



# What can we do?

*You've heard the whale's story...*

The whale is asking us for our help. But, what can we do about it?

You may already have heard of recycling and you may have recycle bins at home or at school. But recycling is only one option and should really be our last resort. There are many more things that we can do first! We can...

- Rethink** Think first. Do we actually need it in the first place?
- Refuse** Say no to overpackaging and avoid buying products that are not sustainable or recyclable.
- Reduce** Use less of the items you do need to use. Make a bottle last longer.
- Reuse** Can you reuse it as it is?
- Repurpose** Can you use it for something else? Or make it into something else?
- Respect** Look after things better! Take care. Try not to break or damage.
- Repair** If something does get broken, rather than throwing it away, can it be fixed?
- Rot** Food waste items can be composted if you have space.
- Recycle** If you can't do any of the other things above, sort your recycling carefully and recycle wherever possible. Give it chance to be something different!
- Read** Find books and go on the internet to learn more about our planet and the things we can do to protect it!

*Please, change it with me.*

Recycling is a fantastic way to stop some of our plastics reaching the ocean and affecting the sealife. But wouldn't it be better if we used less plastic in the first place? There are many things we could all start to do. Here are some ideas that you and your family could think about. Colour in the squares if it is something you already do. Look at those you haven't coloured in. Have a chat with your parents / carers. Which of these could you try next? What else could you try? Write some of your own ideas in the blank boxes and give them a go!

Carry a reusable water bottle rather than buying bottled drinks	Pack lunch in reusable containers. Use small pots that can be washed for loose things	Choose not to have balloons at a party		Use wooden colouring pencils rather than plastic felt tip pens
Next time you need a toothbrush, try a wooden one!	Take a reusable bag when you go to the shops. Refuse a plastic one.	Choose fruit rather than sweets or crisps. A banana comes in its own wrapper	Check your cotton buds have paper sticks not plastic. Ask a grown up to help.	
Help with the shopping and buy loose fruit and veg rather than bagged	Choose not to use glitter – go for colour rather than sparkle!		Try to avoid snacks with lots of packaging. Buy larger bags and separate.	Have a 'toy swap' with some friends rather than buying new ones.
Do a litter pick up with an adult and some friends.	Choose cotton or natural fibres next time you buy some clothes	Say no to a straw, unless you need to use one. Sip a drink instead.	Use cloths, cotton wool or a flannel rather than wet wipes.	Only wash clothes when they are dirty at a low temperature if possible
	Bring some cutlery with you when you go out. Refuse the plastic ones.	Use both sides of the paper when drawing and writing. Reuse	Pass some of your old clothes down to younger friends or family	Reuse some packaging /boxes/wrap or wrapping paper