



**PLASTEAM:** STEAM education for plastic-free primary schools  
**Project n° 2020-1-NL01-KA201-064581**

### IO2.A3 - Recommendations for students to become 'plastic-free' school

	Challenge	Students	Families
1	Low level of awareness among pupils regarding the impact of plastic pollution	<ul style="list-style-type: none"> <li>- Talk to your parents and friends about what you have learned at school;</li> <li>- Challenge friends to a contest of who can accumulate less trash in a day;</li> <li>- Start a challenge related to plastic pollution on your favorite social media (e.g. a post on Instagram feed/a Tik Tok dance)</li> <li>- Watch documentaries proposed at school about plastic pollution together with your family.</li> </ul>	<ul style="list-style-type: none"> <li>- Get educated by reading/searching online news/articles about the impact of plastic pollution;</li> <li>- Talk to the children about the issue and ask what they learned about in school;</li> <li>- When you are outdoors with your kids pinpoint the issue of littering and teach them the importance of respecting public areas;</li> <li>- Go on a trip with the kids to the nearest beach/wood/park and clean an area up together;</li> <li>- Find some good documentaries/movies to watch with the kids on the topic (other than the ones suggested at school).</li> </ul>
2	Usage of single use packaging among kids to carry their lunches	<ul style="list-style-type: none"> <li>- Ask your parents to pack food, drinks and snacks in reusable packaging;</li> <li>- Show your parents PLASTEAM app and the sustainable alternatives provided within it.</li> </ul>	<ul style="list-style-type: none"> <li>- Pack food, drinks and snacks in reusable packaging;</li> <li>- When grocery shopping, buy family-size snack packs and avoid single servings;</li> <li>- Get your children used to carrying a refillable bottle instead of drinking from plastic bottles;</li> <li>- Avoid buying hard plastic items such as cutlery;</li> <li>- When you run out of ideas of green alternatives, ask your children for suggestions (something they learned from school or a creative idea they came out with);</li> <li>- Use PLASTEAM App to monitor your daily plastic consumption and learn more about sustainable alternatives;</li> <li>- Try yo reduce/refuse any SUPs from the household.</li> </ul>

3	Lack of knowledge about 4R+1 hierarchy (triangle -> start with refuse, reuse, recycle)	<ul style="list-style-type: none"> <li>- Present the 4R+1 hierarchy triangle to your parents;</li> <li>- Create a nice drawing/visual poster about the 4R+1 hierarchy together with your parents and hang it up in the kitchen.</li> </ul>	<ul style="list-style-type: none"> <li>- Learn about the 4R+1 hierarchy by reading/searching online and try to implement it in the household together with the children;</li> <li>- Initiate an experiment where you try to follow the hierarchy with different waste from the household together with the children.</li> </ul>
4	Not appropriate interest on this topic	<ul style="list-style-type: none"> <li>- Explain to your parents about impact of plastic pollution that was taught at school;</li> <li>- Talk to your friends about the impact of plastic pollution;</li> <li>- Teach your parents how to use PLASTEAM app and challenge them to track their waste for a week or more.</li> </ul>	<ul style="list-style-type: none"> <li>- Take advantage of every opportunity that arises to talk about ways to improve plastic consumption in the household, what alternatives have been used and what else can be done;</li> <li>- Reward children for adopting good behaviors towards recycling and reducing plastic waste, encouraging them to be consistent and always do more.</li> </ul>
5	Difficulty in changing the bad habit of using SUP items	<ul style="list-style-type: none"> <li>- Show your parents alternatives from the app;</li> <li>- Research other creative alternatives together with your parents;</li> <li>- Try to reproduce the same activities related to plastic you do at school with your family and friends.</li> </ul>	<ul style="list-style-type: none"> <li>- Try to remove most of the SUPs from the household;</li> <li>- Take your children with you to the groceries and show them responsible/sustainable ways of shopping;</li> <li>- Make a challenge out of grocery shopping by trying to purchase items without plastic packaging for a period of time.</li> </ul>

6	Lack of knowledge on how to read plastic labels (1-7 code)	<ul style="list-style-type: none"> <li>- Ask your teachers to explain the meaning of the different labels to you;</li> <li>- Try to memorize the meaning of each label by creating nice drawings or creating a game to play with your friends and family;</li> <li>- Share with your parents and friends what you have learned at school.</li> <li>- Ask your parents to take you with them to do grocery shopping and pay attention to the labels of what your parents are buying. Explain the meanings to your parents if they do not know it and suggest them to buy recyclable or recycled plastics.</li> </ul>	<ul style="list-style-type: none"> <li>- Explain the different kind of plastics and the proper way to recycle them;</li> <li>- Play a game with your kids: sort different items from plastic in piles based on the label and research what the different ways to recycle them are and where the nearest factories are;</li> <li>- Show your kids where you throw away the garbage from the household and ask them to sort it properly and throw it away themselves.</li> </ul>
7	Lack of knowledge on alternative items available on the market	<ul style="list-style-type: none"> <li>- Ask your teachers which are the best alternatives to replace the plastic items you are used to carry with you;</li> <li>- Ask your parents what they know about green alternatives and share with them what you have learned at school;</li> <li>- Challenge your family to try to use as many alternatives as possible;</li> <li>- Share PLASTEAM app with your family and friends and explain them how to use it.</li> </ul>	<ul style="list-style-type: none"> <li>- Try to stay up-to-date on all new alternatives available on the market;</li> <li>- Look for green alternatives online and make sure that they are available in the household;</li> <li>- Show your kids with what green alternative they can replace each plastic item;</li> <li>- Explain your kids the benefits of green alternatives.</li> </ul>

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