



Eco Warriors activity booklet

Name



milton keynes council



Protect the environment and become an...



Becoming an eco warrior is all about finding ways you can help the environment

This booklet will help you to think about different ways you can make small changes in your every day life to help the planet

What will you
do differently?

Plastic ocean

We have all seen the images on our TV and social media about plastic in the ocean and sea life getting harmed.



Sea birds, whales and fishes can mistake colourful plastic for food and fill their tummies so they don't feel hungry and forget to eat. Turtles eat plastic bags thinking it's jelly fish. This can block their intestines. It can also make it difficult for them to dive, as it makes them float more. Creatures can also get tangled up in plastic in the water which can reduce their ability to swim or injure them.



How does Milton Keynes' rubbish get in the sea?

When people drop rubbish on the ground, such as crisp packets, plastic bottles and cans this is known as littering. The wind can blow the litter into our local rivers and streams, which then lead out into the sea.



Here is a list of ways in which you can help:

- ☐ when out and about always put your rubbish in the bin or take home
- ☐ put plastic bottles, tubs, paper and cans in the clear recycling sack
- ☐ sign the litter pledge at the back of this booklet to promise that you will never ever drop litter!
- ☐ use a reusable water bottle and reusable shopping bags instead of throwaway ones

Plastic ocean word search

Plastic pollutes our oceans, sea, rivers and streams and can harm wildlife. Always put your rubbish in the bin.



plastic bottles
fizzy drinks
cans
pollution
seagulls
litter
recycle



plastic bags
ocean
turtles
dolphins
reduce
repair



microplastics
water
seals
fishes
reuse
refill



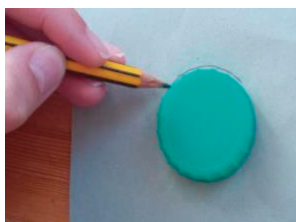
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Plastic lid turtle craft

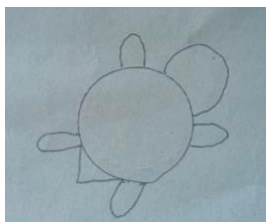
Make this cute turtle to remind us to care for the environment.

You will need:

- Green plastic bottle lid
- Pencil
- Felt tip pen
- Green paper
- Scissors
- Glue
- Googly eyes
- Optional: small magnet



1. Place the lid on the green paper and using a pencil draw around the lid to create a circle.



2. Put the lid to one side. Draw on the turtles head, legs and tail on the paper.



3. Using scissors, cut out the shape of the turtle.



4. Using a felt tip pen draw 5 short lines on the lid, pointing into the centre of the lid. Then join the ends of the lines up.



5. Turn the lid over. Glue the rim of the lid and stick onto the circle on the paper.



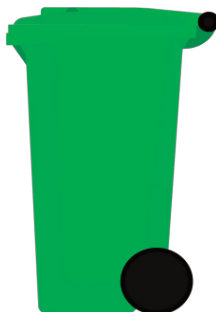
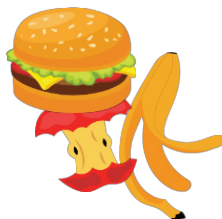
6. Add googly eyes. Stick a small magnet to the reverse if desired.

Find more craft ideas and fun recycling activities at www.milton-keynes.gov.uk/kidsrecycle

Let's get recycling right

It is important that items we no longer need are put in to the correct container for recycling, so they can be made into new things.

Use the poster at the centre of this booklet to help you draw a line to put the items into the correct recycling container.



What happens to my recycling?

The collection lorries take your clear sacks and glass to Old Wolverton, from where it is transported in large trucks to a Materials Recycling Facility.



Materials Recycling Facilities use a combination of machinery and people to separate the paper, metal, plastics bottles and other containers. The separated materials are then squashed into cubes, called bales, ready for transportation to factories to be made into new recycled products.





Paper is recycled into more newspaper, toilet rolls, tissues and egg boxes. Paper can be recycled 5 or 6 times before the fibres become too weak to be recycled. Its last life will be as a tissue.

Steel and aluminium cans are sent to furnaces where they are melted down and recycled to create another can. They are back on the supermarket shelf with new food or fizz inside in about 6 weeks!



Items such as plastic food tubs and yoghurt pots can be recycled into products such as picnic tables or pig sties!

Glass is sent to furnaces where it is melted down and remoulded into new bottles and jars. When different colour glass bottles and jars are melted together it all turns green as this is the dominant colour.



Food and garden waste is sent to a composting facility where it is turned into compost for farming.

Find 5 things that can't be recycled in the clear sack

It is important to only put the correct items into the clear recycling sack. Unfortunately some items are placed in the sack incorrectly.

Can you find the 5 most common wrong items?
Answers on page 22.

Now test someone in your family!



natural resources

reforestation,
of mining,
erosion etc

Creates jobs

Workers, maintenance,
factory designers, engineers,
reprocessors and more!



do we Recycle?

Saves energy

Recycling saves energy
and water when
compared to creating
brand new products



It shows we care

Recycling at home and school shows
that we care for the environment, for
nature and for where we live.



What goes where?

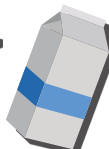


Only these items for recycling...

- Mixed paper, magazines and envelopes
- Cardboard
- Food and drink cartons
- Drinks cans
- Food tins
- Foil trays
- Empty aerosol spray cans
- Plastic bottles and lids
- Plastic food trays and pots



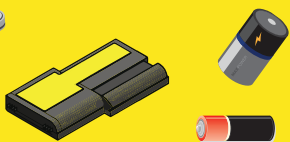
CLEAR SACKS



- Glass bottles and jars (no lids)

BL



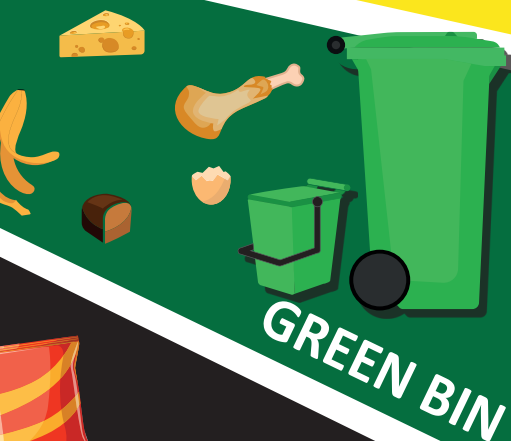


- Household batteries
- Button batteries
- Laptop batteries
- Mobile phone batteries

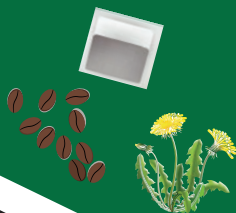
* batteries can also be taken to the supermarket to be recycled



BATTERIES



- Fruit and vegetables
- Any leftover food
- Teabags, tea leaves and coffee grounds
- Dairy products
- Meat, bones, fish – cooked or raw
- Bread and pastries
- Branches (less than 15cm diameter)
- Grass clippings
- Weeds



All other rubbish including:

- Disposable coffee cups
- Wet wipes
- Plastic film and cling film
- All tissues and kitchen towel
- Plastic carrier bags
- Broken glass (wrapped up)
- Dirty nappies and sanitary products
- Pet food pouches
- Clothes, bedding and other textiles
- Pet poo and bedding
- Crisp, sweet & biscuit wrappers

BLUE BOX



BLACK SACKS

Helps our environment

By placing our rubbish in the correct bin and not littering this helps to reduce the pollution of waterways



Saves resources

Reduces the impact of soil erosion

Why

Creates new products

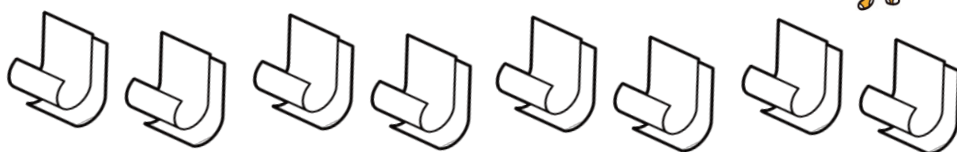
Recycling creates new products for us to buy and recycle again and again!



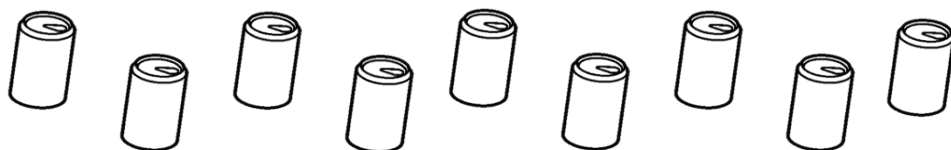
How much did your family recycle this week?

Colour in each time one of these items is placed in the correct recycling container at home.

Paper



Cans



Plastic bottles



Glass





Would you like to help with a litter pick?

We have lots of litter pick sets available to hire free of charge across Milton Keynes, including child-sized versions.

Visit **www.milton-keynes.gov.uk/litterpicking** to find out more.



If you are visiting Emberton Country Park help to keep the area beautiful and safe for the wildlife by litter picking as you wander round.

Find out more and collect your free* litter pick kits from the Café. *£5 refundable deposit

www.milton-keynes.gov.uk/embertoncountrypark

Litter audit sheet







On your way to school have a look around and count how many pieces of rubbish you see thrown on the floor. Record what you find below by placing a tick for each item you see.

What is the most common item you found?

Who do you think is dropping the litter?

Always put your rubbish in the bin or take it home.

Sign the Litter Pledge at the back of this booklet

Item type	Tick how many you find	Total
Crisp packets 		
Sweet wrappers 		
Cigarette butts 		
Plastic bottles 		
Drinks cans 		
Dog poo 		
Other - write down what else you find		

Add up the total column to find how many pieces of litter you found:

Small actions, big difference

Small changes in our lives can make a big difference to our local environment and the planet too. Here are a few ideas to get you started:



- ☐ Switch off computers, laptops, microwaves, phone chargers and TV's when you are not using them. They all use energy when left on standby

- ☐ Turn off the light when you leave a room/
This will save energy and money



- ☐ Shower instead of having a bath.
A 5 minute shower will use around 40 litres, a bath will use around 80 litres.

- ☐ If something breaks or gets damaged try and repair it. Have a go at sewing on a button.



- ☐ Take clothes, games and other items you no longer need to your local charity shop. Then someone else gets to use them and helps fundraise too.



- ☐ Swap from throwaway plastic water bottles to a reusable one, both at home and school. Use a reusable tub for packed lunches instead of sandwich bags, clingfilm or tin foil.

- ☐ Walk, scoot or cycle to school. If you go to school in the car then park a bit further away so you can have a short walk



- ☐ Never drop rubbish on the floor. Always put it in the bin to help make Milton Keynes cleaner, greener and safer

What else
could you do
differently?

Super powers



Much of the electricity we use in our homes and schools every day is created by burning fossil fuels – gas, oil and coal. These are polluting to the environment and will run out. Renewable energy sources are now being used which are better for the environment.

Match up the picture to the description of the renewable energy source:



Solar energy is from sunlight. Solar panels can be put onto roofs of buildings



Hydroelectric power is a way of harnessing energy from running water. Dams trap water in reservoirs. The water is released and flows downwards with gravity, which spins the turbine to make electricity



Large windmills are called **wind turbines**. When the wind blows, the blades move to spin the turbine which is connected to a generator which generates electricity



Geothermal energy is heat from the Earth. Water can be pumped down into hot rock where it is heated. Geothermal energy can be used to produce heat or electricity

Milton Keynes Waste Recovery Park



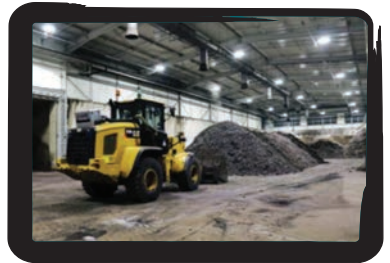
Here in Milton Keynes your black bin bag rubbish does not go to landfill, but is turned into electricity for as many as 11,000 homes!



This is what happens:

First the black bin bags are spilt open and the Mechanical Treatment Plant searches for recyclable materials such as plastics and metals that should have gone in the clear recycling sack.

Next compost like material is made in the Anaerobic Digester when it processes food (which should have gone in the green bin). It also creates a biogas, which powers a generator creating renewable energy.



Finally, the Advances Thermal Treatment Plant treats the remaining waste which has not been recycled. It heats up the waste which creates "syngas".

The "syngas" is burned to heat up water and produce steam. This steam powers a turbine and creates renewable energy!



Answers: 5 things that can't be recycled in the clear sack

1. **The nappy.** Black bin bag please. Unfortunately, we receive over 300 nappies every day in clear sacks –disposable nappies cannot be recycled - yuk!
2. **Clothes.** Do not place clothes in the recycling sack. Take good quality clothing to your local charity shop for reuse. Place low quality clothing in the black bin bag.
3. **Carrier bags.** These cannot currently be recycled through the kerbside scheme. Please recycle at the supermarket drop off points.
4. **Crisp packets.** 'Scrunchy plastic' such as crisp packets, biscuit wrappers and sweet wrapper cannot be recycled via the clear sack.
5. **Food.** All food waste should go in the green wheeled bin so it can be turned into compost. This also stops rats and foxes ripping open bin bags.

4 things people think can't be recycled but can be...

1. **Lids.** Metal and plastic lids can be placed in the recycling sack, either on or off of the bottle.
2. **Aerosols,** e.g. deodorant, hair spray, squirty cream cans, etc. if spray can is empty it can be recycled in the recycling sack.
3. **Envelopes.** Can be recycled.
4. **Plastic tubs,** e.g. yoghurt pots, fruit punnets. These can be recycled in the clear recycling sack.

Dropping crisp packets, drinks cans, food and other rubbish on the floor is known as littering.

This can harm animals, birds and other wildlife and looks messy.

I will always place my rubbish in the bin or take it home with me to throw away there.

I promise I will not litter

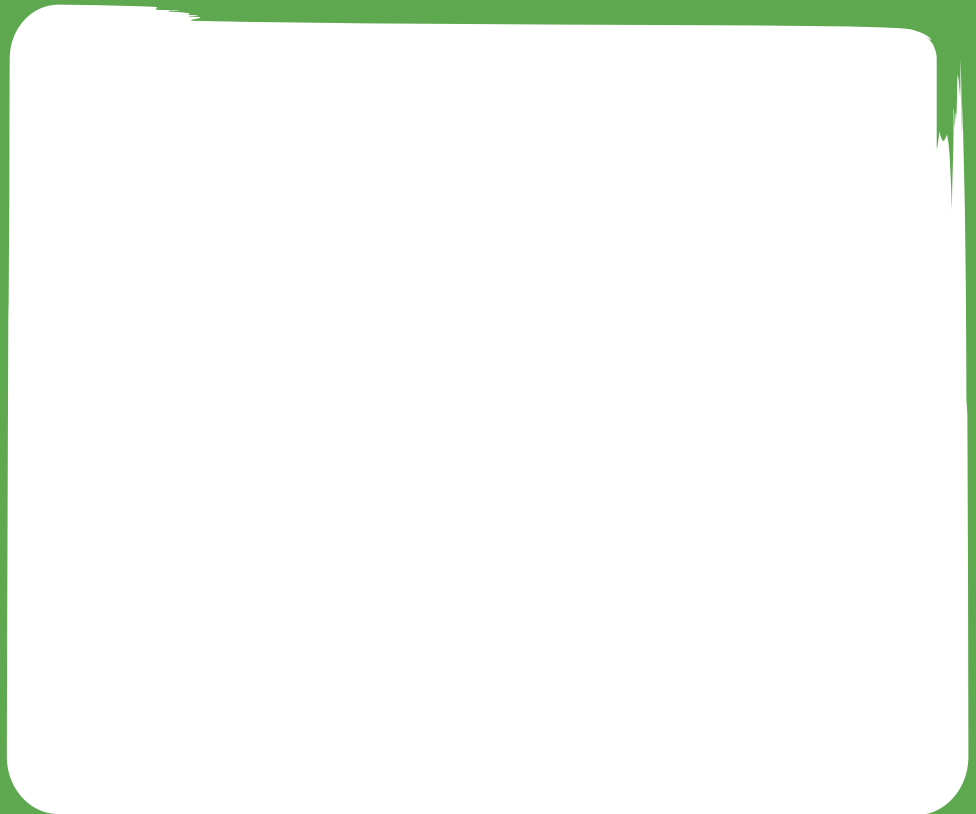
Sign you name here

Date



milton keynes council

Notes



Contact details

Order recycling sacks, containers or report a missed collection at **www.milton-keynes.gov.uk/recycling** or telephone **01908 252570**

To request more free copies of this Eco Warriors activity booklet
Email: **wasteeducation@milton-keynes.gov.uk**

For more eco activities and resources for children go to:
www.milton-keynes.gov.uk/kidsrecycle