

Monday Motivation

Date: 6 July 2020

Theme of the week: Plastic Free

We all know the devastating effects plastic can have on our planet. However, what are we doing about it personally? We can begin by avoiding single-use plastic such as straws, water bottles, and plastic produce bags. Use more reusable products such as glass jars, metal utensils, and use metal tin lunch boxes and containers for storage.

Action

Exercise 1: RECYCLE YOUR OWN PLASTICS

- Have a look through your household's recycling bin, what can you find to reuse?

Maybe you have found an ice-cream container... Can you wash it out, decorate it and use it for storage?

Or a Plastic Bottle... Could you cut out the middle and fill with seeds and hang it high in a tree with string for birds?

The possibilities are endless ...



Exercise 2: "CALLING ALL PLASTIC POLICE"

Okay so here is your challenge... You are going to be a 'Plastic Police Officer' for one whole week. Keep a close eye on all the adults in your household. What are they doing to help your mission?

Can they avoid plastic packaging by for example buying loose vegetables in the supermarket instead of pre-packaged ones?

Other things you can suggest:

1. Reuse plastic items where possible
2. Use cloth shopping bags
3. Skip bottled water etc.

Share your efforts online hashtag #plasticfreejuly #YMCAESSEX and see if you can convince others to join you in your efforts to stop using plastic.

Outcome / Mission Moments:

- What have you learnt this week?
- Was it easier or harder than you thought?
- Have you managed to encourage other members of your family to get involved!?