

Reduce, reuse, recycle

Reducing Waste KS2

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.



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.
Today, let's look at the first R: Reduce.

Reduce, reuse, recycle

When it comes to helping our planet, Reduce is the most important of the 3Rs, even better than Reusing or Recycling.

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 we use has come from somewhere in nature. The metal we use is made from rocks that people had to dig deep underground to find, the paper is from trees that had to be cut down.



We need to be careful that we don't take too much. Lets take trees for example, which we use to make paper, cardboard, and wood. We don't want to chop down too many trees, because trees are so important to us. They give us oxygen, they give us fruit, they are the habitats for many animals. Chopping down trees too fast is called: Deforestation



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So, how do we Reduce?

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

Do I need this?

Getting new things can be fun, but sometimes we can buy things for the excitement, and then quickly realise we didn't really want, or need them. So, we can take a moment to stop and think: "Do I really need this?"



Does it have to be new?

If I definitely do need to get something, does it need to be new? From charity shops and car boot sales, to websites like eBay and Gumtree, there are so many ways to buy and sell our things. Can we get something second hand to save a new one being made?

Could I bring my own?

When we go out for the day, maybe we can bring our own drink and snack in our own bottles and lunch-boxes that we keep to use again, to save us buying them in single use packaging.



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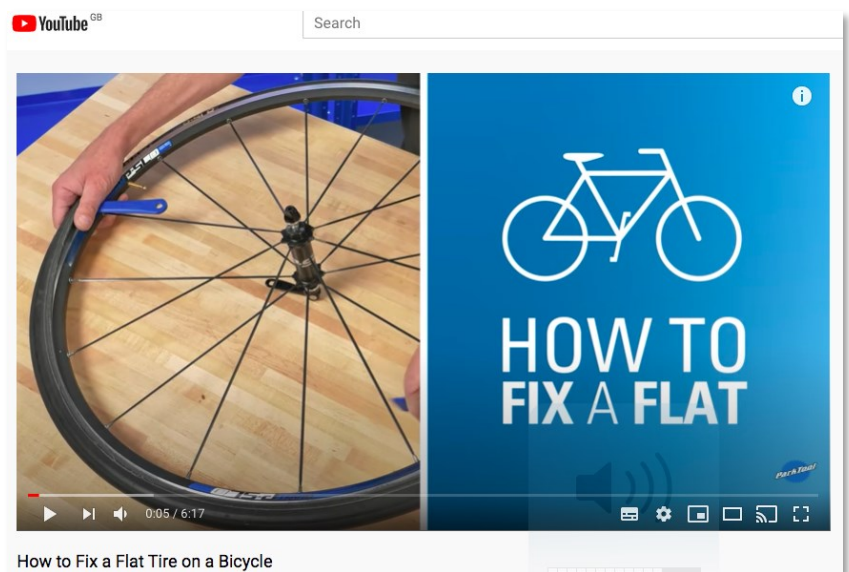
Could it be fixed?

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

If we can't fix it, maybe someone else could. There are events called "Restart Parties" where people bring their broken electronics to be fixed, and learn to fix things themselves.

Because of the lockdown the parties aren't happening right now. In the meantime, until they re-open, maybe we can find out how to fix something online with an adults help?

YouTube is a good place to find "How To" videos.



Could I save this for later?

We throw lots of food away, and we don't want food to go in the bin. We should try finishing our meals so there's none to throw away, or perhaps saving our leftovers by putting them in the fridge or a lunchbox to eat later instead.

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

wrra.gov.uk/wp-content/uploads/2024/07/WRWASchoolsFoodWasteKS2.pdf

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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 the charity shop as well. This is called 'donating.'

Look out for the charity collection banks all over London, and see if there's any near where you live.



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

Additional activities

Activity 1: 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 make them a shopping list that they can stick to? This will help them avoid things they don't need.

Activity 2: Pledge to Reduce

A 'pledge' is a promise we make ourselves for the future, something we would like to do or achieve. Can you copy out, or print, the Pledge to Reduce on the next page:

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Pledge to Reduce

Before I buy or take something new, I will ask myself:

Do I need this?

Does it have to be new?

Can I bring my own?

Before I throw something away, I will ask myself:

Can it be fixed?

Can I save it for later?

Would someone else like it?

Signed