

LESSON: PLASTIC CYCLE

Activity 3: Match the Sustainable Alternative



OVERVIEW

This activity will explore different sustainable alternatives to single-use plastics and why it's important to reduce waste.

LEARNING OBJECTIVES

After completing this activity, participants will be able to:

- Identify sustainable alternatives to less sustainable single-use plastics.

SETUP AND MATERIALS

This activity takes approximately 15 minutes.

- Print a copy of the [worksheet](#) (or recreate your own on scrap paper) and grab a pen or pencil.
- Plastic Info cards ([print or view online](#)).

INSTRUCTIONS

We learned that plastic is used in a lot of different items, and some of these items are only designed to be used for a short time. We're now going to learn more about their impact while thinking about sustainable options for these choices.

- Provide a copy of the worksheet.
- Ask participants to draw a line to match the single-use item to the more sustainable long-term alternative and review their answers.
- Ask them to indicate if any of the sustainable matches had plastic and why it might be ok for those examples. Record this on the worksheet.
- Review answers with participants then share plastic info cards, which outline some stats from around the world to demonstrate the impact these single-use items have around the globe.

FINAL REFLECTION

Now you have completed the activity, it's time to reflect back on what participants have learned.

- Have participants return to the last page of their [worksheet](#) to answer the questions below
 - Are you already using some of the sustainable alternatives from the worksheet? Do you have additional alternatives to add?
 - What are some ideas you have to reduce how much plastic you use in your everyday life?
 - Is there something you plan to do differently in your daily life now after learning more about the plastic cycle?

Congrats, you've now completed all activities in the Plastic Cycle lesson!