



# A Month to Reduce

Activities for awareness



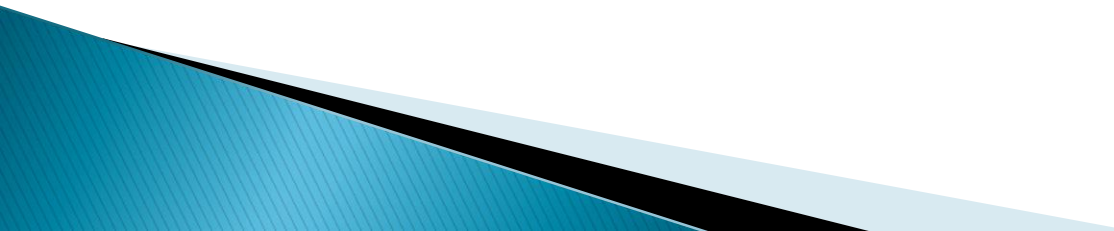
Find items made of plastic in this room



Here are a few that are seen:



# Plastics that can be found in our rooms:

1. Curtain rods
  2. Window panes
  3. Drawer knobs
  4. Toys– balls, blocks, etc.
  5. Lamp
  6. Mattresses and pillows have plastic in them
  7. Insulated wires
  8. Slippers– sole is made of plastic
  9. Carpets are made from plastic fibers
  10. Clocks
  11. Switches
  12. Clothes Hangers
  13. Picture frames
  14. Organising boxes
- 

We are surrounded by plastics. From our bedrooms to our kitchens! Plastic exists in every corner of our houses stretching from our carpets to the window panes to even our power outlets.

Our main concerns today however, are the single use plastics we dispose regularly, like plastic bottles and bags.

This use can be easily reduced with a little bit of awareness and effort to live a better life, with just a drop more of concern for our dear earth.

So lets join hands to refuse and reduce these plastics from our lives!



# Plastics in my kitchen

- ▶ Mark and count all the plastic items you can find in your kitchen. Write down each item that is single use.
- ▶ How much can be reduced? How much can be reused? How much can be recycled?

For more ideas you can refer to the mind map.



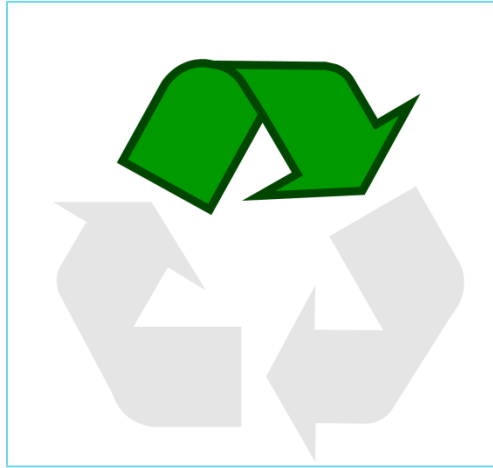


# A Plastic Free Party!

Plan a picnic/party for your family. List down all the plastic items that you would use.

- ▶ What is recyclable?
- ▶ What is single use and disposable?
- ▶ Write down the alternatives you can use to make your picnic/party plastic free and reduce your plastic waste foot print.

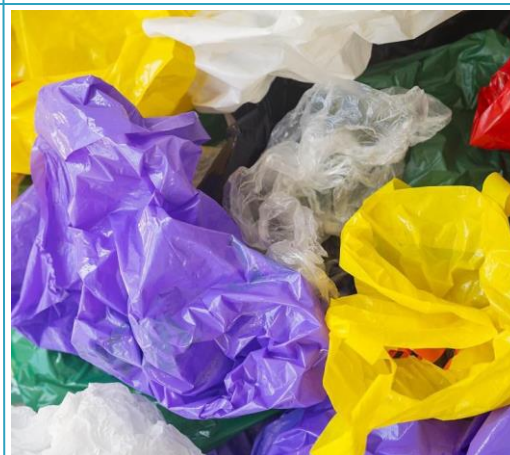














# Match the following:



## Plastic Items

1. Water Bottles
2. Toys
3. Shopping Bags
4. Straws
5. Garbage Bags
6. Drinking Cups
7. Balloons
8. Take out Boxes
9. Packaging
10. Pens

## Tips to Reduce

- A. Drink directly
- B. Use refillable ones
- C. Carry your own reusable one
- D. Donate
- E. Compost food waste
- F. Eat homemade food
- G. Eco-friendly decorations
- H. Carry your own travel mug
- I. Take your own cloth bags
- J. Buy Bigger