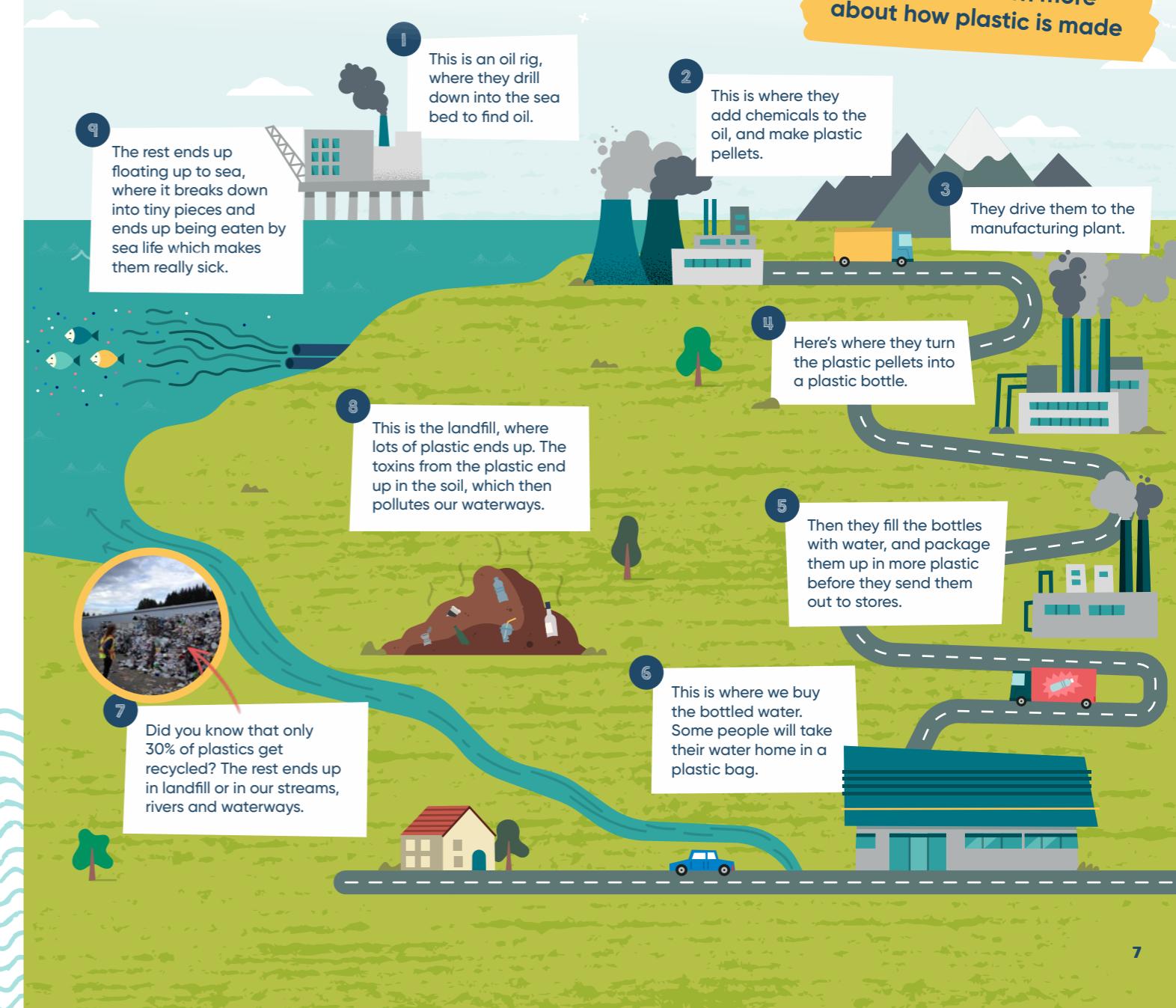


Remember that recycling rules vary a lot depending on where you live. If you're not sure what to do with your waste plastic item, check your local council's website.



The life cycle of a plastic bottle

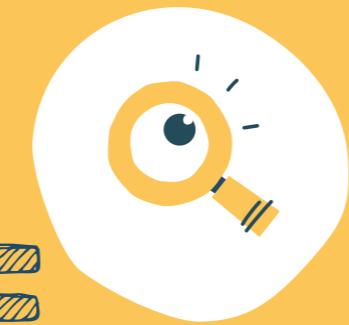
[Click here to learn more about how plastic is made](#)



LEVEL TWO

INVESTIGATE

Congratulations! You've inspired your school to become Plastic Clever. Welcome to level two - Investigate! 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. It's time to start looking at the problem plastics in your school.



EVIDENCE CHECKLIST

- Complete the Plastic Clever Schools audit
- Create an action plan to tackle two plastic items



Skye's top tip

Use what you found out on your litter pick as well as your audit results to plan your action and keep plastic waste out of your school and your local environment. Taking action is really easy when you're protecting something you care about.

1 PLASTIC CLEVER SCHOOLS AUDIT

Download our **audit tool** and answer the questions. This will help you understand more about plastic waste in your school, so you can know which plastic items you need to tackle.

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 start your audit](#)

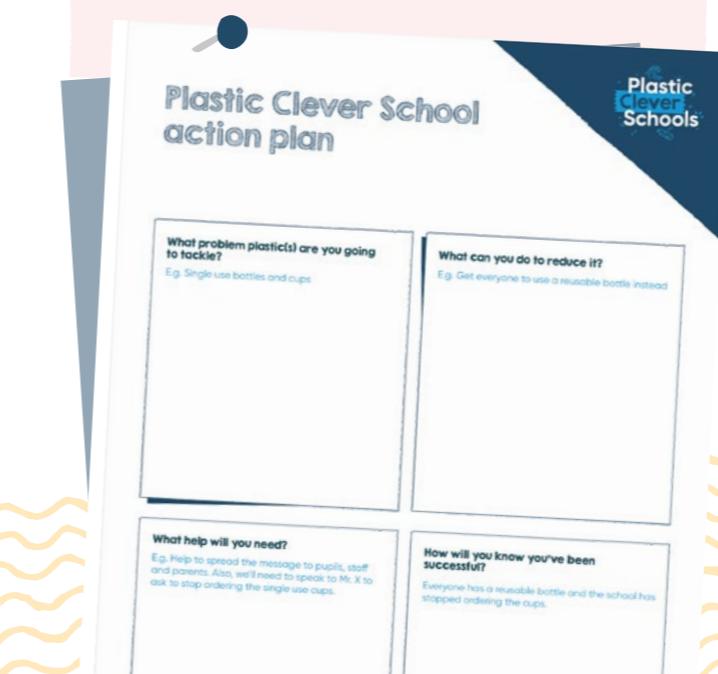


2 ACTION PLAN

Once you've discovered the problem plastics in your school, it's time to plan how you can tackle them. An action plan is a simple way to get really clear on your next steps.

Your plan must tackle at least **TWO** problem plastics.

 Here are some useful questions and examples to help you get started

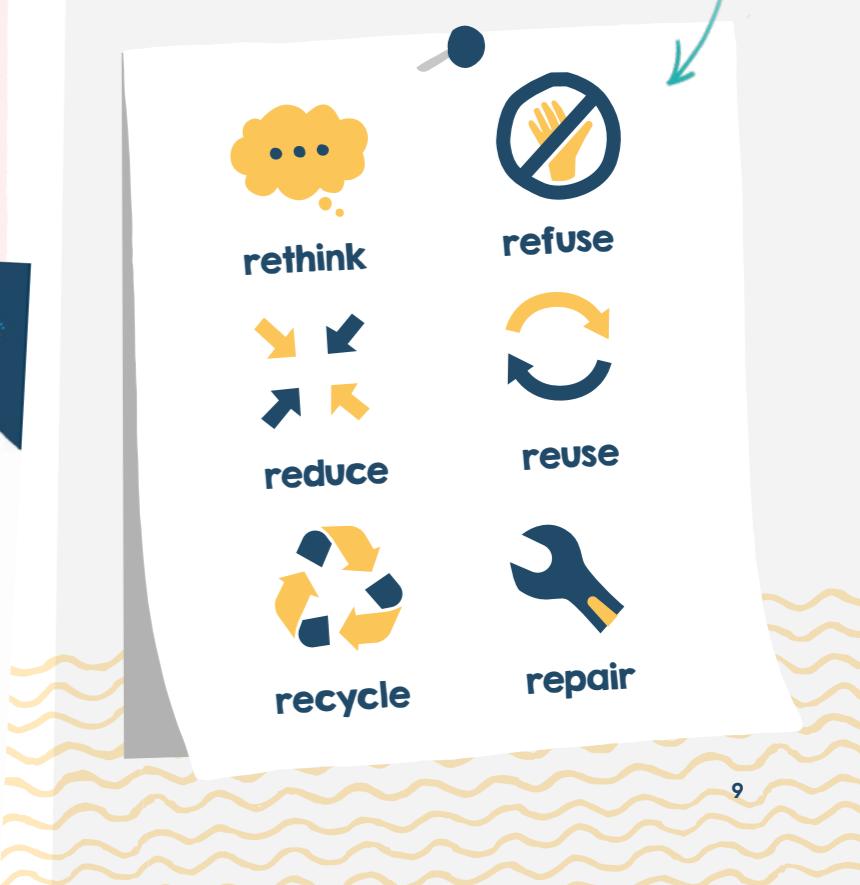


HAVE YOU HEARD OF THE 6 RS?

Recycling is an import part of dealing with plastic waste, but it's not the best option. Try looking at how you can use the first 3 Rs - rethink, refuse and reduce - as a starting point for your action plan.



[Click here to learn more about the 6 Rs](#)





How does plastic end up in the ocean?

Where does all the plastic come from? And how does it end up in the sea? Did you know that approximately 80% of plastic flows from land-based sources? 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 could make its way into the sea.

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.

[Click here to learn more](#)

How does plastic travel?



Wind blows plastic and plastic litter into the environment.



Rain sweeps plastic into the waste and stormwater system or directly into rivers and streams.



People might dump plastic waste near to or directly into rivers and streams.



Waste and stormwater systems can overflow during storms and high tides.

Plastic pollution

What do you picture when you think about plastic pollution? Close your eyes and take a moment to think about it.

Whatever you imagined, we're sure it wasn't pretty. Plastic pollution is a big deal and causes a lot of problems in our local environment and across the planet – especially in our ocean.

Now close your eyes and imagine what this environment could look like if it was free from plastic waste – this is the difference you can make!

[Click here to learn some surprising facts about plastic...](#)



The 5 gyres



Kai's top 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. Common Seas Education can help!

[Click here to learn more](#)

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](#)



LEVEL THREE

ACT

You're onto the final stage of your Plastic Clever journey - fantastic! This is the most exciting part of the process- leading campaigns to encourage your whole school to wave goodbye to single-use plastics.

**EVIDENCE CHECKLIST**

- Run a campaign in school to reduce at least two problem plastics
- Share photo evidence of the plastics reduced
- Create a celebration presentation

1 RUN YOUR CAMPAIGN

It's time to run your campaign in school to reduce the problem plastics identified in your audit.

Take a look at our guide to building effective campaigns to help turn your action plans into action!

 Download the guide here

 You can find more ideas about activities for your campaigns on page 22

**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 require hard work and so it's important (and really useful) to know why you should take action.

Example

Create a petition to ask your local council to set up curb-side recycling so it's easy for everyone to do.

Show me how to do it

If we need to shift our behaviour then we need to know how. Sharing simple steps makes things feel much more achievable and we're more likely to start a new habit if we've got a good idea of how we can get started.

Example

Create 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

Create 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 change, then we need to ensure it's easy to do.

Example

Create a petition to ask your local council to set up curb-side recycling so it's easy for everyone to do.

Spread the word!

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

2 SHARE PHOTO EVIDENCE

Remember to take pictures! We want to see the great plastic changes you've made. For example, if you've swapped single use cups for reusable bottles in the classroom, take a snap!

**Matilda's top 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.

3 SHARE YOUR SUCCESS WITH A CELEBRATION

Celebrate all your hard work to reduce single use plastic. Get creative- make a video, photo montage, PPT presentation or poster all about your schools success.

Things to include:

- Which plastic items have you reduced?
- How do you know your campaigns have been a success?
- What are you most proud of?
- What are you going to do next?



How to make a difference

Learn

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

Connect

Remember that there are lots of amazing people around the world working on this issue. 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

Rather than focusing on all the bad things that plastic pollution does, why not focus on why our ocean is so important and how amazing all the marine creatures are.

Speak up

Don't be afraid to use your voice and find ways to share your message.

Practice what you preach

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

Need a spark of inspiration?

We've made a list of some of our favourite plastic pollution activists on the next page...



Inspiration & innovation



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.



Everyday Plastic

Everyday Plastic provides families, schools and organisations with a personal connection to the plastic problem. They run an amazing programme called the Everyday Plastic Survey that helps people calculate their own plastic footprint by collecting all their plastic for one week.



City to Sea Refill

City to Sea are an environmental organisation who are on a mission to stop plastic pollution at the source. They want to make it really easy to reduce how much single use plastic we use and so they've created an app to help people find their nearest refill stations. All you need to do is download the app and enter your location and you'll see all the places you can refill your water bottle, grab a hot drink in a reusable cup or even refill a bottle of shampoo!



Washed Ashore

Washed Ashore use marine plastic to create incredible pieces of art. They work with hundreds of volunteers across the USA to make big sculptures that help people understand the impact of plastic pollution. Make sure you check out their work – could you create a sculpture at your school?



Net-works

Net-works help turn old fishing nets into new materials. They help communities in South East Asia collect old nets from fishermen and clean them up from their coastline. Once they have been collected and cleaned, they can trade them in for money which helps support their families. Getting rid of the old nets also means that the ocean is cleaner and the fish populations increase.

CONGRATULATIONS!

Wow! How does it feel to be waving 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.



KIDS against PLASTIC

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.

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!

Common Seas

Massive congratulations!
Jo & Sarah at Common Seas

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



EXTRA ACTIVITIES

WANT TO GO FURTHER TO HELP YOUR SCHOOL BECOME PLASTIC CLEVER?

Take a look at these ideas to help you keep going and get everyone involved.



Design your Plastic Clever Schools wall

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

One way to do that is to create a Plastic Clever School wall. Think of it like a giant display that everyone can see and that can be updated as you progress along your journey.



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

1. Ask your teachers if they can help identify a good spot for your display. Make sure its somewhere central in the school and big enough for you to fill with lots of pictures and information.

2. Start designing your wall on a piece of paper, so you can figure out what you'd like to display. You'll want to include the three different levels, a checklist to tick off, a space for photos, drawings or posters, and somewhere to create a map of your school.

3. Remember that you will keep adding to your wall as you work through the three levels, so don't fill it up too soon!
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 see your amazing Plastic Clever School wall and share it on our website.



Archie's top 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!

Let's make waves!

These upcycled plastic waves are a great way to show people that you are part of the Plastic Clever Schools community.

1. Find an old bottle or plastic container to upcycle
2. Wash it
3. Using scissors, carefully cut out the shape of the wave (ask an adult for help if you need it).
4. Use a hole punch to create a hole in the top of the wave
5. Loop an old piece of string or ribbon through the hole and tie in a knot
6. Attach your wave to your school bag





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.

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



Plan an event

Give a presentation to your school leaders

Create posters to put up in plastic hotspots

Remember: these aren't required evidence pieces to complete your Plastic Clever award - but, they're great way to spread even more awareness of plastic pollution and your efforts to tackle it!



Charlotte's top tip

It's really easy to refill your water bottle at school. If you don't have special water fountains, you can just make posters to let everyone know which taps they can use.



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, the environment and much more. You can find out who to contact through the website: www.writetothem.com



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 find 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.

Some ideas for writing your letter...

Introduction: State why you are writing

Paragraph 1: Outline the problem (For example - We've done a waste audit and found that 70% of our plastic waste is coming from our canteen.)

Paragraph 2: Provide a solution

Paragraph 3: Explain how the solution will benefit you, them, and others.



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