



### About The Habits

For this challenge, children adopt as many “plastic-free” habits as possible for a week. If they adopt the habit at least once per day, they can put a check mark next to the habit on their handout. They can only put one check per habit per day.

Below is further information about each habit.

#### **1. PLASTIC-FREE LUNCH: *avoid single-use plastic or re-use single-use plastics***

Plastic frequently shows up at lunchtime. It can be drinks in plastic bottles or plastic cutlery. Unfortunately, these plastics can take a really long time to break down. This habit encourages children to help by avoiding single-use plastics or re-using them as many times as possible.

#### **2. NO PLASTIC BOTTLES: *use a reusable bottle or reuse a plastic bottle***

Everyday in Canada, we use 5.3 million single-use plastic bottles. Most of them are only used once, and many of them are not recycled. This habit encourages children to use reusable bottles or to reuse a single-use plastic bottle.

#### **3. GOODBYE PLASTIC BAGS: *use a reusable bag or reuse a plastic bag***

Approximately 15 billion plastic bags are used per year in Canada. Each bag is used for about 12 minutes before being thrown out. They have a big environmental impact both when they are made and when they are disposed of. This habit encourages children to use reusable bags or to re-use plastic bags.

#### **4. RECYCLE PLASTIC PROPERLY: *recycle plastic***

Rules for recycling plastic differ depending on the recycling facilities. Help students identify which types of plastic are recyclable in your area. This habit encourages children to recycle the plastic they can.

#### **5. SHARE YOUR KNOWLEDGE: *talk to someone about plastic and what they can do to reduce plastic waste***

Raising awareness is an important step in the reduction of single-use plastics. Many people are unaware of habits they can adopt to help or are discouraged. This habit encourages children to share with others what they know about plastic and how they can help.