

Reduce, reuse, recycle

Reducing Waste KS1

Wasting less in the first place

Have you heard
of the 3Rs?

We should think
about the 3Rs,
every time we
go to throw
something
away.

 **reduce**

 **reuse**

 **recycle**



Too much waste can be bad for our planet. There is so much rubbish around the world that it often spills out into nature, into our rivers and oceans.



However, if we use the 3Rs we can help look after our planet.

Reduce, reuse, recycle

Today, let's look at **Reduce**

It's the first of the 3Rs because it's the best.

Reduce means to make something smaller, so when we say Reducing our waste, we mean: making less rubbish, throwing less away.

Why is it important?

Every material has come from somewhere in nature. The metal cans and tins had to be mined out of the ground, and the paper & cardboard all came from trees!

Did you know paper was made from trees?



So if we want paper, we have to chop down a tree to make it. But we don't want to chop down too many trees, because trees are so important. They give us oxygen, they give us fruit, and they are the homes to many animals. This is why we Reduce.



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In order to Reduce our waste, we can ask ourselves the following questions:

Do I need this?

Getting new things can be fun, but do we really need it? We don't want to take too much.



Does it have to be new?

If we definitely do need something, does it need to be new? Or could we get a cool second hand one, from the charity shop or on eBay.

Could I bring my own?

When we go out, can we bring our own drink and snack? We can take them in our own reusable bottles & lunchboxes, so we don't have to buy new ones.



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Could it be fixed?

When something is broken, can it be fixed instead of just thrown away?

If we can't fix it, maybe someone else can. There are lots of people who are very good at fixing things.



Could I save this for later?

We throw lots of food away, and we don't want food to go in the bin. If we finish our meals, there's none to throw away. We could also save our leftovers by putting them in the fridge or a lunchbox to eat later.

For full tips on how to tackle Food Waste, see our worksheet here:

<https://wrra.gov.uk/wp-content/uploads/2020/07/WRWASchoolsFoodWasteKS1.pdf>



And finally,

Would someone else like it?

As well as shopping at the charity shop, we can also take the clothes, books, and toys we no longer need to them as well. This is called 'donating.'



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Together, if we can Reduce our own waste in these small ways, it all adds up to make a huge difference.

 **reduce**

 **reuse**

 **recycle**



Activity: Shopping list

One of the reasons things go to waste is that we buy too much, or things we don't need. One way to help prevent this, is to make a shopping list?

Who does the shopping in your house? For the next time they go, can you help them make a shopping list that they can stick to? Shopping lists are a great way to stop us buying things we don't need.



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Can we Reduce our waste?

Before I buy or take something new:

Do I need this?

Does it have to be new?

Instead of buying snacks & drinks:

Could I bring my own?

Before I throw something away:

Can it be fixed?

Can I save it for later?

Would someone else like it?