



## Rethink, Refuse

**Age:** Grades 2-8

**Lesson Plan Three:** Forever Plastic

**Objective:** To consider safe alternatives to plastic.

**Background:** After hearing Taino Uitto's plastic free journey, I now carry stainless steel containers with me for leftovers at restaurants, I only use my own metal straw for drinks, I never use plastic bags and I try to choose items in the grocery store that don't have plastic packaging.

**Activity:** In small groups, brainstorm ways you could make changes in your lives to reduce or refuse the use of plastic. Choose some plastic items you currently use and try to come up with alternatives to those items (e.g. replacing a juice box with juice in a reusable container, trading a plastic straw for a metal one). What plastic items do you have at home that could be replaced with alternative non-plastic items?

### Some Simple Packaging Tips

(From the book *Ecoholic: Your guide to the Most Environmentally friendly information, products and services in Canada* by Adria Vasil)

1. Buy products that don't come with any!
2. Know your numbers. Learn which plastics are recyclable in your area.
3. Renewable and recyclable glass is best and it won't leach into your food or drinks. Stainless steel is a great unbreakable alternative as well.
4. Buy in bulk (consider bringing your own container for filling)

**Challenge:** Eliminate one disposable plastic item from your life over the course of a week. Share what you have stopped using during that week with your classmates. Taino chose to eliminate ALL plastic from her life during the course of a year. Now try choosing one plastic thing you could REFUSE to use at all in the course of the next 12 months.

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