

Watch the free on-line videos that accompany this booklet at:  
[www.milton-keynes.gov.uk/waste-education-videos](http://www.milton-keynes.gov.uk/waste-education-videos)



## Contact details

Website: [www.milton-keynes.gov.uk/recycling](http://www.milton-keynes.gov.uk/recycling)

Email: [recycling@milton-Keynes.gov.uk](mailto:recycling@milton-Keynes.gov.uk)

Tel: 01908 252570

To request more free copies of this Eco Warriors activity booklet

Email: [wasteeducation@milton-keynes.gov.uk](mailto:wasteeducation@milton-keynes.gov.uk)

For more eco activities and resources for children go to:

[www.milton-keynes.gov.uk/waste-education-resources](http://www.milton-keynes.gov.uk/waste-education-resources)

## Eco Warriors activity booklet

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

Name .....

**MK** Milton Keynes  
City Council

# 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:



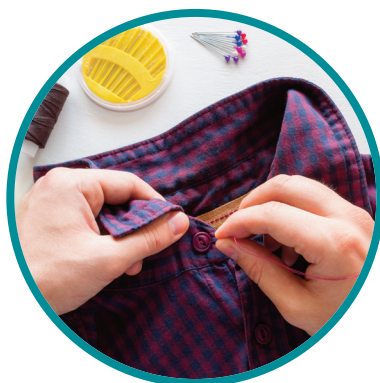
- ☐ Switch off computers, laptops, microwaves, phone chargers and TVs when you are not using them. They all use energy when left on standby

- ☐ 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.



- ☐ Always put your rubbish in the bin. Never drop litter on the floor as this can harm wildlife and makes where you live look ugly.



- ☐ Help out with a local litter pick.

What else could you do differently?

# Why do we recycle?

Fill in the missing words:

jobs	pollution
water	reduce
trees	new
home	buy



## 1. Helps our environment

Recycling and not littering helps to reduce \_\_\_\_\_ of water ways, streams and oceans.

## 2. Saves natural resources

Recycling paper means we don't have to cut down more \_\_\_\_\_ to make new paper. Recycling metal food and drinks cans reduces the amount of mining to dig up new metals. Recycling plastic means we use up less crude oil to make new plastic bottles and tubs.

## 3. It creates jobs

Recycling means there are \_\_\_\_\_ for workers, drivers, designers, engineers and more.

## 4. Creates new products

Recycling creates new products for us to \_\_\_\_\_ and recycle again and again.

## 5. Saves energy

Recycling saves energy and \_\_\_\_\_ when compared to creating brand new products.

## 6. It shows we care

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





# What happens to my recycling?



Items put in your recycling bins are collected by our trucks and taken to Old Wolverton.

From here, it is sent to a Recycling Facility where machinery and staff sort and separate the paper, metal cans and plastic bottles, etc.



Then it is 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 & 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!



Plastic is first flaked, then washed, dried and melted. Plastic bottles can be recycled into more bottles, traffic cones, wheelie bins, guttering, fluff in duvets, etc. Plastic food tubs, yoghurt pots, etc. can be recycled into a plastic board to be turned into products such as picnic tables or pig sties!

The 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 a compost-like soil for agriculture.



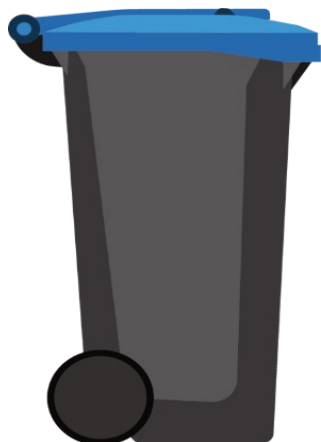
# The wheeled bins are coming!

In 2023, Milton Keynes will be changing to wheeled bins for rubbish and recycling. Here is a sneak preview.

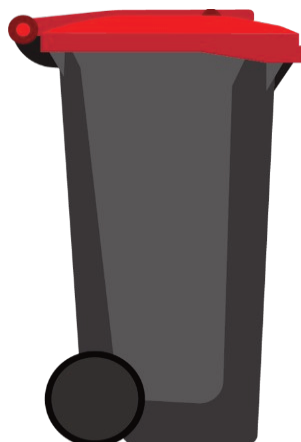
Find out more at [www.milton-keynes.gov.uk/wheeled-bins](http://www.milton-keynes.gov.uk/wheeled-bins)



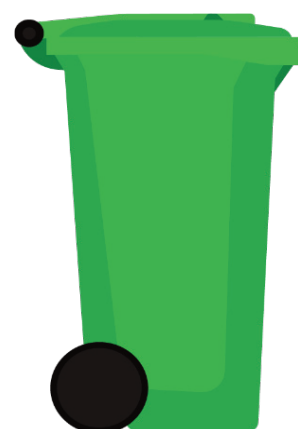
Plastic, metal and glass  
fortnightly



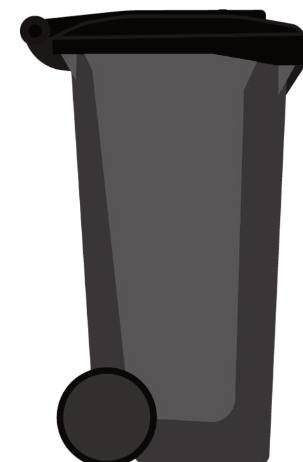
Paper and cardboard  
fortnightly



Food and garden waste  
weekly



Other waste  
weekly



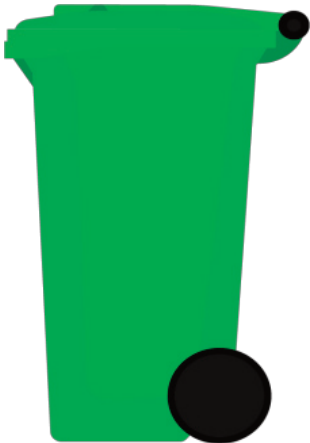
Batteries



# Let's get recycling right

It is important that items we no longer need are put into the correct container. Then they can be recycled and 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.



Answers: Blue box – glass bottles & jars. Clear sack – cans & plastic bottles. Green bin – garden & food waste. Yellow bag – household batteries

## 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 26.

**Now test someone in your family!**

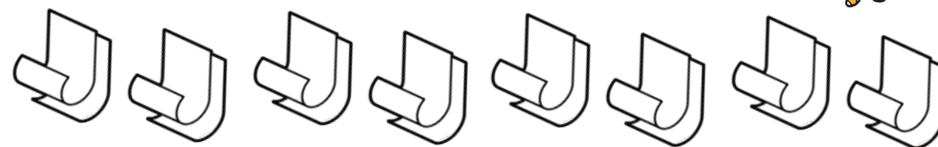


## How much did your family recycle this week?

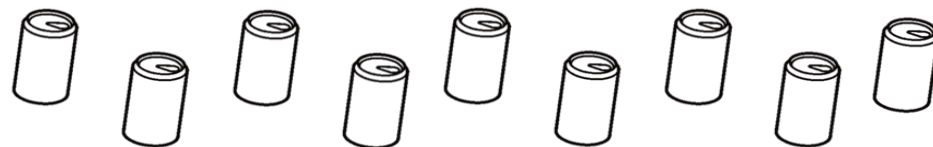
Colour in each time one of these items is placed in the correct recycling container at home.



## Paper



## Cans



## Plastic bottles



## Glass





# What goes where?



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

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

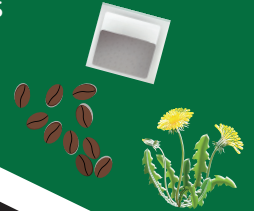


## BATTERIES



## GREEN BIN

- 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



### 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

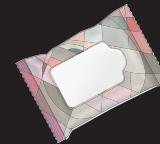


## CLEAR SACKS



- Glass bottles and jars (no lids)

## BLUE BOX



## BLACK SACKS

### 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

# History is rubbish!

We are often taught about major events, wars and powerful leaders. Normal everyday people lives usually go unrecorded. For archaeologists, their old rubbish can give amazing insights into their lives and past civilizations. Rubbish has a role in history!

**3000 B.C.** The first recorded landfill was found at Knossos, the island of Crete.



**2000 B.C.** There is evidence from Ancient Egypt that old letters and documents were used as mummy wrappings.

**200 AD** - The first dustmen in history are found in the Roman times.

Teams of two people walked along the streets picking up rubbish and throwing it in a cart or wagon.

There is also evidence that early Romans recycled broken pottery into flooring and melted down bronze coins into statues.



**250 AD** The Mayan Indians of Central America had fixed monthly rituals, in which the people of the village would gather together and burn their rubbish in large dumps.

**1939** During World War 2 the government introduced the National Salvage Campaign to recycle “useless” objects and turn them into “useful” weapons of war. Steel food cans were recycled into parts of planes and bombs, paper was used for making gun cartridges and old food bones were boiled up to make explosives!



**1990** Milton Keynes was one of the first towns in England to introduce kerbside collection of recycling from its residents. Red box to collect paper and cardboard, blue box for glass, metal cans and plastic bottles and tubs.



# Would you like to help with a litter pick?

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

Visit [www.milton-keynes.gov.uk/litterpicking](http://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](http://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: .....



# Plastic ocean

We have all seen the images on 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 in MK drop their old crisp packets, plastic bottles and cans onto the ground, the wind can blow them into our local rivers and streams, which then lead out into the sea.



## What can I do to help?

- ☐ Don't drop litter
- ☐ Put rubbish in the bin or take it home
- ☐ Put plastic bottles, tubs and drinks 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! Cut it out and stick it on your wall at home.
- ☐ Use a reusable water bottle and reusable shopping bags

# Plastic ocean word search

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



DOLPHINS  
MICROPLASTICS  
PLASTIC BOTTLES  
REDUCE  
SEALS  
BE KIND



FISHES  
OCEAN  
POLLUTION  
REUSE  
TURTLES  
ENVIRONMENT



LITTER  
PLASTIC BAGS  
RECYCLE  
SEAGULLS  
WATERWAYS



P	O	L	I	T	T	E	R	R	E	C	Y	P	S	E
S	E	A	G	U	L	L	S	Y	L	R	D	J	Y	O
O	M	I	C	R	E	L	O	Y	I	E	O	R	K	C
P	L	A	S	T	I	C	B	O	T	T	L	E	S	E
O	O	L	L	L	A	E	F	S	T	F	P	D	X	A
L	X	R	O	E	D	S	F	F	R	F	H	U	B	N
L	Q	E	O	S	E	A	L	S	R	J	I	C	A	J
U	U	C	O	P	L	E	Y	D	B	Z	N	E	R	D
T	R	Y	P	W	D	L	B	W	F	I	S	H	E	S
I	G	C	Y	F	I	S	Y	Y	U	K	A	A	U	O
O	P	L	A	S	T	I	C	B	A	G	S	T	S	T
N	G	E	N	V	I	R	O	N	M	E	N	T	E	T
H	W	A	T	E	R	W	A	Y	S	A	Y	U	M	F
P	O	B	E	K	I	N	D	W	A	Z	H	W	A	T
M	I	C	R	O	P	L	A	S	T	I	C	S	F	X

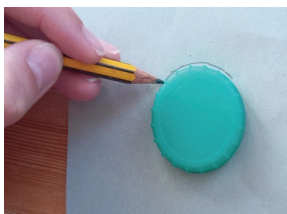
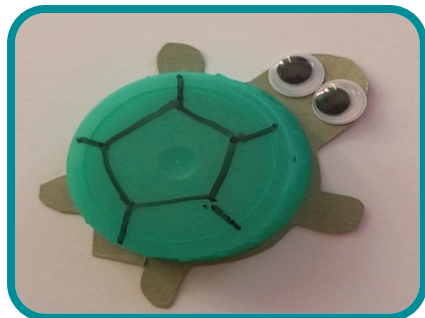


## Plastic lid turtle craft

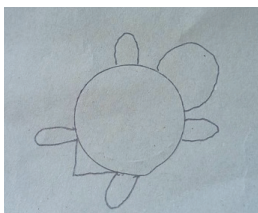
Make this cute turtle to remind us to care for the environment.

### 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 on 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/waste-education-resources](http://www.milton-keynes.gov.uk/waste-education-resources)

## Super powers



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 one day 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

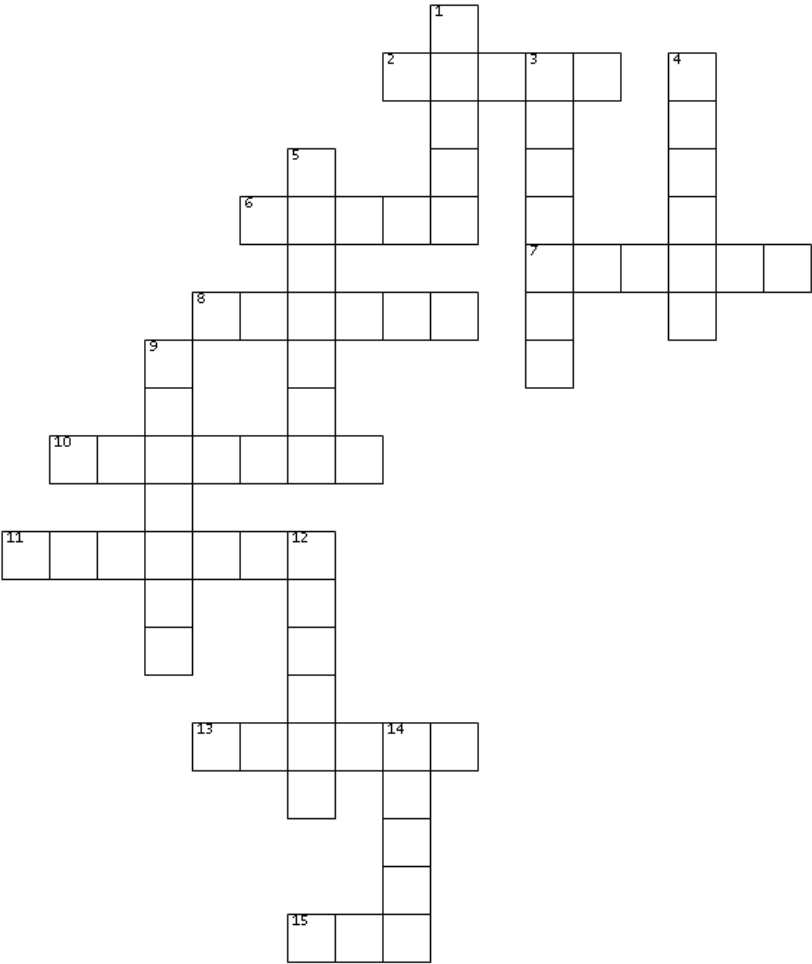


Large windmills are called **wind turbines**. When the wind blows, the blades move to spin the turbine, which is connected to a generator that generates electricity



**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

Eco warrior crossword!



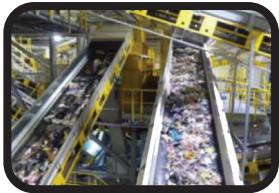
- ACROSS
- 2. Ancient Roman dustmen collected rubbish in \_
  - 6. Energy made from the sun's rays is known as \_ power
  - 7. Rubbish dropped on the floor is known as \_
  - 8. If something breaks, try to \_ it
  - 10. Take unwanted clothes and games to the \_ shop
  - 11. Always recycle plastic \_ and tubs
  - 13. The wind turns turbines to create \_
  - 15. Don't drop rubbish on the floor, put it in the \_

- DOWN
- 1. Hydroelectric power stations create energy when \_ flows
  - 3. Plastic pollution in the sea can harm \_
  - 4. Switch off \_ to save energy and money too
  - 5. Food and garden waste from the green bin is turned into \_
  - 9. Swap from throwaway \_ bottles to a reusable one
  - 12. Save water and energy by having a \_ not a bath
  - 14. Leftover food waste should go in the \_ bin

What happens to my rubbish?



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.



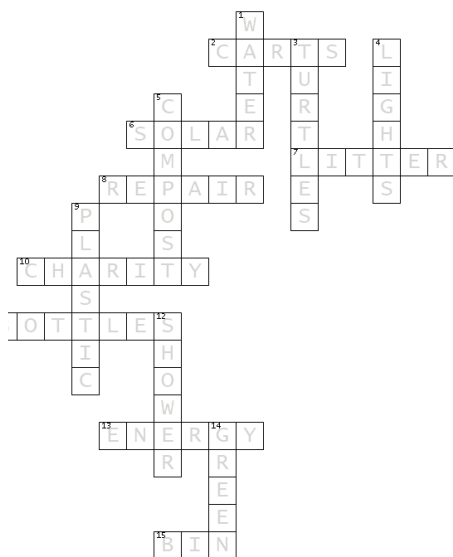
Finally, the advanced Thermal Treatment Plant treats the remaining waste that has not been recycled. It heats up the waste which creates "syngas".  
The "syngas" is burned to heat up water and produce steam. This steam powers a turbine and creates renewable energy!



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

1. **The disposable nappy.** Black bin bag please. Unfortunately, we receive over 300 nappies ever day in clear sacks – disposable nappies cannot be recycled - yuk!
2. **Old clothes.** Clothes cannot be recycled they must not go in the clear sack. Please take to the charity shop.
3. **Carrier bags.** These get tangled in the Recycling Factory machinery. Please recycle at the supermarket drop off points.
4. **Crisp packets.** 'Scrunchy plastic' such as crisp packets, biscuit wrappers and sweetie wrapper. cannot be recycled via the clear sack.
5. **Food.** All food waste must go in the green wheeled bin so it can be turned into compost. This also stops rats and foxes ripping open bin bags.

## Answers: Eco warrior crossword



Cut out and keep

# My litter promise

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 promise I will always place my rubbish in the bin or take it home with me.

**I promise I will not litter.**

Sign your name here

Date

