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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 livesIs 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 systemsHow 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 pickHow do we make decisions for our country and planet?The EU plastic banHow 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 packagingHow 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 campaignBeing 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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