

KIDS FIGHT PLASTIC

HOW TO BE A
#2MINUTESUPERHERO

ACTIVITY KIT

It's easy to become a #2minutesuperhero—
in fact, it takes just 120 seconds! If
every child was a #2minutesuperhero just
once in their school life, think of the positive
difference it would make to our world.

This activity kit is based on *Kids Fight Plastic: How to Be a #2minutesuperhero*, which challenges kids to complete more than fifty missions to fight plastic at home, in school, and in their community. Informative, practical, and positive, *Kids Fight Plastic* shows how small actions can make a BIG difference!



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KIDS FIGHT PLASTIC ACTIVITY KIT



INTRODUCTION

Plastic. It's the dirty word nobody wants to hear. It's the dirty word we are hearing more and more. Whatever we do in our day-to-day lives, plastic is everywhere—from what we sit on to the food we eat. There is no escaping it! It is here, and it is certainly here to stay.

Today's children are outspoken about plastic—outraged, even. Whether we like it or not, we must accept that the actions of older generations (*our* actions, in fact) are the single biggest cause of plastic pollution. Children look to us to lead by example. Let's try to set a good one, starting in the classrooms of every school in the country.

This kit serves as an introduction to the issues facing our planet due to plastic and demonstrates how kids can fight back in simple ways to undo some of the mess we've created.

The #2minutesuperhero missions outlined here may take a little longer than 120 seconds, but the idea is to get the next generation fighting plastic. The missions are informal and practical. There is some planning to do and resources to gather, but everything has been designed with the busy teacher in mind!

ABOUT THE AUTHOR

Martin Dorey is a surfer, writer, beach lover, and anti-plastic activist. He is the author of the best-selling *No. More. Plastic.* and founder of the Beach Clean Network and the #2minutebeachclean movement. Martin Dorey lives near the sea in Cornwall, England.

ABOUT THE GUIDE WRITER

Deb Rosser is the everyday superhero on page 40 of *Kids Fight Plastic*. A teacher who is passionate about the environment, she would rather be out in the world and not worrying about school planning. She made these resources as simple to follow as possible because she knows *you* would rather be out in the world than stuck at your desk trying to work out what the activities are!



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MISSION A: FIGHT PLASTIC IN YOUR CLASSROOM

Using the background information on pages 8 and 9 of *Kids Fight Plastic*, introduce the topic of plastic and how to become a #2minutesuperhero in school and at home.

OBJECTIVES

- To find “good use of plastic” and “bad use of plastic” in a classroom hunt
- To sort and categorize items to produce a visual diagram and generate discussion
- To design and make a superhero mask from plastic bags collected prior to this mission



OUTCOMES

- A class or individual diagram of necessary/unnecessary plastic in the classroom to display
- A superhero mask display

PRE-MISSION HOMEWORK

- Ask the students to go home and, with the help of an adult, collect plastic bags. Do the same yourself. Tally the total collected as a class.

LEAD-IN QUESTIONS

- What is a superhero?
- Who are your favorite superheroes and why?
- If you were a superhero, what would you look like? What would your powers be? What good would you do?

ACTIVITY 1: PLASTIC HUNT

YOU WILL NEED:

- A stopwatch or clock with a second hand
- Large sheets of paper folded in half with columns labeled *Good Plastic* and *Bad Plastic*

INSTRUCTIONS FOR THE KIDS

1. You have 2 minutes to find:
 - 10 objects in the classroom that you think are made from good plastic
 - 10 objects that you think are made from bad plastic
2. Bring your objects back to your paper and sort them.

DISCUSSION

Discuss with the class what they think is good versus bad plastic and why. Share the key points made on pages 24 and 25 of *Kids Fight Plastic*. Could any of the bad uses of plastic be avoided? Could any of the bad plastic be reused, repurposed, or recycled?



ACTIVITY 2: MAKE YOUR OWN SUPERHERO MASK



YOU WILL NEED:

- Mask templates photocopied for each student
- Scissors
- Lots of plastic bags
- Glue
- Yarn to tie on the masks (about 12 inches per student)

INSTRUCTIONS FOR THE KIDS

Some superheroes need to keep their identities secret. You are going to design your very own mask that you could wear on all your #2minutesuperhero missions.

1. Use the mask template you have been given or, if you want to be unique, design your own!
2. Carefully cut the plastic bags into small pieces and arrange them on your mask. When you are happy with how it looks, glue them in place.
3. Once the glue has dried, carefully cut out the mask. If you need help cutting the eye sections out, ask your teacher.
4. Attach a piece of yarn to each hole on either side of the mask. When you put the mask on your face, tie the ends of the yarn at the back of your head to hold it in place.
5. Repeat the superhero promise on page 17 of *Kids Fight Plastic* individually or as a class:

**I SOLEMNLY SWEAR TO PLEDGE MY ALLEGIANCE TO THE OCEAN.
I WILL TAKE CARE OF THE OCEAN THROUGH MY EVERYDAY ACTIONS
AND WILL USE TWO MINUTES OF EACH DAY TO FIGHT PLASTIC.**

6. Ask your teacher if you can do a #2minutesuperhero parade around school or share your masks in assembly or with another class.
7. Don't forget to clean up the classroom and put all unwanted plastic bag bits into an empty bag for your teacher to recycle.

**NOW THAT YOU HAVE COMPLETED MISSION A AND HAVE YOUR VERY OWN MASK,
YOU ARE A QUALIFIED #2MINUTESUPERHERO AND ARE READY FOR THE NEXT MISSION!**



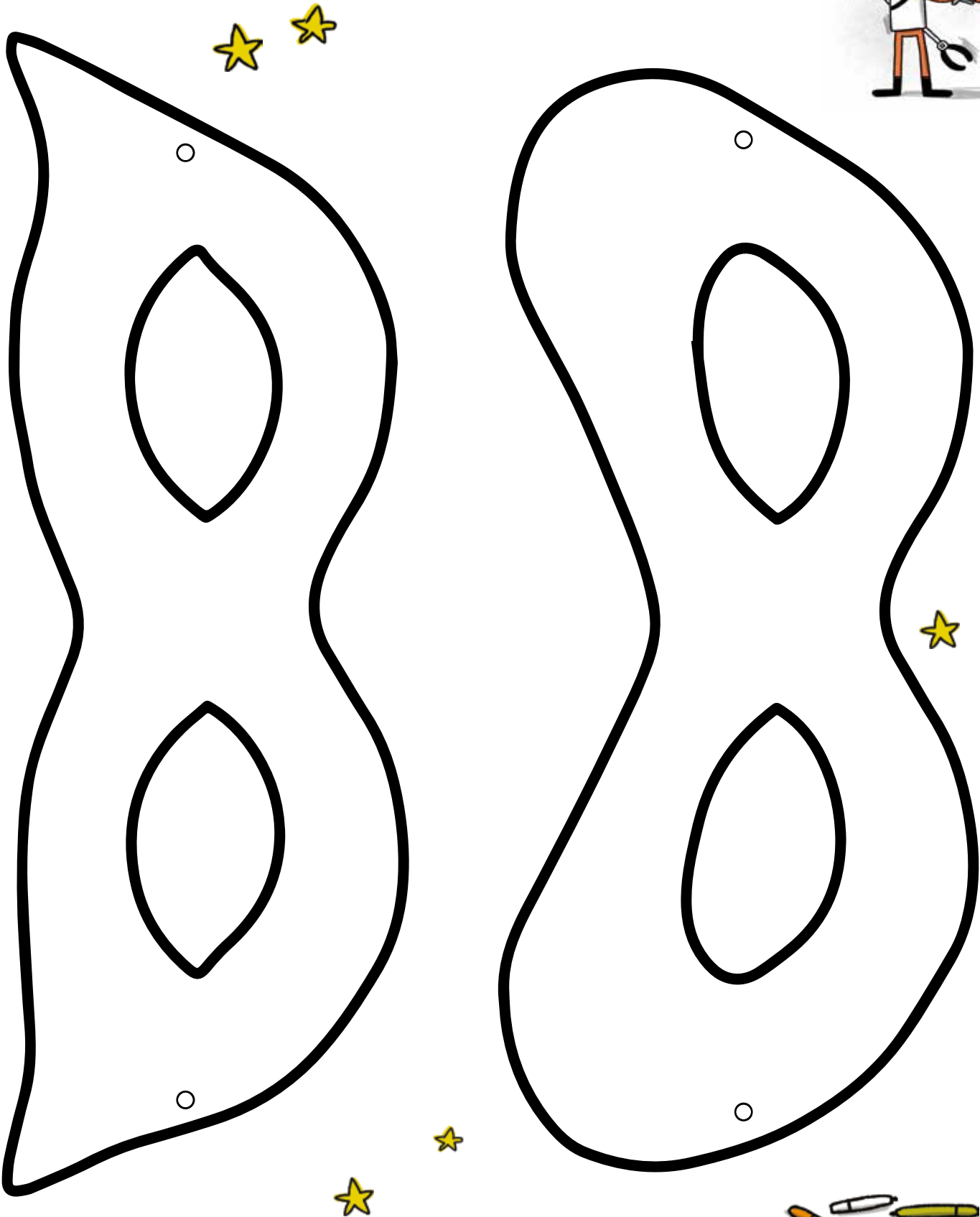
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MY #2MINUTESUPERHERO MASK



MISSION B: FIGHT PLASTIC IN YOUR BACKPACK

Use the background information on pages 38 and 39 of *Kids Fight Plastic* to introduce the topic of plastic in backpacks.

OBJECTIVES

- To look at the problems of pens used in the classroom—what happens after the ink has dried?
- To explore options to recycle pens

OUTCOMES

- Setting up a pen recycling program in your school by making recycling boxes to “bust the ballpoint” and “fight the felt tip.”

PRE-MISSION HOMEWORK

- Search your school for used pens that you can mix in with pens that work.

LEAD-IN QUESTIONS

- Pens versus pencils! What are they made of?
- What happens in our classroom when a pen runs out or dries up? (You may want to reinforce pen rules—always replace the cap, and when you come across a dried-up pen, don’t put it back!)

YOU WILL NEED:

- Several cardboard boxes to set around the school
- Paper, glue, and colored pencils/markers to decorate the boxes
- Box sign photocopied for each box

RESEARCH

- Does your school already use TerraCycle and BIC’s writing instruments and packaging recycling program? Head to their website to find out about it.

INSTRUCTIONS FOR THE KIDS

Your mission as a #2minutesuperhero is to rid your school (and home!) of unusable “dead” pens. But fear not! These pens are no longer destined for the landfill or the incinerator; they can now be recycled into brand-new pens!

1. As a class, gather every pen from your classroom and test them. Sort them into two piles: ones that work and ones that don’t work.
2. Transform your cardboard boxes into recycled-pen boxes using your best coloring and doodling. Make them bold, bright, and colorful. Don’t forget that other people in your school need to know what it is, so make it clear using pictures, words, and the sign supplied to you.
3. Put the pile of old and dried-out pens in one of the boxes, then place the boxes in various spots around your school where others can add their own old pens.
4. Check the boxes regularly. When they are full, collect the pens for your teacher to recycle.



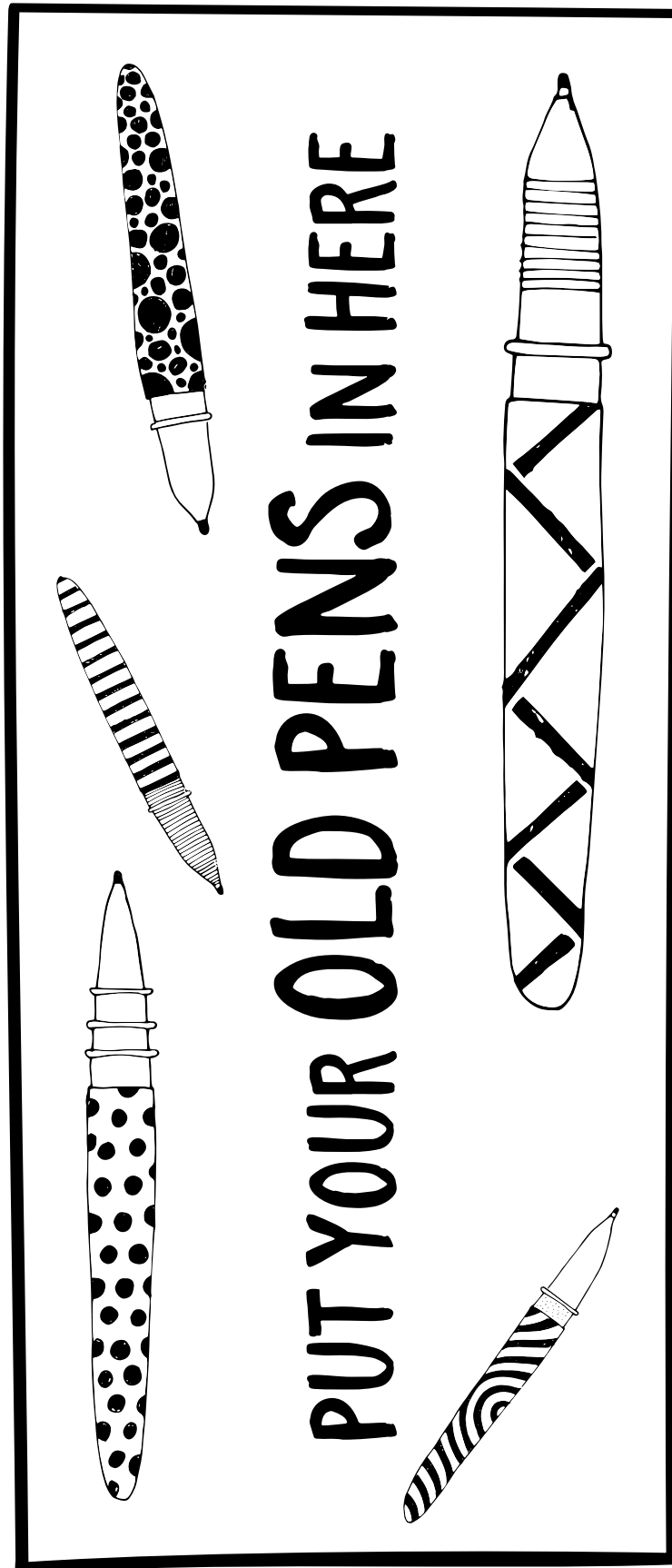
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NOW YOU HAVE COMPLETED MISSION B
AND HAVE YOUR VERY OWN PEN RECYCLING
BOX. GET READY FOR THE NEXT MISSION!



MISSION C: FIGHT PLASTIC IN YOUR LUNCHROOM

OBJECTIVES

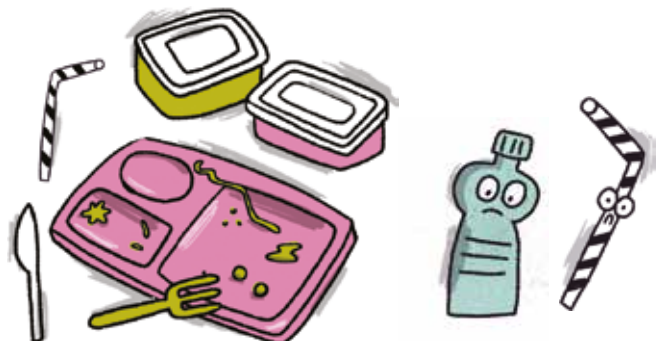
- To see how much we use plastic in our everyday lives and investigate switching to plastic-free reusable alternatives
- To repurpose plastic into something useful

OUTCOMES

- Design a perfect “avoidable” plastic lunch box
- Make ecobricks—plastic-filled plastic bottles to be turned into an object that can be used in school

PRE-MISSION HOMEWORK

- Activity 1: The preparation for this activity needs to be done before lunchtime!
 - Photograph some of your students’ lunch box contents over several days. Create a slideshow of the photos, ready to introduce Mission C.
- Activity 2: Get resources ready at least a week early. It is probably worth sending out information to parents.
 - Each student will need a clean and dry 1-liter plastic bottle (preferably with a wide top) and lots and lots of soft plastic film (wrappings from vegetables and salad items, envelope windows, etc.). All the plastic needs to be clean and dry.
 - Check out ecobricks online. Find pictures and videos to show the class.



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ACTIVITY 1: FIGHTING PLASTIC IN YOUR LUNCH BOX!

Explain that you will be looking at plastic coming into school in their lunch boxes. Tell those students who eat school lunches not to panic! They can team up with a friend.

LEAD-IN QUESTIONS

- Who brings in a packed lunch?
- If you had a choice, what would you ask your grown-ups to put in your box?
- What do these items come wrapped in?

YOU WILL NEED:

- A slideshow of photographs of the students' lunches
- Students' own lunch boxes
- Lunch box activity sheet photocopied for each student

INSTRUCTIONS FOR THE KIDS

1. You are now going to be a #2minutelunchboxsuperhero!
2. Look at the photographs of your lunches. What do these photos tell you?
3. Get your lunch boxes out and open them up. If your friend is having a school lunch, let them share yours. Does your lunch contain plastic?
4. Draw the contents of your box in the top box of the activity sheet. Label each item and write down if it is covered in plastic. Could you make a switch?
5. In the second box, draw and label your perfect plastic-free lunch box. If you get stuck, take a look at the solutions on pages 46 and 47 of *Kids Fight Plastic*.

EXTRA ACTIVITY

If time allows, explore your school kitchen to find any avoidable plastic. Check out pages 48 and 49 of *Kids Fight Plastic*.

Does your school milk come in cartons with straws? Can your school switch to milk in glass bottles or large recyclable plastic bottles and use washable cups instead? Can you set up a plastic film recycling bin, a snack pack bin, a yogurt cup bin, a drinks bottle bin? These may be able to go out with your school recycling rather than to the landfill.

HOMEWORK

Why not share what you have done in this mission with your grown-ups? Tell them how easy it is to make switches! You want them to become #2minutesuperheroes, too!

Don't forget to tell them about using beeswax wraps instead of plastic wrap; they are easy to make. Check out page 59 of *Kids Fight Plastic*.



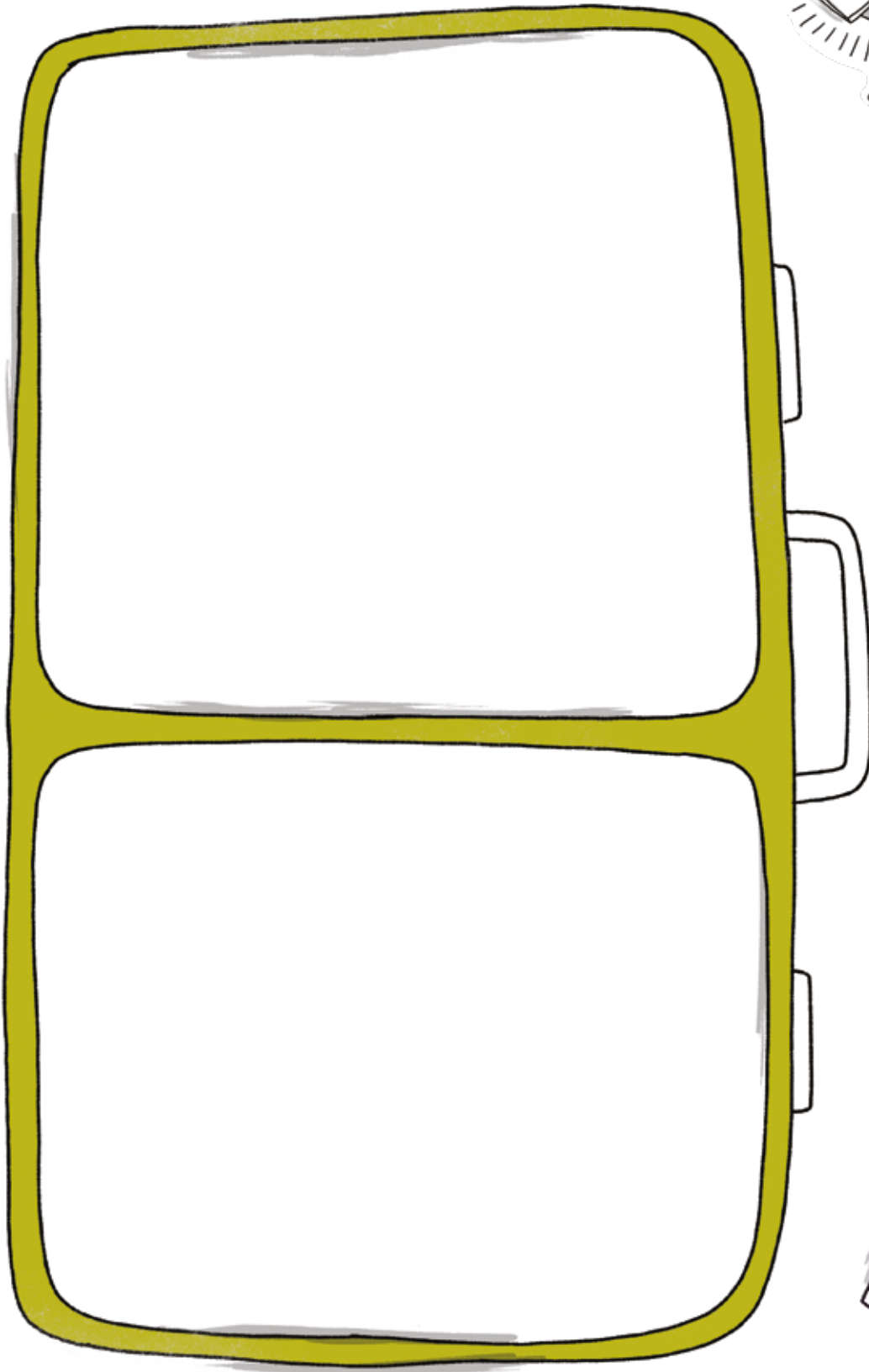
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MY #2MINUTESUPERHERO PACKED LUNCH BOX



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ACTIVITY 2: MAKE AN ECOBRICK

Explain to the students that avoidable single-use plastic is not just in schools but everywhere!



LEAD-IN QUESTIONS

- How much do you put out for the garbage truck each week? How many plastic trash bags?
- What do you think most of your trash at home consists of?
- How can you easily reduce the trash you put out? (Check out pages 54–59 of *Kids Fight Plastic* to stimulate discussion.)

WHAT'S AN ECOBRICK?

Ecobricks are plastic bottles filled with plastic waste we can't recycle. They can be used to build all sorts of things, and there are designs all over the internet. The ecobrick movement came from a desire to allow people to take personal responsibility for their plastic use.

YOU WILL NEED:

- A 1-liter plastic bottle—preferably with a wide opening (smoothie or fruit juice bottles are perfect)
- A 2-liter plastic bottle
- A long stick (not pointed)—wooden spoon handles are ideal
- Lots of soft plastic film—check out your kitchen! Ask your grown-ups to keep it all for your mission. It must be clean and dry.
- Scissors
- Patience!

DESIGN

- Your teacher will show you pictures and videos of ecobricks.
- What could you make out of ecobricks at school? A stool, bench, playhouse, or even a trash can? Be creative!
- Use scrap paper to design your structure.



MAKE

1. Set up your ecobrick station—use your desk! Get everything ready and name your bottle.
2. Stuff the ecobrick with plastics. Use the stick to push clean, dry plastics into the ecobrick, packing down firmly as you go. Cut larger pieces of plastic down to more manageable pieces to prevent little pockets of air forming. Those little pockets of air will stop you from being able to fit as much plastic in.
3. Weigh, seal, and use. Once you've packed the ecobrick to within an inch of its life, pop it on the scale. A perfect ecobrick will weigh 0.33g per ml, so a 2-liter bottle will weigh 660g. To seal, simply put the top on tightly. Sign and date the ecobrick if you like!
4. Ecobricks will take time to make. You may run out of plastic film or time in this lesson. Ask your teacher if you can stuff your bottles in any spare time during the day, or take them home to finish. Remember, a 2-liter bottle has to weigh 660g and a 1-liter bottle has to weigh 330g.



DISCUSSION

How easy was it to make your ecobrick?

Look at some websites about ecobricks. What are your thoughts on sending them to developing countries?

Debate these issues:

- Some people are anti-ecobricks because they do nothing to stop plastic use.
- Some people say ecobricks actually encourage people to use plastic because they are used to make something that is useful and cheap.
- Some people say ecobricks take recyclable bottles out of the recycling system and make them nonrecyclable.
- Some people say that it costs a lot to send ecobricks to developing countries for use as building bricks, and these journeys by plane or boat are more harmful than just putting the plastic in the trash in the first place.

**NOW YOU HAVE COMPLETED MISSION C AND HAVE YOUR VERY OWN ECOBRICK.
GET READY FOR THE NEXT MISSION!**



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MISSION D: FIGHT PLASTIC IN YOUR PLAYGROUND

ACTIVITY 1: CLASS LITTER PICK

LEAD-IN QUESTIONS

- Who thinks our school playground and grounds are clean?
- Where do you think litter will end up if you leave it?
- What harm can litter do to our wildlife?
- The wind blows some trash out of garbage trucks or trash barrels. How can this be avoided?
- What can we do to make our playground a better place?

OBJECTIVES

- To investigate the amount and types of litter in the school playground
- To work out where the trash comes from and to think about the harm it is doing to our planet
- To design a poster highlighting litter issues

OUTCOMES

- Make your school grounds litter-free!
- Display posters highlighting the issues of litter around your school

PRE-MISSION HOMEWORK

- Photos of litter in your playground would be a powerful visual to start this mission.
- Do a risk assessment. If possible, choose a nice dry day for your litter pick and ask the students to bring in gardening gloves if they have any. Use trash picker-uppers if your school has them. Can you find any plastic buckets or boxes to use instead of black plastic trash bags that will end up in the landfill?

YOU WILL NEED:

- Trash picker-uppers or gloves
- Buckets or boxes (black trash bags if not)
- A stopwatch
- Access to hand-washing facilities after the cleanup
- Paper and art supplies for making posters



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INSTRUCTIONS FOR THE KIDS



1. Grab your trash picker-upper or put on some gloves.
2. Get yourself a bucket, box, or bag to put your litter in.
3. With your teacher, head outside to your playground.
4. Pick up as much litter as you can in two minutes. **Remember, do not pick up anything sharp or dirty!**
5. If you haven't succeeded in picking up everything after two minutes, repeat.
6. After the #2minutelitterpick, look at how much your class collected. Can you sort the litter into groups? What is the most common? Can you recycle any of the litter?
7. Ask your grown-ups if you can do a #2minutelitterpick in your neighborhood or at the park. Remember to recycle what you can after your pick!
8. Wash your hands thoroughly!

DESIGN YOUR OWN POSTER

- Design a bold, bright, eye-catching #2minutelitterpick poster to display around school.
- Put up your posters asking your classmates to be careful and not drop litter.

**NOW YOU HAVE COMPLETED MISSION D BY CLEANING UP YOUR PLAYGROUND
AND CREATING A FUN AND INFORMATIVE POSTER.**



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