

The 3 R's

The 3 R's are Reduce, Reuse, and Recycle! These are three great ways you can eliminate waste and protect your environment! Waste, and how we choose to handle it, affects our world's environment – which is also your environment. The 4 spheres we learned about (biosphere, atmosphere, geosphere, and hydrosphere) are all part of our environment. Waste management is important to keep these spheres and everything in them happy and healthy.

What is waste?

Waste is anything we throw away, or get rid of, that doesn't get used.

How can you help?

You can help by learning and practicing the 3 R's of waste management: reduce, reuse, recycle! Now let's learn about each of the 3 R's and how you can do these anywhere, even at home!

Reduce

Reduce/reduction: to make something smaller or use less, resulting in a smaller amount of waste.

- A key part of waste “reduction” is “conservation” – using natural resources wisely and using less than usual in order to avoid waste.

Buying only what you need and use all of what you buy is a great way to reduce. If you can't use all of something, see if you can donate it so other people can continue to put it to good use. Also think of how the things you buy are packaged. You can reduce waste by selecting products that are not wasteful in their packaging and are reusable or recyclable.

Keep the following tips in mind when you are buying things:

- Precycle – purchase products in materials/packaging that can be easily recycled.
- Avoid single-serve containers. You can buy juice or water in large recyclable bottles or cans, then divide it up in reusable, washable containers.
- Bring re-usable shopping bags! If you take plastic or paper bags from the store, ask if you can bring them back to recycle later.

What are ways YOU can reduce waste?

Reuse

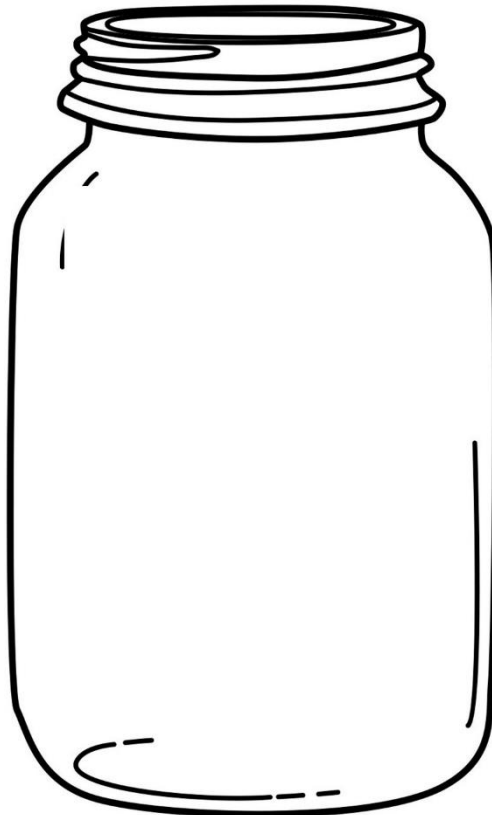
You can “reuse” materials in their original form instead of throwing them away or pass those materials on to others who could use them too! Donating old clothes and toys are a great way to help others and keep items out of landfills.

Tips for reusing:

- Take along washable cups or travels mugs instead of disposables. Ask restaurants or stores if you can take your refills in your own mug!
- If you get disposable items, don’t throw them away! Wash them and reuse them! You can reuse cups as pencil holders, plastic food storage bags to hold small toys or objects (Legos, erasers, dice, etc.), or get creative and use them for a craft!
- Reuse old papers for drawing or making lists.

Now it’s time to great creative! Draw and color in the jar below to show us what you would do with this jar to reuse it!

Jar image modified from <https://thecraftingchicks.com/fingerprint-bugs/>



Recycle

Don't just toss everything in the trash when you're done with it, see if they can be recycled!

Lots of things (like cans, bottles, paper, and cardboard) can be remade into either the same kind of thing or new products. Making new items from recycled ones also takes less energy and fewer resources than making items from brand new materials. New Hampshire practices zero-sort recycling, meaning you can put all recyclable items (listed below) into one bin.

What is recyclable? ✓

- Cardboard/paper
 - Corrugated Cardboard (wavy center layer)
 - Boxboard (dry-food boxes, paper bags, egg cartons, & rolls)
 - Junk mail, periodicals, & office paper (envelopes, catalogs, & soft cover books)
- Plastic
 - Plastic bottles, jugs, tubs, & lids
- Glass
 - Aluminum & steel cans
- Metal
 - Glass bottles & jars

What isn't recyclable? ✕

- Plastic bags (Recyclable at grocery stores!)
- Bagged recyclables
- Clothing/textiles (Can be donated!)
- Food waste/liquids (Some can be composted!)
- Scrap metal items
- Batteries of any kind
- Electronic waste items
- Medical waste
- Hazardous materials
- Toys, hangers, or shoes
- Coated paper items (ex: items with plastic lining or waxed paper plates)
- Plastic wrap, films, or tarps
- Wood, waste, or tires
- Disposable items (ex: Styrofoam, napkins, tissues, plastic utensils, etc.)
- Ceramics or baking glass (Can be donated)

Extra Crafts and Activities

The next few pages are activities you can do at home, with a parent's permission, to help reuse materials! If you do not have the materials for these projects at home, you can save things as you find them and use them! Then work on the project when you have collected all the materials needed. Please do not go out and buy the materials, remember that we also want to reduce first and reuse second!

Recycled Paper Beads

Materials Needed:

- Scraps of wallpaper, magazine pictures, used wrapping paper, colored paper
- Pencil
- Ruler
- Scissors
- Glue
- Drinking straws
- Thread or yarn

Picture and adaptation from
https://www.dakotavalleyrecycling.org/images/educators/Recycled_Paper_Beads.pdf

Instructions:

1. Take the paper scraps and cut long triangles that are about ½-inch wide and 2 ½-inches long. It can be helpful to make a template to trace with.
2. Cover one side of the triangle with glue. Put the glue on the inside of the paper so that the colorful pattern will be on the outside of your bead.
3. Place the triangle's glued short side on a drinking straw.
4. Wrap the paper completely around itself on the straw.
5. Cut away the straw at both ends of the rolled paper.
6. To make beads with different shapes, vary the size and shape of the paper triangles that you cut.
7. Let your beads dry
8. String them together on your thread or yarn. Knot the ends of the thread together.



Toilet paper roll octopus

Materials Needed:

- Toilet paper rolls
- Yarn
- Paper eyes or googly eyes
- Glue
- Chalk and paint or markers
- Scissors
- Hole puncher

Adapted from
<https://kidsactivitiesblog.com/52910/toilet-roll-crafts-for-kids>

Instructions:

1. Start by making 4 slits in one end of the toilet roll. Fold the pieces in on each other and glue into position. Punch holes all around the base of the other end.
2. To color your octopus, you have 2 options!
 - With markers or colored chalk, decorate the tube with squiggles and attach the googly eyes.
 - Paint the tubes with bright, fun colors and leave aside to dry. When dry, decorate with some white chalk and googly eyes.
3. Finally, loop some lengths of yarn into the holes all around the base for the tentacles.
 - If you punch a hole in the top and attach a piece of string, you can carry your octopus friend around or hang him up!

Bookmarks with cereal boxes

Materials Needed:

- Cereal boxes
- Scissors
- Hole puncher
- Ribbon or string

Adapted from
<https://myplumpudding.blogspot.com/2009/03/cereal-box-bookmarks.html>

Instructions:

- First, flatten your cereal boxes. Cut the sides of the boxes open so that you have two flat pieces.
- Cut the box either horizontal or vertical to the box, depending on the pattern and size you want for your bookmark.
- Take your hole puncher and put a hole near the top of your bookmark. Tie a piece of string or ribbon through the hole.
- Now you have a bookmark!

Jump rope with plastic bags

Materials Needed:

- Plastic bags
- Scissors
- Painters tape
- Chair
- Duct tape

Adapted from

<http://childhoodlist.blogspot.com/2012/03/105-diy-plastic-bag-jump-rope.html>

Instructions

1. Start by taking plastic bags and cutting them open, so they are one flat piece. Then cut off the handles and any extra pieces, so you are left with one large rectangle of plastic.
2. Next, cut each rectangle into long strips. It doesn't matter if the strips are the same width or even length.
3. After cutting a few bags worth of strip, start tying the strips together to a little longer than the length you want the jump rope to be. (~12 long strips)
4. Then take 6 of the strips and tape them together with painter's tape and taped the whole group to the back of a chair.
5. Braid the 6 strips together into one very long, jump rope size braid. Repeat with the second 6 strips so you have 2 long plastic braids.
 - a. Hint: similar to making a friendship bracelet.
6. Twist the 2 braids together tightly so that the jump rope would have enough weight to swing when jumping.
7. After twisting the two braids together, tape the ends with duct tape to create a handle.

Plastic Bag Jellyfish

Materials Needed:

- Paper plate
- Plastic bags
- Bubble wrap
- Glue

Adapted from <https://www.teach-me-mommy.com/jelly-fish-recycle-craft/>

Instructions:

1. Cut your paper plate in half (tip: use the other half to make a second jellyfish!). Now cut a piece of bubble wrap to fit on top of the plate. Glue the bubble wrap in place.
2. Cut plastic bags into long strips. Glue them across the back of the jellyfish (not on the bubble wrap side). Now you have a jellyfish with wiggly tentacles!
3. You can punch a hole in the top and put string through it to hang it!