





**Around 68 million tonnes  
(75 million tons) of waste  
are thrown away daily.**

Save the  
world with  
the 3 Rs.



### **1 Reduce**

The best way to stop creating so much waste is to buy fewer things. Take a tote bag to the store instead of using plastic bags and buy loose fruit and vegetables to avoid too much plastic packaging.





## 2 Reuse

The next best thing you can do is reuse things instead of only using them once. Try a craft project to find new uses for old things. Cans and jars make great storage containers, while colourful paper can be used to wrap presents.



## 3 Recycle

For everything else, recycle as much as you can. Plastic is particularly difficult to recycle, so make eco-friendly swaps like using a paper bag that can be recycled in place of a plastic one that can't.

Many people are trying to live **zero waste** lives.  
Some of them can fit their rubbish from a whole year  
inside a single jam jar!





# RECYCLING NEWS

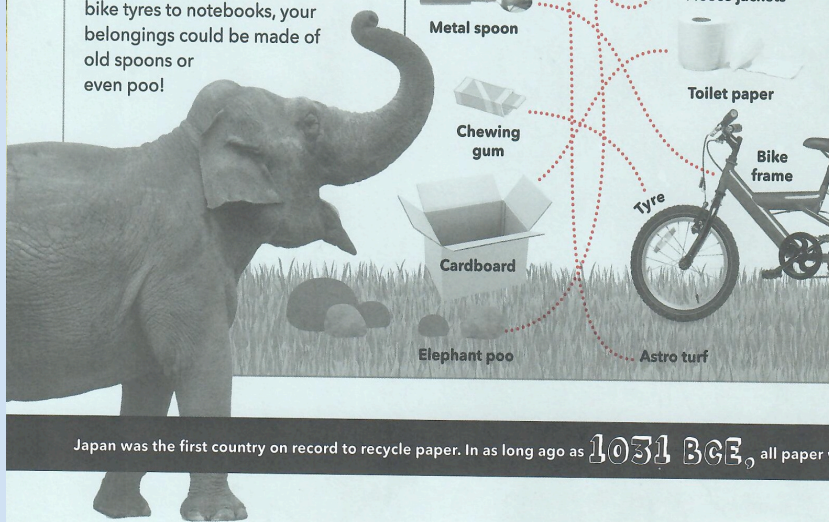
Environmental experts say waste that cannot be reused at home should be recycled. This means the materials are made into new items, saving the use of new materials. However, not all waste is recyclable.

It takes the same amount of energy to make an aluminium can as it does to power a TV for three hours!

24 trees go into 1 tonne (1.1 tons) of newspaper.

## Poo gets given new life!

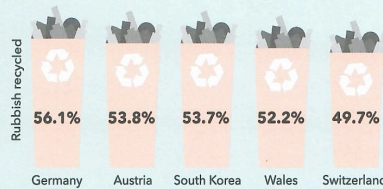
Recycled rubbish can turn up in the most unlikely of items. From bike tyres to notebooks, your belongings could be made of old spoons or even poo!



Japan was the first country on record to recycle paper. In as long ago as 1031 BCE, all paper was

## Germany tops the recycling tables

The top five recyclers in the world manage to recycle over half of their waste.



## Bacteria eats plastic

Plastic can only be recycled a few times because it loses quality with each round. However, scientists may have found a way to get rid of leftover plastic. A bacterium that eats the type of plastic often used to make disposable bottles was discovered in 2016. The bacterium, called *Ideonella sakaiensis*, breaks the plastic down and uses it to help itself grow.

## Germany made history

In 1991, Germany became the first EU country to make people producing goods responsible for recycling their own waste packaging.

## Ban on bags

California banned the giving away of plastic bags in shops in 2015. It was the first US state to do so.

## Recycling offenders

Many everyday materials cannot be recycled. These include crisp packets, tissue paper, and certain types of plastic. Food-stained items are also non-recyclable.

recycled and re-pulped into new paper.

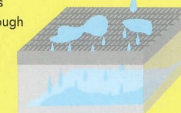
## Recycling paper

Millions of trees grown on plantations and from forests are cut down every year to make paper for books, newspapers, magazines, and for drawing or printing on. Recycling paper saves these trees.

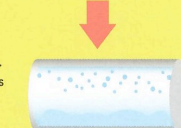
1 The paper is mixed with water to produce a slurry, or sludge. This is the first stage of de-inking, during which any ink is removed.



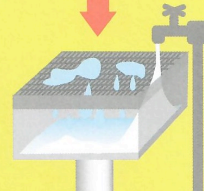
2 The slurry is moved through cleaning screens to remove stains, such as ink.



3 Air is pumped in. Ink attaches to the bubbles and floats to the top, where it is removed.



4 The slurry is filtered through screens again. This removes things such as glue and staples.



5 The pulp is bleached white and then pressed into sheets and cut to size.





# Use less, Waste less

Although it's good to recycle, the process still uses energy to turn waste into something new. It's much better – and more fun – to reuse your old things and turn them into something new and exciting. This is called upcycling, and its possibilities are endless!

Before you throw it away,  
think creatively and reuse!

Old plastic bottles can be turned into loads of useful objects, such as bird feeders, plant pots, and funnels.

In medieval times, armour was reused for centuries!

A great way to reuse is to buy second-hand items. Something you need might be in your local charity shop.

You could run a swap shop and trade clothes with your friends. How's that for a free makeover!



## Make some homemade bunting out of old fabric!

### Give a glass jar a new life

Jam jars and other glass jars make great containers for pens and other items of stationery. You can also use them as drinking glasses or paint them with glass paints to make colourful candle holders.



### Printed wrapping paper

Leftover paper or cut-up old clothes can be made into wrapping paper. Use stamps to print on the paper or cloth – you can even make your own stamps out of old sponges or potatoes.



Designing your own wrapping paper adds a special touch to a gift.



Parcel



## Instead of buying new...

Need a tote bag? Don't throw out your old T-shirts! Instead, follow these easy-peasy steps to make an eye-catching accessory.

You will need: scissors and an old T-shirt

Be careful with scissors. Ask an adult to do the cutting for you.

1



Turn a T-shirt inside out. Cut off the sleeves. Cut a curved area around the neck.

2



Cut slits about 5 cm (2 in) long and 2 cm (¾ in) wide along the bottom.

3



Double-knot front and back strands.

4



Decorate your bag with a patch.

Turn right side out.

### Sewing Skills

In the past, people were taught to make the most of what they had. More people had sewing skills, so they could fix any holes or loose seams in their clothes.



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# Wednesday Writing Activity

## FAN LETTERS

Letters are great fun to send and receive.  
When you write a letter remember these things.

Always begin  
with the  
word Dear.

Use the  
person's title  
and surname.

Ask questions –  
it is a good way  
to get a reply!

Write your name  
and age clearly.

Write your address in the  
top right-hand corner.

25 Castle View  
Moatstown  
Knights Bridge  
KN5 2MN  
3 November 2000

Write  
today's date  
under the  
address.

Say why  
you are  
writing.

Look on  
page 8 to  
find out  
how to  
address an  
envelope.

Dear Ms Cox,

I am writing to tell you how much I loved  
your book, *The Dragon's Dinner*. I was given  
it for my birthday.

It was so funny when you wrote about the  
dragon becoming a vegetarian! We all cried  
when his mother left him in the zoo because  
he was so greedy.

Do you use a computer or a pen for writing?  
It is Book Week soon at our school and we  
wondered if you could come and talk to us  
about how you write your books. We have  
lots of questions we would like to ask you.

With best wishes,

Anna Wheeler  
(aged 7)

Is there someone you really admire?  
Surprise them with a fan letter.  
Cross your fingers for a reply!



Your favourite sports personality



Your favourite  
band or singer

### WRITING TIPS

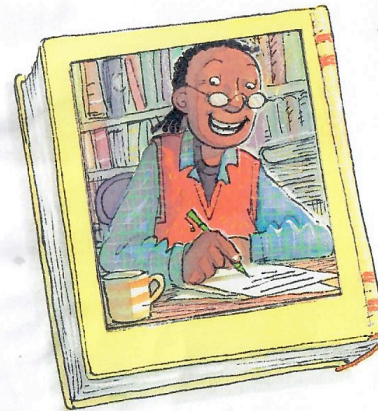
- Put some lined paper under  
your writing paper for really  
straight lines.



- Here are some different ways  
to end your letters:

Yours	Lots of love
Yours sincerely	With best wishes
Love from	Write soon

Your favourite writer

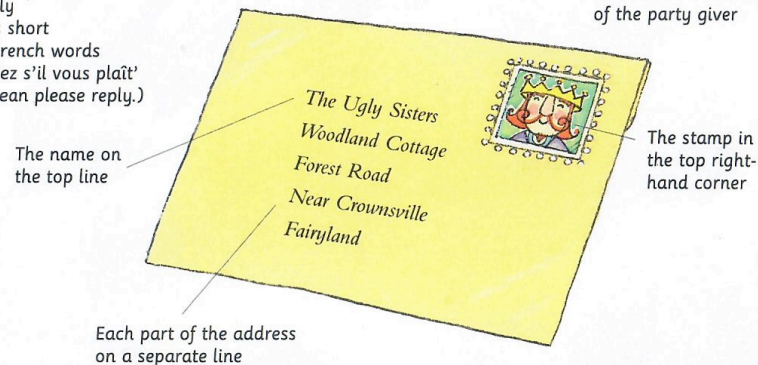
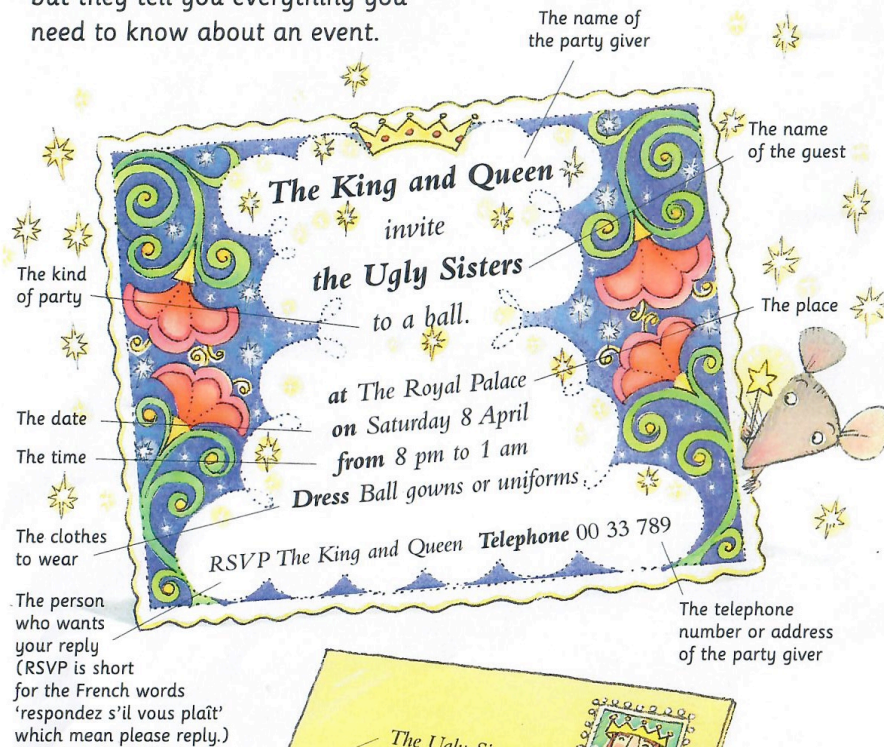




# Thursday Writing Activity

## PARTY TIME

Invitations use only a few words, but they tell you everything you need to know about an event.



Write an invitation for one of these parties.  
Decorate it to suit the theme of the party.



A barbecue



A fancy-dress birthday party



A princess' christening



## From trash...

Once you have finished using something, it doesn't stop being useful. Many people have found creative new ways to reuse their rubbish. The Cateura community in Paraguay live near the largest landfill site in the country. They have formed an orchestra that plays instruments made from rubbish found in the landfill site.

## to treasure

### Recycled orchestra

The Orchestra of Recycled Instruments of Cateura was founded in 2006 by Fávio Chavez. It is formed of 30 children, whose instruments are made from items of rubbish that have been reshaped and put together. The instruments include violins, saxophones, and drums. The group have inspired similar schemes in Brazil, Ecuador, Panama, and Burundi.



*"The world sends us rubbish, we send back music."*  
Fávio Chavez



The orchestra tours all over the world. It gives the children new experiences to motivate them to learn, and opportunities to improve their future.

Create a hand puppet from odd socks. **Make** a robot costume from a cardboard box.



How can you help?

**Get creative!**

Why not turn your own rubbish into treasure?





### Family Orchestra

One of the best activities you can do with your children, especially if they are in need of a little 'brain break', is to put on some music and have a sing and a dance around. Music has been shown to support learning, reduce stress and increase creativity.



Even if no one in your family plays an instrument, your home is full of items which, with little or no adaptation, can be turned into musical instruments so that you can play along to your favourite tunes. Why not try some of these ideas and maybe you could create your own 'family orchestra'!



## Mon/Tues/Wed/Thurs Afternoon Activities

### Crisp Tube Drum Kit

You will need some empty cylindrical crisp tubes, some strong tape and something to use as drumsticks (chopsticks are good for this). Simply tape the tubes together in a circle with one in the middle and you have made your own set of drums. You can also cut the tubes to different lengths to create a variety of tones.

If you don't have crisp tubes in the house, look around to see what else you could use. Try empty jars, tin cans (beware of any sharp edges) or any empty cardboard packets.



### Shoebox Guitar

Cut a hole in the lid of a shoebox, similar to the sound hole in a guitar. Place the lid on to the box and tape it down. Stretch around four to six elastic bands longways around the box so that they sit across the hole. Attach a long cardboard tube to one end. You can decorate your guitar with paint, pens and stickers if you wish.

Try using different thicknesses or sizes of elastic band and see what difference it makes to the sounds.



## Mon/Tues/Wed/Thurs Afternoon Activities

### Pots and Pans

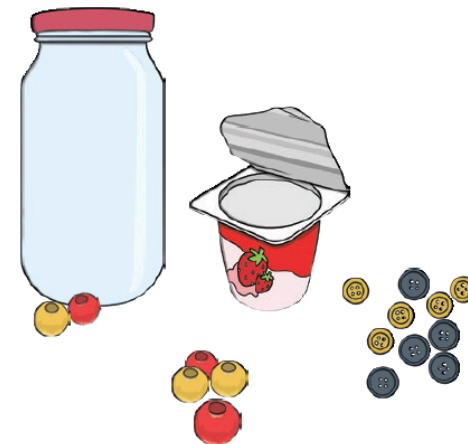


Find some pots and pans and a selection of utensils made of different materials, such as spoons, whisks and spatulas. Arrange the pots and pans upside down in front of you in any way you like and you have your own drum kit!

Investigate how the different utensils make a different sound when you bang them on the pans. You could also investigate why different pans make a higher or lower sound and what happens if you hit the pans harder or more gently.

### Shakers

Fill a selection of different containers with small objects such as beads, buttons, paperclips, rice, pasta, dried beans or lentils. If your container has a lid, screw it on tightly. If it doesn't, cover with cling film and secure with tape or an elastic band. Shake your shakers and see what different sounds you can make.





## Mon/Tues/Wed/Thurs Afternoon Activities

### What's Next?

- When you've made your musical instruments, find some of your favourite songs with a strong beat and see if you can play along to them. Listen carefully first for the main beat that underpins the whole song – this will usually be beats in groups of two, three or four.
- Next, see if you and another family member can alternate your beats, or maybe add another beat of eight over a beat of four, for example:

One	Two	Three	Four				
One	and	Two	and	Three	and	Four	and

- If you don't want to listen to a pre-recorded track, sing some of your favourite songs together and add an accompaniment using your instruments. If you want to write your music down, use these [Compose a Piece of Music](#) sheets.
- Investigate different musical elements such as pitch (how high or low a note is), timbre (what a note sounds like) or dynamics (how loud or soft a sound is). What do you have to do to change them?
- You could do some research into the 1950s musical craze of 'skiffle', where people used homemade or improvised instruments to play their own music. Try listening to the track 'Rock Island Line' by the British skiffle artist Lonnie Donegan.



## Mon/Tues/Wed/Thurs Afternoon Activities

### **Why not listen to other great tracks with a strong beat? You could try:**

- Another One Bites the Dust – Queen. Listen for the driving 1-2-3-4 motif that plays throughout the track on the drums and the bass guitar.
- Hymn for the Weekend – Coldplay. Again, a strong four-beat rhythm throughout with lots of other musical elements layered over the top.
- It's Oh So Quiet – Bjork. This song alternates three and four beat sections and is also a great example of contrasting dynamics!
- See how many of your own favourite songs you can add to the list.



# Mon/Tues/Wed/Thurs Afternoon Activities



## Compose a Piece of Music



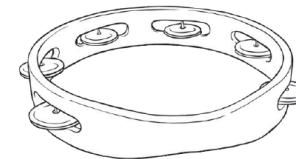
Can you create a piece of music? Use the grid to create a composition for one or more people.  
The animal pictures below all have different rhythms that match with their name.

Fish = 1 clap (1 beat)

Frog = 1 clap (hold for two beats)

Tadpole = 2 claps (2 claps that last the same amount of time as the fish)

1. Draw or write the instrument(s) of your choice in the first box.
2. Use the animal pictures to choose your rhythms. The information on this page will help.
3. Place the animal cards in the grid.
4. Using your instrument, follow the grid and play.



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# Friday Afternoon Activity

## Well Being - Self Esteem Pizza

- Paint or draw a pizza shape or use a paper plate.
- Cut out toppings using paper.
- Write a **strength**, **proud moment**, or **talent** on each topping.
- Stick the toppings on the pizza.
- Think about the difference between strengths and talents.
- For example, a **talent** could be “good at drawing” while the **strength** is “creativity.”
- **Strengths** are important as they can be applied to different circumstances and situations.
- **Character strengths** can include leadership, love of learning, kindness, fairness, honesty, humour, creativity, and generosity.
- **Talents** can come and go but **strengths** are always present. For example, someone who suffers a hand injury may not be able to draw but is still creative

