

# PLASTIC Shoonya

"Let's create a Plastic Shoonya future,  
one school at a time."



## Greetings!

I am AARNA and I am delighted to have you join us at Plastic Shoonya Schools. Your involvement is crucial in our mission to make every school Plastic Shoonya. As you'll discover, plastic pollution is a significant issue, but I believe that you, your school, and your loved ones can help us overcome it. I want you to be a part of our team!

The journey towards becoming a Plastic Shoonya School consists of three levels:



**ACTIVATE:** You will delve deep into the issue of plastic pollution, and share the knowledge you gain with your peers, educators, families, and local community.



**ANALYSE:** You will identify the problem plastics within your school, and prepare to take action to address them.



**ACTION:** You will develop the skills to lead a compelling campaign that creates a positive impact, helping your school and community to eliminate single-use plastic.

Throughout each stage, your goal will be to learn, take action, and spread the word. To help you stay on track, use this workbook as your guide. Don't forget to share your progress on the Plastic Shoonya Schools website to earn your award!



# YOUR JOURNEY



## LEVEL 1 ACTIVATE

- Raise awareness about your mission to become a Plastic Shoonya School
- Host a litter pick at your school
- Make a video to share why you're excited about becoming a Plastic Shoonya School



## LEVEL 2 ANALYSE

- Complete the Plastic Shoonya Schools audit
- Create your action plan



## Level 3 ACTION

- Run your campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a celebration video





**LEVEL1**  
**ACTIVATE**



# LET'S GET ACTIVATED:



The first stage of your journey towards becoming a Plastic Shoonya School is all about inspiration and getting activated. This means that you'll be learning as much as you can about plastic pollution and its impact on the environment. You'll then share this information with everyone at your school to inspire them to join the challenge ahead.

## WHAT TO EXPECT:

During the first stage of your journey towards becoming a Plastic Shoonya School, you'll gain a deeper understanding of plastic pollution and its impact on the environment. This includes learning about the origins of plastic products, the different types of plastic, and why it's important to become Plastic Shoonya. To put your knowledge into action, you'll organize a litter pick to observe firsthand how plastic pollution is affecting your local environment. Additionally, you'll create a space where your entire school can stay engaged and up-to-date on your Plastic Shoonya journey.

To inspire your classmates to join the cause, you'll share your mission with the Plastic Shoonya Schools community and come up with creative ways to encourage participation.

## ACTIONS TO TAKE

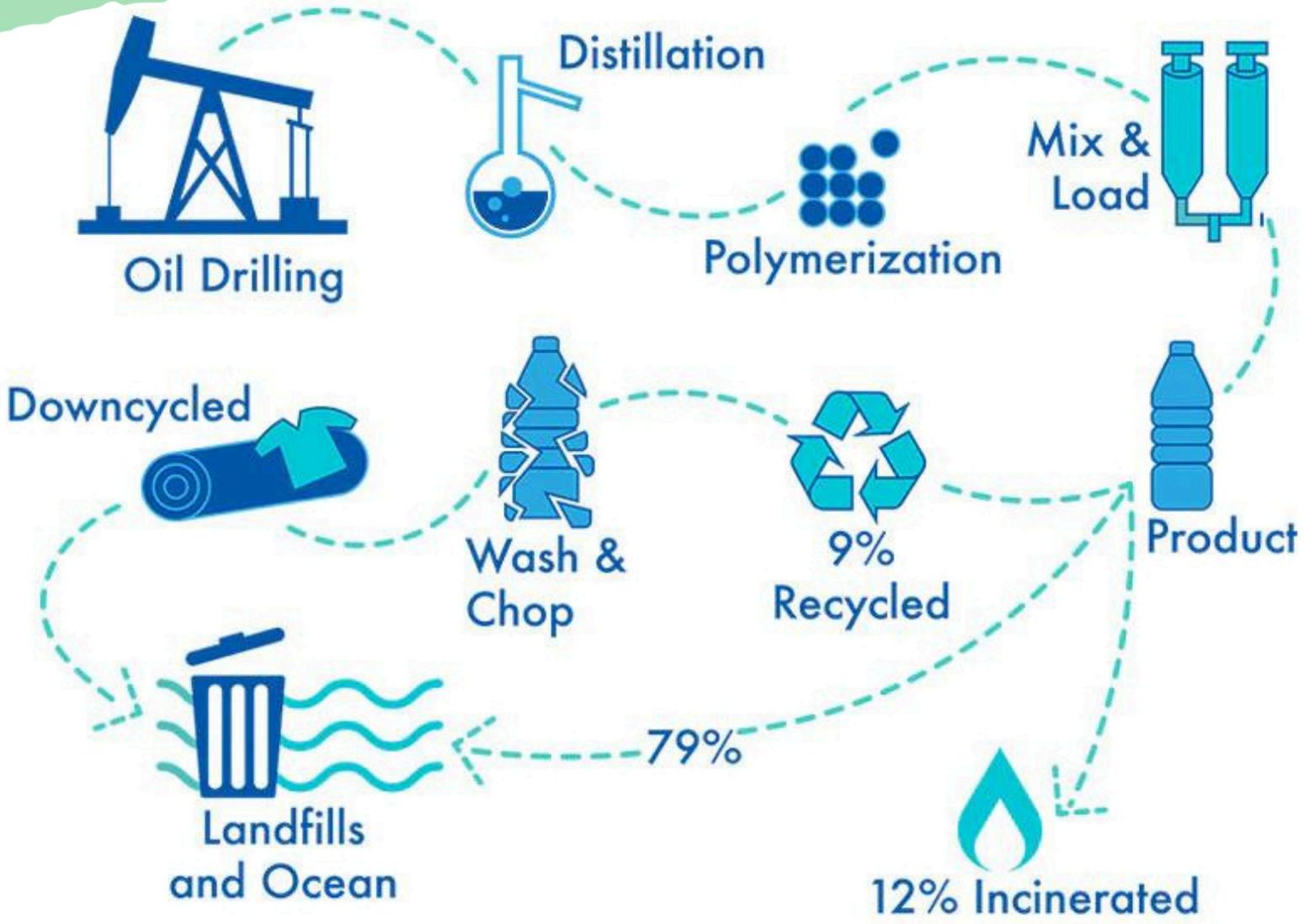
- Spread awareness about our goal of becoming a Plastic Shoonya School by organizing activities such as an assembly, a newsletter, or creating a wall dedicated to Plastic Shoonya Schools.
- Conduct a litter pick at our school premises.
- Create a video to share our enthusiasm about becoming a Plastic Shoonya School.

## AARNA's Top TIP

Get the school eco-team involved. If you don't have one- make one! Try to have someone from every class in the team.



# THE LIFE CYCLE OF A PLASTIC BOTTLE



## The Lifecycle of Plastics

"Did you know that only 30% of plastics get recycled? The rest ends up in landfill or in our streams, rivers and waterways."

Plastic bag  
20 years

Coffee cup  
30 years

Plastic straw  
200 years

6-pack plastic rings  
400 years

Plastic water bottle  
450 years

Coffee pod  
500 years

Plastic cups  
450 years

Disposable diaper  
500 years

Plastic toothbrush  
500 years

# HOW ARE PLASTICS MADE

Have you ever pondered the process behind the creation of the plastic items we use on a daily basis? Manufacturing plastic involves significant amounts of time, energy, and resources, commencing from deep within the Earth.

Surprisingly, more than 99% of plastic is produced from chemicals obtained from fossil fuels, including oil and natural gas. Consequently, the production of plastic contributes to climate change and global pollution.

While it may seem tempting to completely eliminate plastics as a solution to plastic pollution, it is important to recognize that plastic serves vital purposes in our lives.

Certain plastics are essential for applications like hospital equipment and scientific advancements such as space exploration. However, there are numerous types of plastics, particularly single-use ones, such as plastic bags and unnecessary food packaging, that can be entirely avoided.



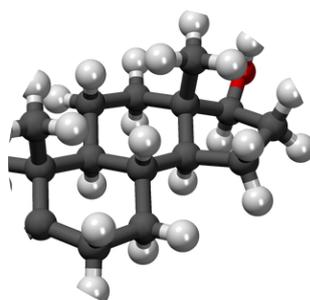
## 1 Raw Materials

The process of plastic production initiates in the depths beneath the ocean floor. Crude oil is extracted and transported through extensive pipelines from beneath the ground and sea. Subsequently, it is directed to an oil refinery.



## 3 Resins

Resins come in different shapes and sizes, like flakes, powders and small pellets called 'nurdles'



## 2 Cracking and Polymerisation

To refine crude oil, energy and water are required due to its pungent odor and dark appearance. Through a chemical process known as "polymerization," numerous small molecules called monomers are combined, forming a chain of polymers. This simultaneous formation of millions of polymer chains results in the creation of a resinous mass.



## 4 Preforms

By employing heat and pressure, the plastic pellets are melted and introduced into a mold, giving rise to a compact plastic tube known as a preform. The preform undergoes reheating and is expanded, resembling the process of inflating a balloon. Gradually, it assumes the familiar shape of the plastic products you encounter.

# DIFFERENT TYPES OF PLASTIC



## PET

Reusable



Recyclable



Safe



Often used for making bottles and dishes. thin and clear plastic.



## HDPE

Reusable



Recyclable



Safe



Often used for making crates and buckets. Thick, hard and opaque plastic. The Oasis water bottle is also made of this material!



## PVC/V

Reusable



Recyclable



Safe



PVC or Vinyl. PVC smells bad, It is mainly used for it making sewage pipes, plastic frames and pipes.



## LDPE

Reusable



Recyclable



Safe



Often used for making soft products such as foils, bags, squeeze bottles and plastic covers.



## PP

Reusable



Recyclable



Safe



Polypropylene. It is harder, flexible plastic. Often used for making storage containers, butter tubs and packaging.



## PS

Reusable



Recyclable



Safe



Polystyrene is harder than PP. Often used for making, protective material, polystyrene foam and until recently disposable tableware.



## Other

Reusable



Recyclable



Safe



This is the rest group. This includes several plastics, including: nylon, acrylic, plexiglass, teflon and perspex.

Some products consist of several types of plastics, so they must first be separated before they can be recycled.



# RECYCLING 101

**Reducing plastic waste and its environmental impact can be achieved through various approaches, including recycling. However, it is even more effective to minimize, reject, or reuse plastic whenever possible.**

Here's why.....

While recycling technologies continue to advance, they still require energy and resources. Additionally, recycled plastic tends to possess inferior quality compared to its original form, limiting its applications to lower-grade products that may quickly turn into waste.

We understand that recycling guidelines can sometimes be perplexing, as they vary across different locations. To assist you in becoming a recycling champion, we have prepared a straightforward guide to simplify the process.

- Visit your local municipalities website for detailed information regarding recycling practices in your vicinity.
- Determine the recyclable items and compile a list of them.
- Identify the individuals or departments responsible for waste management and recycling within your school.
- Devise a strategy outlining how and where you will gather and store recyclable items at school.
- Create a straightforward poster to display on your school's Plastic Clever wall, serving as a reminder to everyone about the items that can be recycled.



# GUIDE TO LITTER PICKING

A litter pick is a fantastic way to raise awareness about the Plastic Shoonya School challenge in a fun and active way.

## AARNA'S LITTER GUIDE TO PICKING

In the past, I have participated in numerous litter picks, which have proven to be an effective way to make an immediate impact on the plastic pollution in the local community. It is a quick process, and the results are immediately visible, making a significant difference in the cleanliness of the surrounding area.

However it is crucial to exercise caution while collecting litter, as there may be certain items or areas that pose a risk. Therefore, I have compiled a list of essential tips to ensure your safety during a litter pick.

### LOCATION:

There are numerous locations where you can conduct litter picking activities, including beaches, woodland paths, and city streets. However, the most littered areas are often the most frequently used, such as roadsides. For instance I have collected more than 1,000 pieces of litter from roadsides during our litter picks. Although litter picking along roadsides can yield excellent results, it can also be dangerous. To ensure your safety, avoid busy highways and stick to places with pavements. Always have a parent or guardian accompany you, wear brightly coloured clothing like a visibility jacket to increase your

### HYGIENE:

When you go out litter picking, you may come across items that are dirty and unsanitary. Often, the litter has been sitting in the environment for a long time, it is crucial to take safety and health precautions while picking up litter. To protect yourself, consider using a litter picker tool and thick gloves. Avoid using your bare hands. Also, always keep a bottle of hand sanitiser in your pocket to use after the clean-up is complete.

### TEAMWORK:

Be sure to look for scheduled community litter picks in your local area. I have participated in many litter picks before, where we have picked up more than 2,000 pieces in just one day. You can achieve remarkable results by working as a team!

### WHAT TO PICK AND WHAT NOT TO PICK:

Can you imagine finishing a litter pick, having a full bag of rubbish to dispose of, but suddenly the bag splits open, spilling everything back onto the ground? This is a nightmare situation that many of us have experienced. To avoid it from happening, avoid picking up anything sharp like shattered glass or needles. These items are not only dangerous, but they are also more likely to puncture your bag than something like a plastic bottle. If you come across something that looks too gross or questionable, it's better to leave it and not take the risk. Safety should always come first.



# AARNA'S GUIDE TO LITTER PICKING

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## TEAMWORK :



Be sure to look for scheduled community litter picks in your local area. I have participated in group litter picks before, where we've picked up more than 2,000 pieces in just an hour . You can achieve remarkable results by working as a team!

**AARNAS. TOP TIP**  
A litter pick is the perfect way to get others involved in your Plastic Shoonya mission. It's also a brilliant way to find out more about problem plastics in your local area, like the litter hotspots, types of plastic and even where they come from. This information will help you engage your school and wider community with the problem, and inspire them to help you do something about it!

## HYGIENE :



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## WHAT TO PICK AND WHAT NOT TO PICK :



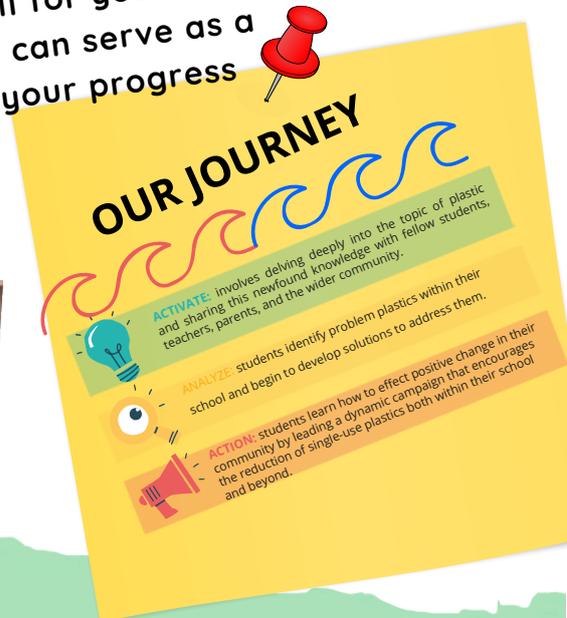
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# DESIGN YOUR SCHOOL'S WALL

Becoming a Plastic Shoonya School is much easier if everyone at your school knows about it.

A method to achieve this is by designing a wall for your Plastic Shoonya School initiative. This display can serve as a large and visible way to track and showcase your progress as you work towards your goal.



## Your step by step guide to creating your Plastic Shoonya School wall

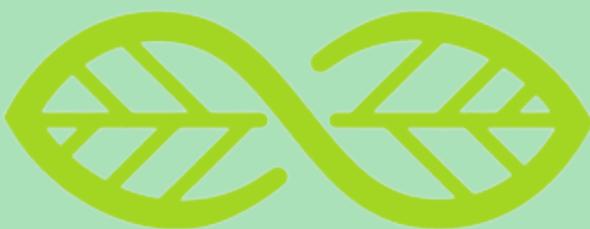
1. Request your teachers to assist you in finding a suitable location for your display. Ensure that the spot is centrally located within the school and spacious enough to accommodate a variety of pictures and information.

2. Begin the process of designing your display wall by creating a rough sketch on a piece of paper. This will help you decide what you want to include. You'll need to incorporate the three different Plastic Shoonya School levels, a checklist to mark off your progress, a section for photographs, drawings or posters, and a designated area for creating a map of your school.

3. Keep in mind that you will continue to update your wall as you progress through the three levels, so it's important not to fill it up too quickly!

4. Ensure that everyone is aware of what they can contribute to the wall, such as drawings, posters, or sticky notes with ideas for your school.

5. Be sure to capture photos of your Plastic Shoonya School wall and send them to us, so that we can showcase your amazing work on our website!



# SHARE YOUR JOURNEY

We want to hear all your news!  
Make a video and see if you can  
include the following -

Share with us your motivation for  
becoming a Plastic Shoonya School.

What inspired you to sign up for this  
initiative? Have you noticed plastic pollution  
as a problem in your community?

Let us know how you are encouraging  
others to participate.

We're excited to hear about the innovative  
ways you are engaging people in this effort.



What has been the most  
surprising, inspiring, or  
enjoyable aspect of your Plastic  
Shoonya journey so far?

Have you gained any new knowledge  
or insights that you believe will assist  
you in breaking away from single-use  
plastics?



## READY TO TELL EVERYONE ABOUT YOUR MISSION?

Organizing an assembly is a great way to  
inform the entire school about your  
initiative to become a Plastic Shoonya  
School. It's also an opportunity to  
introduce everyone to the beauty and  
importance of our planet, encouraging  
them to take action to preserve it.

## NEED HELP?

We've made a presentation that you can  
use as part of your assembly! Make it fun  
by asking your friends to help you!

[Click to know more](#)

## Have you thought of other ways to contribute?

Perhaps you can create a  
newsletter, design additional  
posters, or keep updating your  
Plastic Shoonya wall. When  
you're ready to submit your  
evidence, simply click the  
button on the next page to  
upload it to the Plastic  
Shoonya Schools website



# ACTIVATION CHECKLIST



- Raised awareness about our mission to become a Plastic Shoonya School (for example - hosted an assembly, sent out a newsletter)
- Hosted a litter pick at our school
- Made a video to share why we're excited about becoming a Plastic Shoonya School

[Click Here to Share your Evidence](#)





## LEVEL 2 ANALYSE



# ITS TIME TO ANALYZE



Congratulations! You've inspired your school to become Plastic Shoonya. Welcome to level two - ANALYZE

## WHAT TO EXPECT:

In this Level, you will gain knowledge on how plastic enters the oceans and the adverse effects it has on our environment and communities. Additionally, you will learn about the 6Rs (reduce, refuse, reuse, repurpose, recycle, and remove) to help you find ways to reduce the amount of plastic waste produced. You will conduct research to determine the primary sources of plastic pollution in your school, and then select the two most significant problem plastics to focus on, followed by creating an action plan to address them. Finally, you will present your findings and proposed solutions to the community.

## ACTIONS TO TAKE

- Complete the Plastic Shoonya Schools audit
- Create our action plan

**AARNA's Top TIP**  
Campaigning is really easy when you're taking action on something you care about. An assembly will help you inspire everyone else to care too.



# HOW DOES PLASTIC END UP IN THE OCEAN?

Have you ever wondered where plastic comes from and how it finds its way into the ocean? It may surprise you to know that about 80% of plastic comes from sources on land, while the remaining 20% is discarded at sea, mostly from fishing and shipping activities.

It's important to note that even if you live far away from the coast, the plastic you dispose of can still end up in the ocean.

## How does plastic pollution impact marine life?

Plastic pollution is bad news for the natural world. Did you know that plastic in the ocean impacts all species, big and small - from marine mammals like whales and dolphins to the smallest fish and plankton.

## How does plastic travel



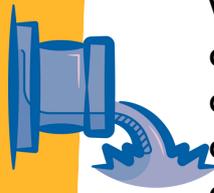
Plastic and plastic litter are carried by the **wind** and deposited into the environment.



**Rainwater** can also wash plastic into the waste and stormwater system, or directly into rivers and streams.



Some people may also intentionally **dump plastic waste** near or directly into waterways.



Waste and stormwater systems can become overwhelmed during storms or high tides, causing plastic to **overflow** and enter waterways.

## Plastic pollution

Can you envision the impact of plastic pollution? Take a moment to close your eyes and visualize it.

We're certain the image that comes to mind isn't a pleasant one. Plastic pollution is a significant issue that leads to numerous problems in our communities and around the globe, particularly in our oceans.

But now, imagine the same environment without plastic waste. That is the difference you can create!

# IMPACT ON WILDLIFE

The presence of plastic pollution in the natural environment has profoundly adverse effects. It is noteworthy that plastic in the ocean affects various species, regardless of their size, ranging from majestic marine mammals like whales and dolphins to the tiniest fish and plankton.

## How does plastic pollution impact marine life?

### Entanglement:

Discarded fishing nets and other plastic items pose a threat to fish, birds, and turtles as they can become entangled and drown.



### Consumption of Plastic:

Animals often ingest plastic because they cannot distinguish it from food. Various marine creatures, including plankton, shellfish, turtles, and whales, are affected. Whales, for example, unintentionally consume plastic when they feed.



### Plastic in the Food Chain:

When animals consume plastic, it can remain in their bodies. As a result, when one animal consumes another, these plastic particles can transfer through the food chain. The impact of these plastics on animals, including humans, is still being studied. It is known that this process can lead to the accumulation of toxins and chemicals.

### Threats to Marine Ecosystems:

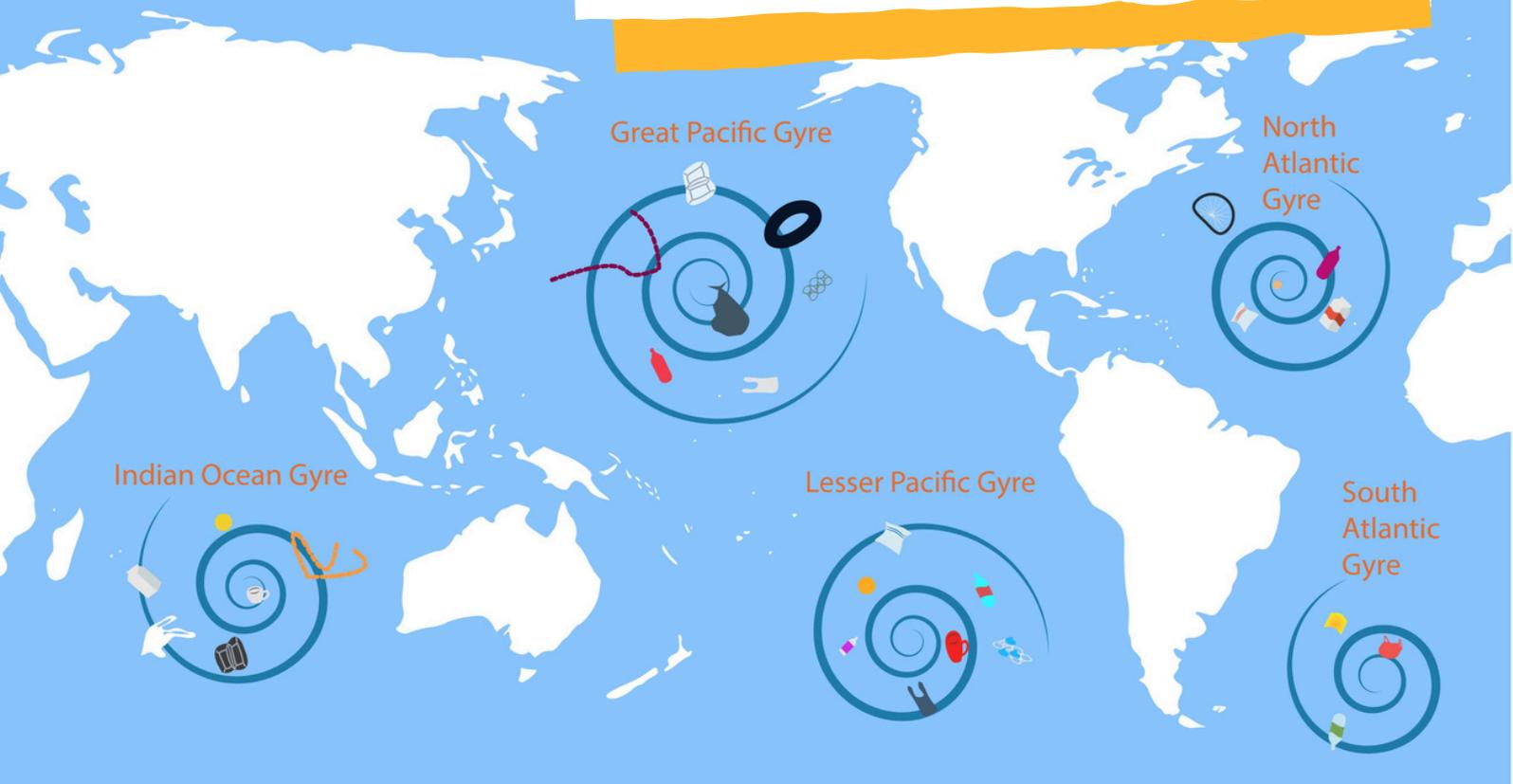
When plastic becomes entangled in corals, the likelihood of disease outbreaks significantly increases, from 4% to 89%. This means that corals in contact with plastic are 20 times more prone to getting sick compared to those unaffected by plastic. Scientists have put forward theories to explain why plastic-contaminated reefs are more susceptible to disease, including the blocking of light and oxygen, which are vital for coral survival.

**Did you know!**  
It's estimated that plastic takes 450-1000 years to biodegrade?

# HOW DOES PLASTIC END UP IN THE OCEAN?

Ocean water that moves together forms a current, which can be influenced by wind patterns and forces from the Earth's rotation. These currents can move in circles, creating 'gyres' that act like slow-moving whirlpools.

There are five major gyres in the world's oceans: the North Atlantic Gyre, South Atlantic Gyre, South Pacific Gyre, North Pacific Gyre, and Indian Ocean Gyre. These gyres operate like conveyor belts, and a significant amount of the plastic in our oceans ultimately ends up in one of these gyres.



# PLASTIC SHOONYA SCHOOLS AUDIT

As a Plastic Shoonya School, it's important to take action to reduce the amount of single-use plastic waste and protect our ocean and natural environment.

Conduct an Audit An audit is a set of questions that will help you gain insight into the plastic waste generated in your school, including the types and quantity of plastics being used. This information will enable you to identify the areas that require attention, and it will help you on your mission to eliminate single-use plastics.

To investigate the problem plastics in your school, enlist the help of your friends and teachers

to complete the audit questionnaire and analyze the results.

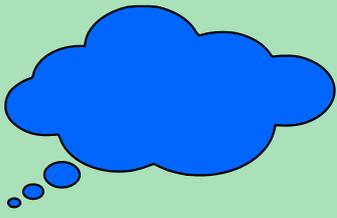
Gathering data is a crucial skill that scientists and explorers employ to learn about new things and solve problems!

[Click Here to get Started](#)

The Big Four - How many are your school throwing away each day?



HAVE YOU EVER  
HEARD OF THE 6 R'S ?



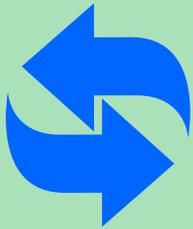
Rethink



Refuse



Reduce



Replace



Recycle



Repair

Some of the R's are  
better than others!

Check out our fact sheet  
to help you decide which  
ones you want to focus  
on and think about the  
different solutions you  
can come up with in your  
school.

# HAVE YOU EVER HEARD OF THE 6 R'S ?



## Reduce

### You & me

Reduce the number of products we buy.

#### Businesses making plastic

Design products which use less materials, use less energy to produce and use less packaging during transport.

#### Shops selling plastic products & packaging

Reduce carbon emissions by transporting straight to consumers rather than to warehouses and shops.



## Recycle

### You & me

Make sure that we recycle things in the correct way. Choose shops that support recycling.

#### Businesses making plastic

Design products that use recycled materials and make sure their products are recyclable.

#### Shops selling plastic products & packaging

Sell products from businesses who support recycling.



## Reuse

### You & me

Choose products which can be reused such as printer cartridges which can be refilled. Sell or donate products that we no longer use ourselves.

#### Businesses making plastic

Consider how a product can be taken apart at the end of its life so the parts may be reused.

#### Shops selling plastic products & packaging

Reuse cardboard and plastic packaging wherever possible.



## Refuse

### You & me

Refuse products that have lots of plastic packaging.

#### Businesses making plastic

Think about how people will react to their products when they are designing them - will people really want them if they use lots of plastic?

#### Shops selling plastic products & packaging

Stop buying from businesses who won't change their packaging to more sustainable materials.



## Rethink

### You & me

Ask yourself "Do I really need this product?"

#### Businesses making plastic

Design products that do the same job more efficiently.

#### Shops selling plastic products & packaging

Choose packaging that is easier to recycle.



## Repair

### You & me

Repair items such as clothing and furniture rather than replacing when damaged.

#### Businesses making plastic

Design products which can be repaired, replacing part of a product rather than the whole thing.

#### Shops selling plastic products & packaging

Choose manufacturers who repair goods rather than replacing.

# MAKE YOUR ACTION PLAN

Create an action plan to decrease the usage of at least two of the problematic plastics at your school. An action plan is a straightforward approach to determine your next course of action. Here are some helpful prompts and sample responses to assist you in getting started...

**What problem plastic(s) are you going to tackle?**  
Single use bottles and cups

**What can you do to reduce it?**  
Run a campaign to get everyone to use a reusable bottle instead

**How will you know you've been successful?**

Everyone has a reusable bottle and the school has stopped ordering the cups.

**What help will you need?**  
We will spread the message to our friends, pupils, staff and parents. We'll also find out who orders the school's single use cups and speak to them too

It can be really useful to understand how everyone at school feels about the plastic pollution issue. It's important to see things from lots of different perspectives - it can help us find solutions quicker!

Now that you have made your action plan in the next stage you'll really get to grips with how to make these actions happen!

Are you ready to survey your school

# PLASTIC SHOONYA ACTION PLAN

What problem plastic(s) are you going to tackle?

E.g. Single use bottles, cups and food packaging

What can you do to reduce it?

E.g. Get everyone to use a reusable alternatives

What help will you need?

E.g. Help to spread the message to pupils, staff and parents. Also, we'll need to speak to school canteen/supplies department etc.. to stop ordering the single use plastic items.

How will you know you've been successful?

E.g. Everyone has adopted reusable alternatives and the canteen/supplies department etc.. has stopped ordering single use items.

# SURVEY

Are you a

- Teacher  Student  Parent  Community Member

How much do you know about plastic pollution?

Tick one of the boxes below, 1 being nothing at all and 10 being I'm an expert

- 1  2  3  4  5  6  7  8  9  10

How well do you think your school is tackling the issue?

- I don't know  We're not doing enough  Ok, but I think we could do a lot more  We're doing really well

What concerns you the most when you think about plastic pollution?

- The impact it has on our health  The impact it has on our local community  The impact it has on the ocean

Who do you think is responsible for reducing plastic waste at school?

- Government  Businesses  Individuals  People who make plastic products  All of these

What's one thing you think our school could do this month to become Plastic Clever?

# SHARE YOUR JOURNEY

Let everyone know how your investigation has gone!

Refresh your Plastic Shoonya Schools display board.

Display images of the problematic plastics that you have identified and plan to tackle.

Spread awareness by sharing the findings of your survey and audit.

Make the information accessible and easy to comprehend for everyone in your school community, so that they can become a part of your mission.

Remember to discuss your action plan with others!

Once you've finished it, display it on your Plastic Shoonya Schools wall and brainstorm other ways to spread the word. You could ask your teacher to announce it during an assembly or come up with creative ways to share with your classmates.



## AARNA's Top Tip

Think like a detective! Ask lots of questions and explore all sorts of solutions. There isn't one 'perfect' way to be Plastic Shoonya



# ANALYZE CHECKLIST



- Completed the Plastic Shoonya Schools audit
- Created our action plan

[Click Here to Share your Evidence](#)





# Level 3

## ACTION



# ARE YOU READY FOR SOME ACTION



The last step of your journey is focused on taking action! You'll launch your campaign, begin to eliminate single-use plastics at your school, and update everyone on your progress.

## WHAT TO EXPECT:

You will discover effective ways to create a positive impact, drawing inspiration from exceptional organizations worldwide.

Using your action plan, you'll address at least two of the problematic plastic waste at your school and enlist the support of your friends and teachers in implementing it.

You'll keep everyone up-to-date on your progress by constructing a map of your school and local area as a Plastic Shoonya School and sharing what you've learned on this journey.

## ACTIONS TO TAKE

- Run a campaign to tackle at least 2 problem plastics in your school
- Share photo evidence
- Create a celebration video

**AARNA's Top TIP**  
Make sure you give everyone an opportunity to get involved in your campaign. You'll need lots of people with different skills to help you.



# HOW TO MAKE A DIFFERENCE

**Education** - Gather as much knowledge as possible to gain a better understanding of the plastic pollution problem and be able to communicate about it confidently. Conduct online research, reach out to teachers, parents, and community members to learn more.

**Networking** - Keep in mind that many inspiring individuals and groups worldwide are tackling this issue. Find ways to connect with fellow activists, organizations, and community groups.

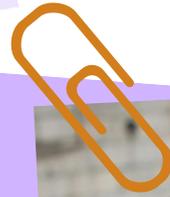
**Discover your strength** - Reflect on your unique talents and strengths that can be utilized to support this cause. Everyone has something to offer in the effort to reduce plastic waste.

**Begin with small steps** - Start by identifying actions that you can take at home, in your school, and within your local community.

**Advocate positively** - Instead of emphasizing the negative effects of plastic pollution, highlight the importance of the ocean and the incredible marine creatures that inhabit it.

**Be vocal** - Use your voice to spread awareness and share your message with others.

**Lead by example** - Strive to be a role model of a Plastic Shoonya lifestyle so that others can learn from your example.



At times, it may seem daunting to learn about plastic pollution worldwide, making it easy to feel like one person can't make a difference.

However, consider someone like Greta Thunberg, the environmental activist.

When Greta was just 15 years old, she began the Climate Strikes movement by sitting outside the Swedish Parliament, demanding stronger action on climate change.

Her small action has since inspired millions of students worldwide to protest, and she now speaks to world leaders, politicians, and activists to address the climate crisis.



# HOW TO BUILD AN EFFECTIVE CAMPAIGN

Remember to use your action plan as the starting point for your campaign!

## BUILDING EFFECTIVE CAMPAIGNS

Building an effective campaign can feel like a big task. There are four things we need to remember when we are trying to make change.

**Provide a compelling reason** - When it comes to making necessary changes, it can be challenging and time-consuming. That's why it's essential to have a strong motive to take action.

**Example:** Inspire your community to care about the ocean by screening a documentary that showcases the incredible marine life inhabiting it.

**Highlight role models** - Observing others taking action can be motivating and demonstrate that positive changes are possible. It can inspire individuals to participate in the movement.

**Example:** Share the inspiring stories of environmental activists who have made a significant impact globally.

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**Provide clear instructions** - If we want to change our habits, we need to understand how. By outlining simple steps, we can make it more feasible and encourage people to initiate new habits.

**Example :** Create a "how-to" poster illustrating practical ways to reduce the use of single-use plastics.

**Make it accessible for everyone** - To encourage the whole community to take action, we must make it convenient for them to do so.

**Example:** Launch a petition urging the local council to establish curb-side recycling to make recycling more accessible for everyone.



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# TAKE ACTION!

Ready to wave goodbye to plastic waste? Here are a few ideas to get you started.

Send a tweet! Ask a teacher or an adult at home to help with this.

Give a presentation to your school leaders

Create posters to put up in plastic hotspots

Plan an event

Need money to make some of your ideas possible? Come up with a fun way to fundraise!

There are so many different ways to help your school become Plastic Shoonya. Why not write a letter to encourage positive change

Get creative and write a letter!

## HOW TO WRITE AN ADVOCACY LETTER

Writing an advocacy letter can be an effective way to express your opinions and encourage positive change. Before writing your letter, it's important to consider key questions such as what you want to achieve, who your audience is, and why your message matters.

**What do you want to achieve?** Do you want your school to include more information about plastic pollution in the curriculum? Or do you want to reduce the use of plastic items in the canteen? Focus on one or two key points that you want to communicate.

**Who is your audience?** Alternatively, you can contact your local government, which is responsible for services such as transport, health, and the environment.

**Why is it important?** You need to explain why your message is important to you and why it's important for your audience to make the change. Consider how you will benefit from it, and how it will benefit others.

**Who should you contact?** Once you have decided on your message, think about who would be the best person or group to contact. You can start by reaching out to your school leadership team, including the headteacher, parents, or the canteen staff.

**How can you encourage others?** You can also consider contacting a local business, which can produce a lot of waste. Sharing your opinion on their products or services can be helpful in reducing waste. For example, you can ask if any businesses you refill your water bottle when your about.

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## Contact local government

Alternatively, you can contact your local government, which is responsible for services such as transport, health, and the environment.

## Why is it important?

To persuade your audience, you need to explain why your message is important to you and why it's important to the person or group you're contacting. Consider why you want to make the change and how it will benefit others as well. Be persuasive in your letter and explain why action needs to be taken.

**Who should you contact?** Once you have decided on your message, think about who would be the best person or group to contact.

## Contact your school leadership team

You can start by reaching out to your school leadership team, including the headteacher, parents, or the canteen staff.

## Contact a local business

You can also consider contacting a local business, which can produce a lot of waste. Sharing your opinion on their products or services can be helpful in reducing waste. For example, you can ask if any businesses will let you refill your water bottle when you're out and about.

## Some ideas for writing your letter...

Introduction: State why you are writing

Paragraph 1: Outline the problem (For example - We've done a waste audit and found that 70% of our plastic waste is coming from our canteen.)

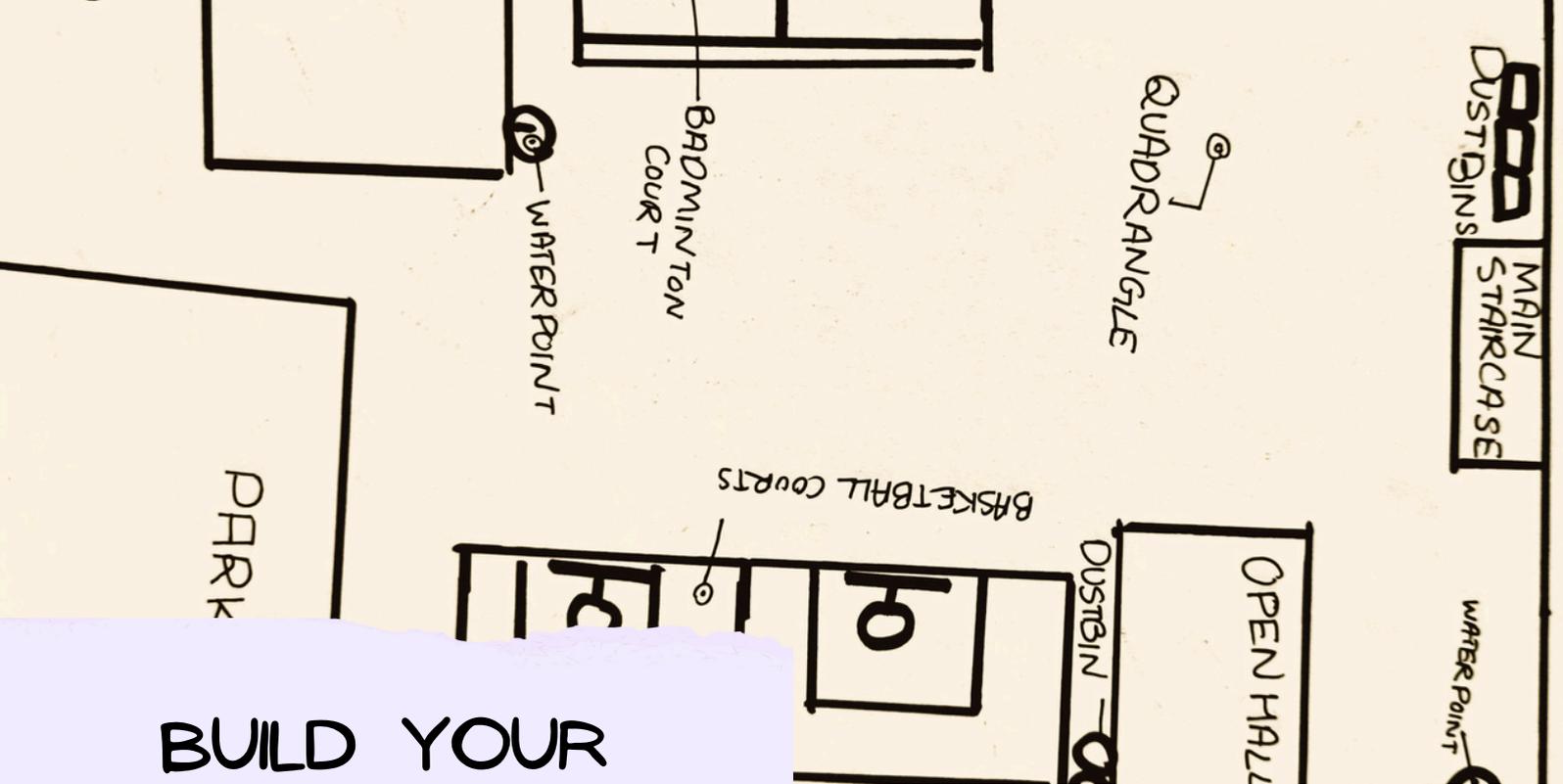
Paragraph 2: Provide a solution

Paragraph 3: Explain how the solution will benefit you, them, and others.

Summary: Thank them for reading your letter and ask that they contact you back.

Here are some persuasive sentence starters to get things going:  
I believe... Did you know... Imagine if... As a matter of fact... Everyone knows that... Firstly... In addition... In my opinion... I'm sure you agree... However... Even though... Having considered... In conclusion...





## BUILD YOUR PLASTIC SHOONYA SCHOOLS MAP

A great way to gain more knowledge about your school's plastic footprint and share vital information to help reduce it is to create a map of your school and the surrounding community. Follow these steps to get started:

1. Begin by drawing a bird's-eye view of your school, including all outdoor areas like playgrounds, sports fields, and parking lots. Use a large piece of paper to allow for ample space to add information.

2. Mark the location of your recycling bins, water refill stations or drinking water taps, and any Plastic Shoonya initiatives, such as litter pickers for public use.

3. Identify the plastic hotspots in your school that have the most plastic pollution, such as the playground, car park, lunchroom, or areas around the bins.

4. Add the names of individuals who make decisions about waste management, run the canteen or lunchroom, and other important participants in your school's Plastic Shoonya program, such as Eco Club or school council members.

5. Continue to expand your map. Once you've created a map of your school, consider extending it to include your local community, including local recycling centers, plastic hotspots, water refill stations, parks, and green spaces.

6. Display your map on your school's Plastic Shoonya wall to encourage others to join your efforts to reduce plastic waste.

# SHARE YOUR JOURNEY

Yay! It's time to celebrate all your hard work and share it with the rest of the Plastic Shoonya Schools community

## Give us a video tour

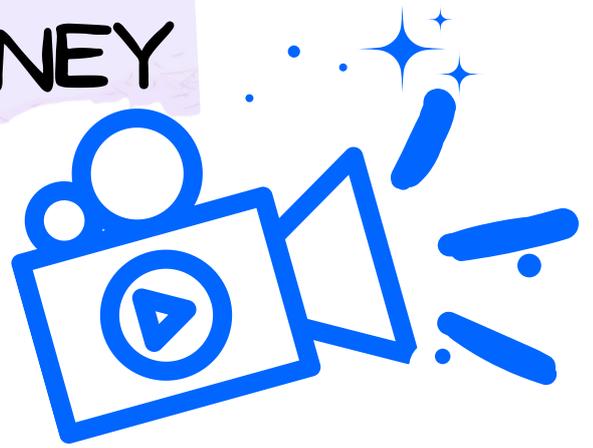
Take us on a video tour of your Plastic Shoonya Schools wall and showcase some of your efforts in action. You could feature an area that was once a plastic hotspot or highlight students using their reusable bottles. Don't forget to introduce the amazing pupils and teachers who contributed to the cause!

## Show us the fun bits

Share the fun parts of the journey with us. Have you made any interesting discoveries or had any big "a-ha!" moments along the way?

## Get help

Why not ask your teacher to help you share your video on the schools website, or with a local newspaper to really capture the attention of your whole community and celebrate your amazing work!



## Be Proud

Express your pride in being a Plastic Shoonya School and let us know what's next for you. Has your school been motivated to take on even more plastic items? Which ones will you target next?

## Say thanks

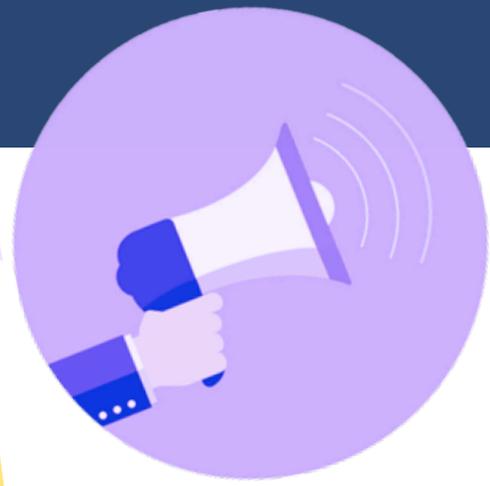
Make sure to express your gratitude to everyone who helped. Consider sharing the video with your entire school during an assembly.



Take pictures of some of the swaps or changes you've made at school reduce single use plastic. We can't wait to see what you've been up to!



# ACTION CHECKLIST



- Ran your campaign to tackle at least two problem plastics in your school
- Shared photo evidence
- Created a celebration video

**AARNA's Top TIP**  
If you're not sure where to start, choose one of the 'big 4!' Single use plastic bottles, cups, bags and straws are some of the biggest plastic polluters and some of the easiest to cut out!

[Click Here to Share your Evidence](#)



**CONGRATULATIONS!!!**

You have successfully guided  
your school towards achieving  
the Plastic Shoonya School  
status.

