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| **Lesson** | **Main Themes & learning** | **Actions** |
| 1 | **How to become a Plastic Free Ambassador**  What is an ambassador?  How can I be one?  Plastic in our lives  Is all plastic bad? | **Upcycle Challenge:** Find a creative reuse for a plastic bottle  **Engagement Challenge:** Engage your family through a shared plastic audit |
| 2 | **The History of Plastic**  What is plastic made from?  When did we start using it?  What are the advantages & disadvantages of plastic? | **Upcycle Challenge:** Find a creative reuse for takeaway cups and plastic straws  **Engagement Challenge:** Engage your friends through poster, animation, phone call, email etc. |
| 3 | **The Plastic in our Oceans**  How did so much plastic get into our oceans?  How does it affect sea life?  What can we do? | **Upcycle Challenge:** Find a creative reuse for plastic cutlery  **Engagement Challenge:** Engage your local community, poster, flyer, organize or join a local clean up |
| 4 | **The SDGs & Waste**  What are the SDGs?  What is waste?  Understanding waste systems  How to change a habit | **Upcycle Challenge:** Find a creative reuse for plastic bags  **Engagement Challenge:** Engage your school community, ask them to get involved to take on some plastic free challenges as a whole school |
| 5 | **Reduce, Reuse, Recycle**  What is recycling?  How to recycle properly in Ireland | **Upcycle Challenge:** Find a creative reuse for plastic toothbrushes  **Engagement Challenge:** Engage local businesses, thank them for their sustainable choices or request changes  **Bonus:** Song writing challenge |
| 6 | **Plastic in our local & global communities**  How to do a litter pick  How do we make decisions for our country and planet?  The EU plastic ban  How to compost | **Upcycle Challenge:** Find a creative reuse for plastic soap bottles  **Engagement Challenge:** Engage decision makers & politicians – let them know your priority is looking after planet earth |
| 7 | **Plastic and our food**  Plastic food packaging  How to pack a litterless lunch | **Upcycle Challenge:** Upcycle plastic food packaging  **Engagement Challenge:** Engage globally by contacting a global organisation or business.  **Bonus:** Food packagingDesign Challenge |
| 8 | **Being a Plastic Free Ambassador**  Start your own campaign  Being a Plastic Free Ambassador | **Upcycle Challenge:** Create your own  **Engagement Challenge:** Start your own campaign, follow your passion |

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Plastic Free 4 Kids

Become a Plastic Free Ambassador

Online Lessons - Designed for Distance Learning

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