



Reflecting on your plastics diary

Now that you've recorded all the plastic you used, look back at it:

1. Were you surprised at how much plastic you used?
2. Was there anything that you didn't know was made of plastic?
3. Were there particular times of the day that you used more plastic? (at mealtimes for example)

1

2

3

How do you think this links to plastic pollution in waterways and oceans?

Reusing your plastic items

Pick something from your plastic diary that can't currently be reused or recycled.

What could you do with it? Get as creative as you like and jot / draw / scribble your ideas below: