

juniors

SAVING OUR OCEANS



GET INVOLVED



20 MINUTES



IN THE
CUPBOARD

AIM

Get your group thinking about plastic waste and the impact it has on our environment and marine life. You could run this activity to coincide with the 'Great British Beach Clean', which takes place during the third weekend in September each year.

WHAT YOU'LL NEED

➤ Rubber bands



GET INVOLVED: SAVING OUR OCEANS

THEME: PROTECTING OUR WORLD



LEADER PREPARATION

In order to fully get across to your group the impact of plastic pollution on our environment, it may be useful to take some time looking at the facts and information online. Groups such as Friends of the Earth and Marine Conservation Society are great places to start.



GETTING INTO THE ACTIVITY

- 1 Rubber Band Experiment** - Place a rubber band across the back of each child's hand, with their thumb and little finger placed through the band to keep it in place. Now ask your group to try and remove the band without using their other hand, mouth, or rubbing it against anything.
- 2 Discussing the Impact of Plastic Waste in our Ocean** - Discuss how difficult they found getting free of the elastic band was and how a bird or sea creature may feel if they were tangled in plastic. If a sea creature was tangled and not able to move properly, what impact could this have on their ability to find and capture food to survive and their ability to avoid predators?
- 3 Making a Change** - Finish the activity by thinking about ways in which we can all be more careful with our rubbish and how we dispose of it. Could your group recycle more? Could they reduce their usage of single use plastic bottles and bags and start using reusable bottles and bags? Challenge your group to think of 2 or 3 ways their section could make changes at their meeting nights, which would help reduce their usage of plastic and the impact it has on our environment.



DID YOU KNOW?

- 12 million tonnes of plastic end up in the sea each year
- Only 9% of plastic waste has ever been recycled
- 1 million plastic bottles are brought worldwide every minute
- A plastic drinks bottle can take up to 1000 years to biodegrade



IDEAS TO TAKE THIS FURTHER...

There are many ways this activity could be advanced including looking at recycling, designing posters to help raise awareness of plastic pollution or even heading out on a litter pick in your local community.

