

# rescue



**PROJECT NO.**

2022-1-AT01-KA220-YOU-000086418



**Co-funded by  
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# **E-learning Platform Compilation of activities**

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## Module 1 activities

<b>Module Title</b>	Module 1: History of plastic		
<b>Activity Title</b>	Lunchtime trash		
<b>Activity Code</b>	A1.1	<b>Duration of Activity (in minutes)</b>	20
<b>Aim of activity</b>	<ul style="list-style-type: none"> <li>stimulate environmental awareness</li> <li>evaluate on one's own behavior towards use of plastics</li> </ul>		
<b>Materials Required for Activity</b>	Pen, table template		
<b>Step by step instruction</b>	After eating all your meals in one day, reflect on yourself, what trash is left behind? Count and mark the different types of trash you've made from you breakfast, lunch, dinner etc. on the table template (see: attachment A1.1).		

### Attachment A1.1

Type of trash	Amount
Paper	
Plastic	
Metal	
Glas	
Other (what?)	

<b>Module Title</b>	Module 1: History of plastic		
<b>Activity Title</b>	Plastic collage		
<b>Activity Code</b>	A1.2	<b>Duration of Activity (in minutes)</b>	60
<b>Aim of activity</b>	<ul style="list-style-type: none"> <li>stimulate environmental awareness</li> </ul>		
<b>Materials Required for Activity</b>	Plastic trash, magazines, pictures, stationery		
<b>Step by step instruction</b>	<p>Create your own collage using plastic trash, magazine cuttings or photos. You can share your art creations with others using our social networks FB and IG by adding the tag <i>#RescueProjectEU</i></p> <p>Some inspirations for preparing your own collage can be found here: <a href="#">source 1</a>, <a href="#">source 2</a>.</p>		

## Module 2 activities

<b>Module Title</b>	<b>Module 2: Effects of plastic pollution on human health</b>		
<b>Activity Title</b>	No plastic campaign		
<b>Activity Code</b>	A2.1	<b>Duration of Activity (in minutes)</b>	120 minutes
<b>Aim of activity</b>	The goal of this activity is to raise awareness among participants about the harmful effects of plastic use on human health. Through research and collaboration, participants will explore the impact of microplastics on human health and use their findings to design a short awareness campaign for their local community.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>Personal computers/tablets/smartphones and relevant books, magazines, and leaflets</li> </ul>		
<b>Step-by-step instruction</b>	<ol style="list-style-type: none"> <li>1) Form small groups of participants</li> <li>2) Share the available material with the groups and give them access to electronic devices to research.</li> <li>3) For sixty minutes the participants are asked to find out the effect/impact of microplastics on human health</li> <li>4) After the research, the participants will design infographics, stickers, and posters per group by using online tools for designing infographics (such as Canva)</li> <li>5) The designed infographics will be printed and distributed to the local community (schools, shops, markets, etc.)</li> <li>6) Don't forget to share the activity and the results on social media using relevant hashtags (#reduceplastics, #noplactic, #campaign)</li> </ol>		

<b>Module Title</b>	<b>Module 2: Effects of plastic pollution on human health</b>
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<b>Activity Title</b>	Experiment: Toxic chemicals in our food		
<b>Activity Code</b>	A2.2	<b>Duration of Activity (in minutes)</b>	60 minutes
<b>Aim of activity</b>	To demonstrate the potential for toxic chemicals in plastics to leach into food and beverages, and to promote awareness and action towards reducing plastic use.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Two clear plastic cups</li> <li>• A marker</li> <li>• A container of vinegar</li> <li>• A container of water</li> <li>• A plastic spoon</li> <li>• Non-plastic alternatives for food and beverage storage, such as glass or stainless-steel containers</li> </ul>		
<b>Step by step instruction</b>	<ol style="list-style-type: none"> <li>1) Label one cup "Plastic" and the other "Non-Plastic" with the marker.</li> <li>2) Fill each cup with either vinegar (which can simulate acidic food or beverage) or water</li> <li>3) Dip the plastic spoon in the "Plastic" cup and leave it there for several minutes</li> <li>4) Remove the spoon and observe any changes in the color or clarity of the liquid in the "Plastic" cup.</li> <li>5) Discuss with participants the potential for toxic chemicals in plastic to leach into food or beverage over time, especially when heated or exposed to acidic substances.</li> <li>6) Repeat the experiment using a non-plastic container, such as glass or stainless steel, and compare the results</li> <li>7) Discuss with the groups the effects those toxic elements would have on human health.</li> <li>8) Present the actual effects of plastics on humans by using the relevant information from the module.</li> </ol>		

## Module 3 activities

<b>Module Title</b>	<b>Module 2: Effects of plastic pollution on human health</b>		
<b>Activity Title</b>	No plastic campaign		
<b>Activity Code</b>	A2.1	<b>Duration of Activity (in minutes)</b>	120 minutes
<b>Aim of activity</b>	The goal of this activity is to raise awareness among participants about the harmful effects of plastic use on human health. Through research and collaboration, participants will explore the impact of microplastics on human health and use their findings to design a short awareness campaign for their local community.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>Personal computers/tablets/smartphones and relevant books, magazines, and leaflets</li> </ul>		
<b>Step-by-step instruction</b>	<p>7) Form small groups of participants</p> <p>8) Share the available material with the groups and give them access to electronic devices to research.</p> <p>9) For sixty minutes the participants are asked to find out the effect/impact of microplastics on human health</p> <p>10) After the research, the participants will design infographics, stickers, and posters per group by using online tools for designing infographics (such as Canva)</p> <p>11) The designed infographics will be printed and distributed to the local community (schools, shops, markets, etc.)</p> <p>12) Don't forget to share the activity and the results on social media using relevant hashtags (#reduceplastics, #noplactic, #campaign)</p>		

<b>Module Title</b>	<b>Module 2: Effects of plastic pollution on human health</b>
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<b>Activity Title</b>	Experiment: Toxic chemicals in our food		
<b>Activity Code</b>	A2.2	<b>Duration of Activity (in minutes)</b>	60 minutes
<b>Aim of activity</b>	To demonstrate the potential for toxic chemicals in plastics to leach into food and beverages, and to promote awareness and action towards reducing plastic use.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Two clear plastic cups</li> <li>• A marker</li> <li>• A container of vinegar</li> <li>• A container of water</li> <li>• A plastic spoon</li> <li>• Non-plastic alternatives for food and beverage storage, such as glass or stainless-steel containers</li> </ul>		
<b>Step by step instruction</b>	<p>9) Label one cup "Plastic" and the other "Non-Plastic" with the marker.</p> <p>10) Fill each cup with either vinegar (which can simulate acidic food or beverage) or water</p> <p>11) Dip the plastic spoon in the "Plastic" cup and leave it there for several minutes</p> <p>12) Remove the spoon and observe any changes in the color or clarity of the liquid in the "Plastic" cup.</p> <p>13) Discuss with participants the potential for toxic chemicals in plastic to leach into food or beverage over time, especially when heated or exposed to acidic substances.</p> <p>14) Repeat the experiment using a non-plastic container, such as glass or stainless steel, and compare the results</p> <p>15) Discuss with the groups the effects those toxic elements would have on human health.</p> <p>16) Present the actual effects of plastics on humans by using the relevant information from the module.</p>		

<b>Module Title</b>	Module 3: Effects of plastic use on marine life
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<b>Activity Title</b>	Beach Cleanup		
<b>Activity Code</b>	A1.1	<b>Duration of Activity (in minutes)</b>	60-120 minutes
<b>Aim of activity</b>	The Beach Cleanup Challenge activity aims to educate and raise awareness among young people about the impact of plastic pollution on marine life. By actively participating in the cleanup, participants can see the amount of plastic waste that accumulates on beaches and the negative effects it has on the environment.		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Gloves</li> <li>• Garbage bags</li> <li>• Reusable water bottle</li> </ul>		
<b>Step-by-step instruction</b>	<ol style="list-style-type: none"> <li>1) Choose a local beach that needs a cleanup.</li> <li>2) Gather a group of young people to participate in the cleanup.</li> <li>3) Provide each participant with gloves and garbage bags.</li> <li>4) Explain the importance of properly disposing of plastic waste and the impact it has on marine life using the information provided in this module.</li> <li>5) Collect and properly dispose of any litter found on the beach y all the participants.</li> <li>6) You can take a group photo at the end of the cleanup and share it on social media with the hashtag #beachcleanupchallenge to raise awareness on the issue and this initiative.</li> </ol>		

<b>Module Title</b>	Module 3: Effects of plastic use on marine life		
<b>Activity Title</b>	Say no to plastics		
<b>Activity Code</b>	A1.1	<b>Duration of Activity</b>	One week

		(in minutes)	
<b>Aim of activity</b>	<p>The activity aims to educate young people about marine plastic pollution and encourage them to act against plastic usage to protect the oceans. The participants will record their plastic usage to understand plastic consumption patterns. Also, they will understand the impact of plastics on the marine environment through an experiment and will brainstorm on ways to reduce plastic in their daily lives. In addition, through this activity, they will develop their collaboration skills.</p>		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Worksheet “Track your plastic usage”</li> <li>• Single-use plastics, such as straws, food containers, balloons, plastic bags, etc.</li> <li>• 2 containers filled with water</li> <li>• Sheets of paper</li> <li>• Colored pens</li> </ul>		
<b>Step-by-step instruction</b>	<ol style="list-style-type: none"> <li>1) Form small groups (3-4 participants in each group).</li> <li>2) Provide them with a large sheet of paper and ask them to brainstorm on the role that plastic plays in their lives.</li> <li>3) For one week they should keep track of the use of plastic usage by filling out the worksheet “Track your plastic”.</li> <li>4) Reflect on consumption patterns and discuss why certain single-use plastics are used and explore eco-friendly alternatives to replace them. (You can take notes during the discussion).</li> <li>5) Fill a large container with water and place some single-use plastic items inside. Discuss the duration of disposal, explain the impact of microplastics on marine life, and use the information included in this module.</li> <li>6) Fill the second container with water and add a paper sheet.</li> <li>7) Leave the two containers aside and encourage the groups to reflect upon how long it takes for the items to break down in the sea.</li> <li>8) Provide the groups with a large paper sheet again and some colored papers.</li> <li>9) The participants should design a poster to promote the reduction of plastic in their local community.</li> <li>10) Present the posters to the whole group and explain their meaning.</li> </ol>		



11) You could take a photo of the posters and upload them on social media with relevant hashtags (#reduceplastic #trackyourplastic #saveoceans #rescueproject, etc.) and encourage the participants to share the message!



### Track your plastic usage



Do you want to reduce the use of plastic in your life?  
For the next week track your plastic consumption by recording how much single-use plastic you have used

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Plastic bottles							
Plastic bags							
Plastic straws							
Plastic food containers/wrappers							

Have you used any other plastic items? Write them down: \_\_\_\_\_  
\_\_\_\_\_




## Module 4 activities

<b>Module Title</b>	Module 4: Effects of plastic use on flora and fauna		
<b>Activity Title</b>	"Save the planet"		
<b>Activity Code</b>	A4.1	<b>Duration of Activity (in minutes)</b>	60 minutes
<b>Aim of activity</b>	<p>We should never forget about the environment and the animals around us. This activity should inspire people to do something for our planet. Even small actions matter and can lead to improvements. This activity will stimulate environment awareness and make people understand the effects and the dangers of plastic waste on flora and fauna.</p>		
<b>Materials Required for Activity</b>	<p>Trash bag, gloves, patience and willingness to do something for our planet.</p>		
<b>Step by step instruction</b>	<p>If you want to do something to save the planet, the environment, and all the animals around us, you can devote 60 minutes of your day and pick up the litter in a park, close to a river/lake/seaside, in your neighbourhood. People and animals will thank you enormously for your kind action and will not get in danger.</p> <p>Wear some fabric gloves to pick up the trash (bottles, containers, cans, bags, etc.) and dispose them in a trash bag. Afterwards, recycle the plastic you have collected.</p> <p>You can share a picture of yourself doing this activity on our social networks (Facebook or Instagram) by adding the tag #RescueProject.</p>		

<b>Module Title</b>	Module 4: Effects of plastic use on flora and fauna		
<b>Activity Title</b>	The Plastic-Free Campaign		
<b>Activity Code</b>	A4.2	<b>Duration of Activity (in minutes)</b>	20
<b>Aim of activity</b>	<p>The story from the two articles proposed for this activity should inspire people to act and do something to save the environment and the animals. Both articles mention the danger of plastic use on animals and demonstrate how a small action initiated by a single person has evolved in something bigger to save both animals and environment, thus preserving a little paradise on earth.</p>		
<b>Materials Required for Activity</b>	<p>Read the following articles about <i>How a Plastic-Free Campaign Became Nilgiris' Success Story</i>:</p> <p><a href="https://www.opengrowth.com/resources/how-a-plastic-free-campaign-became-nilgiris-success-story">https://www.opengrowth.com/resources/how-a-plastic-free-campaign-became-nilgiris-success-story</a></p> <p><a href="https://thewire.in/environment/how-a-plastic-free-campaign-became-nilgiris-success-story">https://thewire.in/environment/how-a-plastic-free-campaign-became-nilgiris-success-story</a></p>		
<b>Step by step instruction</b>	<p>Read the following <a href="#">article</a> about the “Plastic Pollution Free Campaign” launched to support educational institutions on their path to reduce plastic pollution and the <a href="#">article</a> about “How a Plastic-Free Campaign became Nilgiris’ success Story”. Both articles focus on a plastic-free campaign in Ooty, which is the most famous hill resort in South India, launched by Supriya Sahu after having seen how cows were swallowing plastic while getting leftovers in garbage dumps. For this reason, Supriya has decided to announce a plastic ban in that area and, as a consequence a group of volunteers - known as the Green Brigade – has united to check on people littering the streets and not respecting the plastic ban. The most affected by the ban have been the tourists, who were the ones</p>		

	<p>bringing huge quantities of disposable plastic cups, spoons, plates and bags.</p> <p>Reflect upon the story of Supriya Sahu, how she has achieved her result and what inspired her to do so.</p> <p>Do you agree with Supriya’s plastic ban? Do you agree with the penalty for violating the plastic ban? Would you do something similar to solve such an issue? Is there something else you would do? Would you join the Green Brigade?</p> <p>Discuss with your friends about the implication and the dangers for animals swallowing plastic residues.</p> <p>Compare this experience with the experience described in the article “To honor an elephant, Indian temples are going plastic-free” (addition learning resource R4.2).</p>
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## Module 5 activities

<b>Module Title</b>	Module5: Labelling on plastic materials		
<b>Activity Title</b>	Microplastic and labels		
<b>Activity Code</b>	A4.1	<b>Duration of Activity (in minutes)</b>	40
<b>Aim of activity</b>	<p>We have realized so far, the importance of recycling plastic material and how it should be used to avoid environmental pollution. But have we also understood what is the effect of microplastics and what effort can be done to reduce and classified it? Read and reflect on the following article about labelling of microplastics in cosmetics</p> <p style="text-align: center;"></p> <p><a href="https://www.cosmeticsdesign-asia.com/Article/2016/11/09/Greenpeace-on-microplastics-and-labelling">https://www.cosmeticsdesign-asia.com/Article/2016/11/09/Greenpeace-on-microplastics-and-labelling</a></p>		
<b>Materials Required for Activity</b>	Attention, willingness to understand, a sheet of paper and a pen.		
<b>Step by step instruction</b>	<p>After reading the <a href="#">article</a> carefully, write down three questions to ask your partner who will then have to do the same. At the end of the activity reflect on your answers. Were the answers the same? Do you share the same thoughts? After that you will share the main concept of the answers with your classroom.</p> <p>You can share a picture of yourself doing this activity on our social networks (Facebook or Instagram) by adding the tag #RescueProjectEU.</p>		



<b>Module Title</b>	Module5: Labelling on plastic materials		
<b>Activity Title</b>	The Plastic-Free Show		
<b>Activity Code</b>	A4.2	<b>Duration of Activity (in minutes)</b>	40
<b>Aim of activity</b>	Students will create pieces of art with a plastic-free focus. They will use visual arts, crafts or written expression as an educational tool to show how plastic is a threat to our environment, health and future, and to show plastic-free alternatives to use. The results can be displayed in school, on social media, as part of a campaign to reduce single-use plastic or as part of a contest - the possibilities are endless.		
<b>Materials Required for Activity</b>	Any plastic material available and a lot of creativity!		
<b>Step by step instruction</b>	Equip yourself with plastic bottles, sheets, and any other plastic material you have in your classroom or school and let your imagination run wild. Once you have completed this you can create a contest on Facebook or Instagram using the tag #RescueProjectEU.		

## Module 6 activities

<b>Module Title</b>	Module 6. Recycle of reuse plastic materials		
<b>Activity Title</b>	Collect and analyze plastic waste and divide it according to the recycling codes		
<b>Activity Code</b>	A6.1	<b>Duration of Activity (in minutes)</b>	<p>30 minutes collecting</p> <p>30 minutes: Divide it according to the recycling codes</p> <p>20 minutes feedback and analysis</p> <p>10 minutes dispose the waste properly</p>
<b>Aim of activity</b>	<p>Plastic waste is often carelessly discarded and remains in nature for decades.</p> <p>The participants are to clean a piece of nature in a garbage collection action and afterwards, to divide the plastic waste according to the individual recycling codes.</p>		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>· Garbage bags and gloves</li> <li>· List with recycling codes</li> <li>· Containers to divide the plastic.</li> </ul> <p>Alternatively, instead of collecting trash, plastic trash can be taken from home.</p>		
<b>Step by step instruction</b>	<p><b>Step 1:</b> introduction (30 minutes):</p> <p>Garbage collection campaign. Find a littered place that you clean of carelessly discarded trash.</p> <p>Alternatively, instead of collecting trash, plastic trash can be taken from home.</p> <p><b>Step 2:</b> Separating the waste according to the recycling codes</p> <p><b>Step 3:</b> feedback and analysis (50 minutes)</p>		

	<p>Possible questions:</p> <ul style="list-style-type: none"> <li>• What amounts of what plastic were found?</li> <li>• How easy is it to recycle the plastic waste? Unexpected problems e.g. products made from different types of plastic.</li> <li>• What problems are caused by what kind of plastic?</li> <li>• Find sustainable alternatives for each use.</li> </ul> <p><b>Step 4:</b> implementation (optional)</p> <p>Dispose the waste properly e.g. in a waste material collection center</p>
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<b>Module Title</b>	Module 6. Recycle of reuse plastic materials		
<b>Activity Title</b>	Turn tetra packs into plant pots		
<b>Activity Code</b>	A6.2	<b>Duration of Activity (in minutes)</b>	60 minutes
<b>Aim of activity</b>	<p>If you cannot avoid plastic, it is better to reuse it. In 2021, more than 78 billion liters of food and beverages were sold in Tetra Pak in over 160 countries worldwide.</p> <p>There are numerous ideas on how to give a Tetra Pak a second life. One of them is to use the packaging as a flowerpot. This saves you from having to buy new plastic flowerpots.</p> <p><a href="https://godygo.com//21-great-ways-to-make-use-your-tetra-pak-packaging/">https://godygo.com//21-great-ways-to-make-use-your-tetra-pak-packaging/</a></p>		
<b>Materials Required for Activity</b>	Minimum 1 Tetra Pak per person, planting soil, seeds.		
<b>Step by step instruction</b>	Be creative to turn an old Tetra Pak into a beautiful planter. You can cut it vertically or crosswise. If you do not like the design of the package, you can carefully pull down the outermost foil.		

Fill the Tetra Pak with soil and sprinkle the seeds inside, moisten the soil and put it in a bright and sunny place. Now all you need is patience until the seeds start to germinate!

## Module 7 activities

<b>Module Title</b>	Module 7: Tips and tricks to “Go Plastic-free”		
<b>Activity Title</b>	Plastic-free is possible if you want!		
<b>Activity Code</b>	A7.1	<b>Duration of Activity (in minutes)</b>	20
<b>Aim of activity</b>	The aim of this activity is to assess and test the participant's creativity in the context of fitting into a plastic-free concept. By pointing out alternatives to plastic items, the participant will think of ways in which he can reduce the use of plastic in the context of his own activity.		
<b>Materials Required for Activity</b>	a sheet of paper and a pen		
<b>Step-by-step instruction</b>	<ol style="list-style-type: none"> <li>1. Think about the situations in which you most often use plastic items (for example cutlery, plastic bags, etc.).</li> <li>2. Choose 5 such examples and write them down on a piece of paper.</li> <li>3. Then, in the next 5 points underneath, write down ideas of what you can replace the plastic items used in the above situations with. Be creative. Think about what material or items you have at home, so you do not need to make new purchases.</li> <li>4. Try to find as many plastic alternatives as possible in your chosen situations from your life.</li> </ol>		

<b>Module Title</b>	Module 7: Tips and tricks to “Go Plastic-free”
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<b>Activity Title</b>	Be the beginning of change		
<b>Activity Code</b>	A7.2	<b>Duration of Activity (in minutes)</b>	20
<b>Aim of activity</b>	This activity is designed to test the knowledge acquired by the participant in this module, by transforming it into advice for others - which they can put into practice. Through this activity, the learners will come up with solutions that they can then put into practice and share with their friends.		
<b>Materials Required for Activity</b>	a sheet of paper and a pen		
<b>Step-by-step instruction</b>	<ol style="list-style-type: none"> <li>1. Think about how plastic is used in the environment in which you turn.</li> <li>2. Write 10 pieces of advice you would give to a friend who would like to start their journey to becoming a plastic-free person.</li> <li>3. Then think about what behaviours of yours (based on the advice you have written) could be a role model for your friends.</li> <li>4. Write down these behavioural examples underneath, too.</li> <li>5. When you have completed the task, keep a sheet of paper with your written advice and ideas so that you can put them into practice.</li> </ol>		