## My plastics diary

This activity will help you to notice the plastic in your life. For one day, record all the plastic you use and think about plastic-free alternatives.

## Resources:

- Somewhere to record your plastics diary like a print out of this template, pen and paper, iPad or phone notes

Individual or group activity

Make sure you include plastic things that you use during meal times, in the bathroom, and in games you play with. Think about hidden plastics too. Did you know that tea bags, clothing and chewing gum often contain plastic?

| Item of plastic | Single use or <br> multi-use | Can it be reused / <br> recycled? | Is there an alternative? |
| :--- | :--- | :--- | :--- |
|  <br> shower gel | Multi-use | Some bottles can be <br> refilled at certain shops <br> Bottle can go in home <br> recycling bin | Shampoo bar and soap |
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## Reflecting on your plastics diary

Now that you've recorded all the plastic you used, look back at it:

1. Were you surprised at how much plastic you used?
2. Was there anything that you didn't know was made of plastic?
3. Were there particular times of the day that you used more plastic? (at mealtimes for example)


How do you think this links to plastic pollution in waterways and oceans?
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## Reusing your plastic items

Pick something from your plastic diary that can't currently be reused or recycled.
What could you do with it? Get as creative as you like and jot / draw / scribble your ideas below:

