

Recycling is important. Every day we throw away things that are empty, broken, used or unwanted. Recycling transforms these old things into brand new useful things.

Recycling uses a lot less money, energy, and saves a lot of the earth's natural resources.

The best way of dealing with our waste is not to create it in the first place (Reduce or Prevent). After that, we should Reuse, Recycle and Recover value from our waste wherever possible.



REDUCE



What does reduce mean?

To reduce waste means to reduce the amount of things you use in the first place so that you have less to throw away.

Top Tips

- Use a reusable bottle or flask for your drinks instead of cartons or cans.
- Use reusable containers for snacks or leftovers instead of foil or cling film.

REUSE



What does reuse mean?

Reuse means use things again. If you can't reduce, then try to reuse.

Top Tips

- When you've finished reading a book, save it for a friend to read.
- Reuse yogurt pots or the bottom half of plastic bottles as plant pots.
- Reuse envelopes by sticking a label over the old address.
- Plastic carrier bags can be reused several times as shopping bags and can also be used as bin liners.

RECYCLE



What does recycle mean?

Recycle means using things that have already been used, to make new things. Only recycle when you can't reduce or reuse.

Top Tips

One way you can do this is by making your own compost by following these simple steps:

1. Collect fruit and veg scraps, in a bin or bucket.
2. Keep in a cool place for a few weeks, turning your mixture each day.
3. If you are not seeing progress, you can add some water to your pile to keep it moist to help it grow.
4. When your compost looks and smells like soil, it is ready to be used to grow new food or flowers.

So remember to Reduce, Reuse and Recycle your waste. It is much better to Reduce waste in the first place as then there is less to deal with. Reusing things is the second best option as it saves you buying new things. After you have reduced and reused as much as you can, Recycle.

Musical Instruments

Learn to make simple musical instruments by recycling some of your rubbish and explore the world of sound.



What you need

Empty bottles, cereal boxes, yogurt pots, plastic cartons, foil, elastic bands, dried rice and pasta, sand and stick tape.

What to do

1. Think about which instrument you want to make. What about a shaker or elastic band guitar?
2. Choose your materials - look for things that you think will make an interesting sound when you shake or hit them.
3. Make shakers by sticking two yogurt pots together and putting dried rice or pasta inside, or by filling plastic bottles with sand.
4. Make a scraper out of a ridged plastic bottle and a stick.
5. Make a guitar by stretching elastic bands over an empty tissue box or plastic pipe.
6. Fill glass bottles with water and blow across them to make a musical instrument.
7. Decorate all of your instruments using coloured paper and glitter.
8. Perform a song using our instruments - try to think of something about recycling. Maybe you could do a 'rubbish rap'?
9. Perform a story using your instruments. you could also use the plastic bottle puppets to help you.

Discussion

1. What is your favourite sound? Why?
2. What kind of sound does your instrument make? How did you make it? How is it played?
3. Look at real instruments and compare them with the ones you have made.