

LESS WASTE LAURA SCHOOL KIT

THE ENVIRONMENTALLY CONSCIOUS CLASSROOM

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OUTLINE

A little introduction to Less Waste Laura, and the creation of the school kit; the 'environmentally concious classroom'.

LESS WASTE LAURA BLOG

WHO IS LESS WASTE LAURA?

Laura Young is a 23 year-old environmentally conscious influencer from Scotland. She has a Masters degree in Environmental Protection and Management, and advocates for living sustainably, ethically, and environmentally. Her social media presence around these topics has created a community of over 36,400 people - it is full of tips and tricks for everyday people to make simple changes to their lifestyles for the better. Laura has taken this presence offline, speaking frequently at both environmental, and non-environmental conferences, workplaces, schools and events across the UK, notably including a **TEDx Talk** in 2019. In just two years she has single handedly built this platform alongside full time higher education and a career.

THE SCHOOL KIT

Welcome to the '**environmentally conscious classroom**' school kit! This is a great resource for you to use in your school, or while at home with children aged 4 to 11. This kit has been made by Laura Young, alongside Miss Heather Holloway - a Scottish Primary School Teacher. Heather has had first-hand experience teaching a wide age range of children about sustainability and how to be environmentally friendly - both at school and at home. Throughout this kit you will find helpful activities, resources, topic ideas, and products. These products will help you and your children learn more about our environment, and how to live more sustainably. There will also be references to how these resources are designed alongside the curriculum, and where to find extended resources from Twinkl.

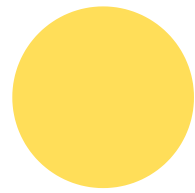
HOW TO REACH ME

- Join my monthly email list!
- Website: www.lesswastelaura.com
- Social Media: [@LessWasteLaura](https://www.instagram.com/LessWasteLaura)

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TEACHER'S NOTES

Teacher's notes from Miss Holloway, a Scottish Primary Teacher with previous experience teaching sustainability and environmental studies.

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TEACHER'S NOTES

TEACHER'S NOTES

The Curriculum for Excellence aims to enable all children to become **responsible citizens** who are able to evaluate environmental, scientific and technological issues. Below is the overall learning outcomes and objectives of this resource pack and a list of Experiences and Outcomes these activities work towards.

LEARNING OUTCOMES	LEARNING OBJECTIVES
<ul style="list-style-type: none">• To understand why it is important to protect our planet• To identify ways that we can adapt and change to protect the world in our own lives.• To understand what it means to be environmentally friendly• To explore and work with plants, food and materials to create different ways to reduce, reuse and recycle.	<p>All children will be able to:</p> <ul style="list-style-type: none">• Suggest at least 3 ways they can be more environmentally friendly• Repurpose an everyday household item by using their imagination to create and design new ideas.• Understand the implications using certain materials has on our planet• Learn ways to cook sustainably• Be able to explain why protecting our planet is important and show their understanding through an activity <p>Some children will be able to:</p> <ul style="list-style-type: none">• Identify and explain new ideas for protecting the planet• Suggest ways individuals and organisations could change to adopt a more sustainable lifestyle• Continue to apply sustainable ideas into their own everyday life

EXPERIENCES AND OUTCOMES

Below is a list of Curriculum for Excellence Es and Os we believe this pack covers. This list is not definitive and can be adapted.

Early:

TCH 0-06a
TCH 0-07a
TCH 0-04a
EXA 0-02a
EXA 0-13a
EXA 0-18a
LIT 0-01a
LIT 0-11a
LIT 0-20a
LIT 0-31a

First:

TCH 1-06a
TCH 1-07a
TCH 1-04a
EXA 1-02a
EXA 1-13a
EXA 1-18a
LIT 1-20a
LIT 1-28a
LIT 1-29a

Second:

TCH 2-06a
TCH 2-07a
TCH 2-04a
EXA 2-02a
EXA 2-13a
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LIT 2-20a
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ECO RESOURCES

Eco resources from Less Waste Laura, broken down into rooms of the house – covering topics from gardening to waste, cooking to art, and drama to reading!

THE SCHOOL KIT ECO RESOURCES

Here you will find a large selection of activities for you, your class, and children to do. These activities will cover: learning about our environment, how to protect it, how we can save waste, and how we can be more eco friendly in our homes. These have been broken into sectioned activities, and have references to activity resources from Twinkl and other education websites. They also relate directly to Curriculum for Excellence experiences and outcomes.

Every section has a wealth of information and resources to clue you up about sustainability, with examples of activities you can do at home! Giving waste a second life is so important for sustainability. We are the last line of defence before sending out waste to landfill, and we must take responsibility and help our kids learn the skills to see the multitude of opportunities in our homes.

This 'school kit' is broken down into rooms of the home, showing you how you can be more environmental in each place from the kitchen to the garden, in your recycling and out in the wild! Each section has been broken up with the overall learning intention stated at the start. Following the learning intention there are follow up links to resources from Twinkl and other online platforms to aid teachers and parents in researching further into each topic. After the links there is a Less Waste Laura tutorial, where Laura has chosen her favourite activity from each section and demonstrated step by step how it could be completed at home.

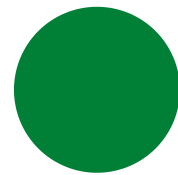
During this uncertain time with the pandemic we wanted to create a resource which had teaching, learning and activities set out and explained in order to support teachers and parents who are acclimatising to the new structure of online school. These tasks have been created with simplicity in mind, using everyday objects which you should have at home or involve being in a small outdoor area. With the current government guidelines we do not want people to feel they need to be constantly shopping or going out on long excursions to complete these activities.

Use the Twinkl School Closure free access code: UKTWINKLHELPS
at [Twinkl](#) to take advantage
of their [Green Week Resources](#).

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ECO RESOURCES

In The Kitchen



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ECO RESOURCES

IN THE KITCHEN

The kitchen is one of the best, and worst places for waste in our homes. It can be the source of a little, or a lot of waste, but also provides the place we have the most potential to be more environmental in the way we live our lives.

It's where we keep our bins, cook and eat our food, it holds our fridges and freezers, our food storage containers, and many peoples homes are centered around this room. In this section we will look at the waste which can be saved when we change the way we store our food, and also provide some tasty recipes for saving food waste.

There are so many resources we can use to improve our sustainability in the kitchen. Make sure to check out these ideas for [saving food waste](#), and download this [food waste template poster](#)! There are many recipes which help us along the way, [BBC goodfood](#) has some amazing ideas on how to make your leftovers into tasty treats! Also some of our favourites from Twinkl include a [veggie burger recipe](#), [banana loaf](#) and making [homemade stock](#) from scrap vegetables!

You can download some [waste fact cards](#) and quiz one another on the impact our food has on the planet, while waiting on your delicious food to cook! Why not also check out how you can feed your birds with food scraps with this information from [RSPB](#), and hear about what tips [Zero Waste Scotland](#) has for saving waste! There are lesson packs catered to different learning stages on their website.

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ECO RESOURCES

IN THE KITCHEN - Example

Make your own beeswax wraps!

Wax wraps are one of the best alternatives for storing food to avoid plastic cling film. They are super easy to make, and can double as an art project for kids. **Buy your own kit here!**

You will need:

- An old piece of fabric
- Beeswax
- Greaseproof paper x2
- Grater
- Iron



Step 1. Cut your fabric to the size of your desired wrap

Step 2. Place this fabric on top of the greaseproof paper

Step 3. Grate your wax over the fabric, making sure to cover all over, including up to the edges

Step 4. Cover the top with the other piece of greaseproof paper

Step 5. Iron over the paper, melting the wax underneath, until you see the wax spreading out and fully melted

Step 6. Carefully pull off the paper, and hang up to dry (a washing line or piece of string with clothes peg is perfect)

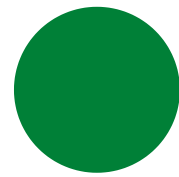
Optional step - use plain fabric, and first draw a design on the cloth! Perfect for kids to personalise their own wrap

If you need a little more help, check out this **video**

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ECO RESOURCES

In The Recycling



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ECO RESOURCES

IN THE RECYCLING

Now, more than ever, our physical waste has a huge impact on the planet. Since the beginning of lockdown, many countries across the world have been cutting back on the recycling and waste collection services provided in our neighbourhoods. For Laura, her council has completely removed food waste collection and all recycling services, meaning that all of the waste now produced is all going into the same bin, and all going to landfill. This is not good.

This section covers how we can rethink waste, showing endless possibilities for giving waste a second life through art and creativity. Food waste is one of the biggest things we can change to help our planet, and avoiding food waste going to landfill is super important. We have already talked about some great food waste saving recipes in the 'In The Kitchen' section, and later we will talk about how you can make your own compost heap as part of 'In The Garden'.

One of Laura's favourite movies is **WALL-E**. This animated movie teaches kids about the impact our waste has on the planet, offering a glimpse into a world which has been taken over by rubbish. A great way to spend a relaxed day while still learning about our responsibility to our world.

There are thousands of inventive ways you can create models and structures using items you have before being thrown in the bin! [Click here](#) to find 19 activities using recycled items. If you are feeling extra creative and arty why not try these [different art projects](#). Twinkl has a whole activity pack focussed on '[Recycling Week](#)' which includes a logo activity, a fun scavenger hunt, recycling sort cards and a writing framework for children to reflect on five ways they can help protect the world. Don't forget to check out the Twinkl [Recycling Challenge Checklist](#)!

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ECO RESOURCES

IN THE RECYCLING - Example

How to make an Eco Brick

An Eco Brick is an incredible new invention that has been sweeping the nation; the idea is to fill a plastic bottle with plastic that cannot be recycled. Once it is a certain weight and the plastic is compact enough it will be as strong as a brick! Communities have been collecting many and making lots of creative things like school benches or raised flower beds!

You will need:

- One large plastic bottle
- Lots of unrecyclable plastic packaging
- One wooden spoon/long stick

Step 1. Wash out and dry your plastic bottle and packaging

Step 2. Begin putting the packaging into the bottle, using the spoon to squish it to the bottom

Step 3. Continue this all in one go, or over a couple of days/weeks until it is full

Step 4. You now have to do the maths, your Eco Brick is complete when it weighs a third of its volume (eg. a 1000 ml (1 ltr) bottle has to weigh at least 333g to be 'dense' enough to be a brick)

Step 5. Find a place to put your Eco Brick, and think of a creative way to use it! Why not make a few and use them as bowling pins, or gather them up to make a structure?

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ECO RESOURCES

IN THE RECYCLING - Example

How to make a recycled cardboard notebook

You will need:

- Old cardboard boxes
- Hole punch
- String
- Scissors

Step 1. Collect up cardboard boxes (these can be from cereal boxes, postal boxes, or anything else)

Step 2. Cut them into the size you would like your notebook to be

Step 3. Use the hole punch to make holes along the 'spine' of your notebook

Step 4. Line all of your 'pages' up, and use the string to tie them together



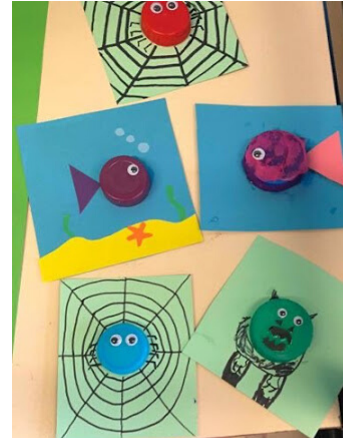
THE SCHOOL KIT

ECO RESOURCES

Extra Ideas

There are countless other ways to get creative with day to day household items. Here is a list of extension tasks, so the learning never stops!

Art: Use a plastic bottle lid as a way to create different animals. Glue the lid onto a piece of paper or card and create an image of that animal's natural habitat. You can even use the back of the paper or card to collect facts about your chosen animal. Also plastic bags can be used to create sea creature shapes too!



OR Never lose anything again by repurposing a Plastic bottle/ washing up liquid bottle/ shampoo bottle by cutting it to make a pencil or bits and bobs holder.



OR Use plastic items/ sponges around the house or classroom as a painting tool (e.g. yogurt pots) and see the way it creates different shapes and patterns in your pictures.

OR Create a bird feed scooper by cutting the bottom of a plastic bottle. Use [Twinkl](#) or [RSPB](#) to see other upcycling craft ideas!



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Extra Ideas

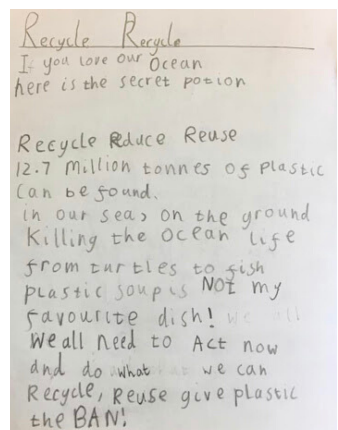
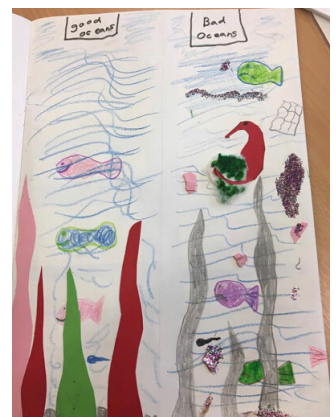
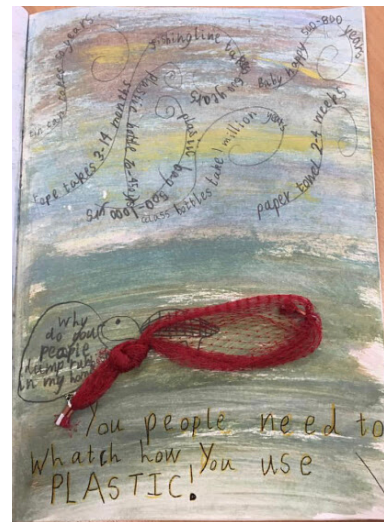
There are countless other ways to get creative with day to day household items. Here is a list of extension tasks, so the learning never stops!

Writing: Use your cardboard diary to keep a record of your sustainability journey. Document your sunflowers' and vegetables' growth and detail ALL the ways you are helping protect or planet by swapping to eco products. Or use it to create your own **Environmental Dictionary**.

OR: Design a poster highlighting the key reasons protecting our planet is important. You could be as creative as you like using POWERFUL language, pictures, poems and more!

Drama: The Eco 6 O'Clock News - create a segment for the news featuring facts, interviews with experts, witnesses to key eco events and helpful tips for people at home to help save the planet. You will need to research interesting facts to keep your viewers captivated and maybe even dress up to get into character!

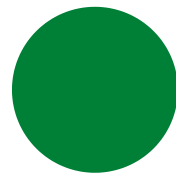
Music: The Plastic Band- use different pieces of plastic and other materials around the house to create your own musical instrument, create a tune or jingle about why protecting the planet is IMPORTANT.



Special thank you to Miss Holloway's p4-7 pupils at Glencoe Primary School for their brilliant work showcased here.

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ECO RESOURCES

In The Garden



THE SCHOOL KIT ECO RESOURCES

IN THE GARDEN

Our gardens, or local green spaces, are a wealth of opportunity when we are wanting to live more sustainably. Whether we have a full wild back garden, or some space for a windowsill planter; there is so much we can do to grow, learn, and play! In this section we will be discovering how we can be a little more green using our gardens and outdoor green spaces.

Growing our own food does not need to be difficult. With a little practice you can plug growing into your routine with your family or school. Many foods can be grown from the scraps we leave behind. Throughout this section's activity, we will learn about the amazing foods we can 'regrow' from our kitchens, many of which you can plant into a pot or windowsill box if you don't have a garden. Laura used to live in a top floor flat and managed to grow some vegetables from her windowsill box, and herbs inside!

There is no limit to the number of activities to keep you busy in the garden! If you check out [blog 1](#) and [blog 2](#) you will be able to find the best and easiest vegetables to grow with children in the garden! [Click here](#) to see the fruit and vegetables you can regrow from home without seeds.

On Twinkl you will also find a helpful plant growth [sequencing sheet](#) which children can use to help observe their own plants. There is also a [Spring checklist](#), [garden bird checklist](#), [graph](#) and [fact files](#) to keep our keen birdwatchers occupied and excited about nature! Finally, try your hand at [guttering](#) and making a [downpipe](#) using plastic bottles.

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ECO RESOURCES

IN THE GARDEN - Example

Regrowing vegetables!

Did you know that many vegetable scraps which we throw away can actually be used to regrow the plant? This is an amazing tip for when we want to make the most out of the food we buy. With these easy steps you can regrow plants in your garden! Find out all of the options [here](#), but below this kit outlines some of the easiest!

Lettuce

Step 1. Place the base of the stalk in a bowl with water

Step 2. Keep it under a sun lit area

Step 3. Sprinkle with water twice a day for 4-5 days

Step 4. When roots and leaves appear, plant to your garden!



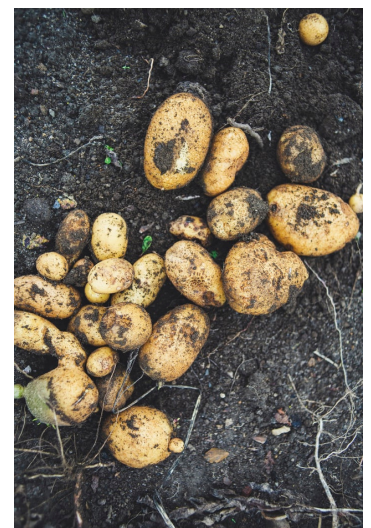
Potatoes

Step 1. Cut a potato so that it has at least a 2 inch chunk (make sure it has 'eyes' the beginnings of the shoots)

Step 2. Allow to dry overnight

Step 3. Plant them in 4 inch deep soil, with the 'eyes' facing up

Step 4. Wait for a few weeks for your potato plants to grow



THE SCHOOL KIT ECO RESOURCES

IN THE GARDEN - Example

Beetroot

Step 1. Cut the top parts of the beetroot and leave in a jar of water

Step 2. Wait for new green tops and root to appear after a few days

Step 3. Allow the roots to grow to about a few inches, and then plant



Tomatoes

Step 1. Rinse seeds from inside a tomato, then let dry

Step 2. Plant these seeds in fertile soil in a sunlit area indoors

Step 3. Water the soil every few days

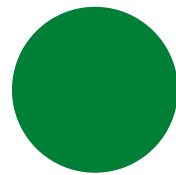
Step 4. When the seeds sprout to a few inches, plant in the garden!



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ECO RESOURCES

In The Wild



THE SCHOOL KIT ECO RESOURCES

IN THE WILD

The wild world outside is amazing! There are animals, birds, insects and fish right on our doorsteps. This section will be looking into our wild backdoors, whether that's through a window, in your garden, on a walk in the park, or through our televisions.

Being connected with nature first comes with being immersed in it. Walking through the forest or along the rock pools at the beach really connect us to the world outside, however we can enhance this connection by learning and understanding the wildlife we are seeing. Laura has loved watching the birds in her back garden, understanding which type of bird is which, and counting how many she sees everyday over breakfast.

To learn about our world is to see and experience it. David Attenborough famously said:

"No one will protect what they don't care about; and no one will care about what they have never experienced."

Nature documentaries help us all experience the wild from our homes; many which Laura was inspired by, and recommends!

[Blue Planet I and II](#)
[Seven Worlds, One Planet](#)
[Human Planet](#)
[Dynasties](#)



In the wild there are many different activities you can try, for example making a [compost heap](#), [hedgehog cafe](#) or even a [bird bath](#)! If you prefer poster making, then check out the [Save Scotland's Wildlife poster](#) or [Celtic Rainforest](#) investigation. You can also complete the [five senses](#), and [nature walk](#) scavenger hunts which involve lots of concentration and focus in order to be successful! If you are feeling very competitive you can play the [RSPB Spring bingo](#). Why not time yourself and find out who is the winner in your family or class!

THE SCHOOL KIT ECO RESOURCES

IN THE WILD

Make a Bug Hotel

What you will need:

- Bricks (holes in them are best)
- Wooden pallets
- Or a container with holes

Extras to make it a 5 star Hotel:

- Strips of wood and bark
- Moss and dry leaves
- Old terracotta pots
- Bark or Pine cones
- Sand and soil



Step 1. Choose a suitable place for your bug hotel - a cold, damp place will suit some creatures and a warm, dry spot will suit others

Step 2. Use your bricks as the base and build up a structure for the bugs to crawl in and out of. Perhaps use the wood as a flooring structure. The design is up to you

OR

Step 2. If you are using a container please make sure it has holes to allow the bugs to crawl in and out and for drainage

Step 3. Fill your structure or container with compost and fertile soil

Step 4. Use your extra resources to fill in the gaps. Think of which creatures you would like to visit - Woodlice and beetles love wood/sticks or nectar-rich flowers for butterflies and bees

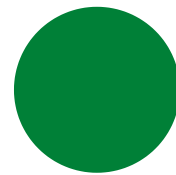
Step 5. Make sure your hotel has some shelter from the elements with some soil and leaves

Find extra advice on your bug hotel at
[RSPB](#) and [Twinkl](#).

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ECO RESOURCES

In The World



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ECO RESOURCES

IN THE WORLD

Our world is beautiful, large, different, and wild! In this section we will be looking at our entire world through the contents of our homes. One of the easiest ways to be more sustainable is to look at where our 'things' come from; from food to fashion, technology to homeware, it is important to know the impact our possessions have, and knowing the ways we can cut down 'air miles' from our homes.

If you are looking for tips to shop local, the [BBC goodfood website](#) has lots of information on how to get started and even a two week challenge to keep you on track. You can also check their [seasonal shopping page](#) to see which foods are best to purchase depending on the time of year.

Want to know more about where our food comes from? Check out this [sustainability lesson pack](#) which has powerpoints and worksheets for children to further their knowledge. [BBC Teach](#) has a fun video which teaches children about 'food miles' and that transporting food can have a negative impact on our environment.



THE SCHOOL KIT ECO RESOURCES

IN THE WORLD

Where in the world?

What you will need

- Coloured pencils/pens
- Notepaper
- A blank Map of the world [either here](#) or [Twinkl](#)
- ATLAS/labelled map of the world



Step 1. Take notes on where in the world the products in your house come from! Record where your fruit, beans, meat, shorts, shoes, jumpers, TVs, tennis racquets etc. come from!

*Questions...*How many different countries can you find?
How many of your products are locally produced?

Step 2. Use your notes to show where in the world your products come from

You can use an ATLAS or the internet with a labelled world map to help you find where all the countries should go!

Step 3: Use this colour key to label where different items come from:

Blue - Clothing **Red - Food**
Green - Technology e.g. TV, laptop, tablet
Yellow - Objects e.g. bins, baskets, sports equipment

(These colours are not essential, use what you have)

Follow up questions:

Where are the most products from? Are you surprised by any of the places? How many of your products were from local areas?

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04 ●

ONE CAN; MANY OPTIONS

A case study looking at how from one can of chickpeas, you can create two delicious waste saving recipes, an art project, and plant some flowers!

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ONE CAN; MANY OPTIONS

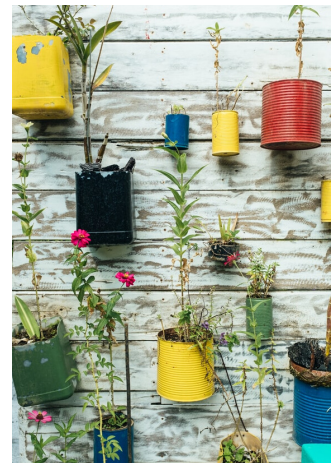
ALL OF THIS FROM ONE TIN CAN

It can feel overwhelming when activities seem to include lots of things you don't have in the house, and then need to buy! However this page will hopefully show you the possibilities from just one tin can. Being sustainable is all about changing how you view everyday items, and see the possibilities beyond our normal thinking!

Make your own tin can planters!

You will need:

- Old tin can
- Paint (or paper and pens/pencils)
- Compost
- Seeds/flowers



Step 1. Take an old tin can, remove the paper and wash out thoroughly

Step 2. Take your paints and personalise your can

OR

Step 2. Find a plain piece of paper, cut to size to fit around the can, and draw your design on to the paper, then glue on the outside

Step 3. Fill your can with compost, add in any seeds you would like, or put in planter flowers

Optional Step - Pierce two holes in the top of the can on opposite sides, then add string to create a hanging planter

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ONE CAN; MANY OPTIONS

ALL OF THIS FROM ONE TIN CAN

Make 2 ingredient, food waste saving, chocolate mousse!

You will need:

- One can of chickpeas
- One 100g bar of dark chocolate
- Mixing bowl x2
- Whisk (preferably electric)
- Pan (or microwave) to melt the chocolate

Step 1. Drain a can of chickpeas, putting the chickpeas to one side for another recipe, and collect the aquafaba (the tinned liquid)

Step 2. Whisk the aquafaba like egg whites with an electric whisk until in soft peaks

Step 3. Melt all of the chocolate, then leave to the side to cool (but ensuring it is still liquid)

Step 4. Slowly fold in the cool melted chocolate into the whipped aquafaba, making sure to not beat out the air which makes it fluffy

Step 5. Add into a container and store in the fridge until firm!

Serve with mixed berries, shortbread for dipping, or on its own for a delicious, healthy, and waste saving dessert!



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ONE CAN; MANY OPTIONS

ALL OF THIS FROM ONE TIN CAN

Roasted chickpeas; a healthy snack!

You will need:

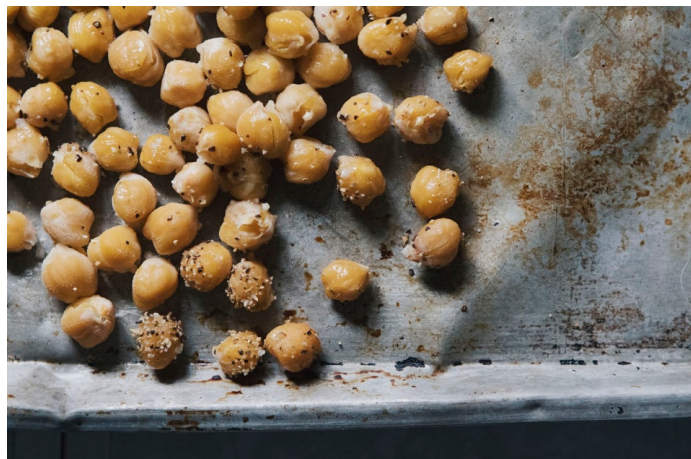
- One can of chickpeas
- Olive oil
- Seasoning of your choice
 - Salt and pepper
 - Garlic
 - Paprika
 - Honey

Step 1. Drain your chickpeas, saving the aquafaba (canned liquid) for using in other recipes

Step 2. Wash and dry your chickpeas, then add to an oven tray covered in olive oil (drizzle the oil over until they are covered)

Step 3. Put in the oven at 180 degrees Celsius until golden brown and crunchy (you can hear them when you shake the tray). Check after 20 mins

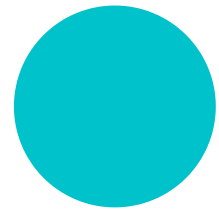
Step 4. Add your seasoning of choice



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BOOK RECOMMENDATIONS

A selection of book recommendations and specific supporting reading resources from Miss Holloway for all ages covering themes from throughout this school kit.

THE SCHOOL KIT ECO RESOURCES

BOOK RECOMMENDATIONS

This is a collection of fiction and non-fiction books that children may enjoy. These books have been chosen as they have a connection to truly understanding the importance of protecting our planet. The links below are for ordering the books however some of these books are available online or as an audiobook.

Early Level

- [The Lorax by Dr. Seuss](#)
- [Charlie and Lola: Look after your planet by Lauren Child](#)
- [Peppa Pig: Recycling Fun](#)
- [Compost Stew by Mary McKenna Siddals](#)

Magazines

[NatGeo Kids](#)
[RSPB](#)
[RSPCA](#)
[Eco Kids Planet](#)

First Level

- [The Adventures of a Plastic Bottle by Alison Inches](#)
- [The Watcher: Jane Goodall's Life with the Chimps by Jeanette Winter](#)
- [Don't let them Disappear by Chelsea Clinton](#)
- [10 things I can do to help my World by Melanie Walsh](#)
- [We Planted a Tree by Diane Muldrow](#)
- [One Plastic Bag by Miranda Paul](#)
- [One World by Michael Foreman](#)
- [The Great Kapok Tree: A Tale of the Amazon Rainforest by Lynne Cherry](#)

Second Level

- [The Creakers by Tom Fletcher](#)
- [The World Without Fish: How kids can help save the oceans by Mark Kurlansky](#)
- [Eco-Wolf and The Three Pigs by Laurence Anholt](#)
- [Journey to the River Sea by Eva Ibbotson](#)
- [Live Green: 52 steps for a more sustainable life by Jen Chillingworth](#)
- [What a Waste: Rubbish, Recycling, and Protecting Our Planet by Jess French](#)

THE SCHOOL KIT ECO RESOURCES

MISS HOLLOWAY'S HIGHLIGHTS

On the last page there was a list of book and magazine recommendations for a variety of age ranges. Sometimes big lists can be overwhelming... so on this page Miss Holloway goes into more detail about certain books and resources she has experience using as part of a Plastic Pollution and Sustainability topic.

The Great Kapok Tree - is a book set in the Amazon Rainforest where a man attempts to cut down a great kapok tree. When he rests and falls asleep, the creatures of the forest speak to him through his dreams about saving the environment and he has a change of heart. There are brilliant resources [available here](#) for children to explore more about the story and complete some fun activities. This book is a fantastic creative writing tool - children can create a backstory for one of the forest creatures or write a sequel to the Great Kapok tree and detail what the man has done since he decided to save the tree!

One Plastic Bag - an inspiring true story about women in Gambia frustrated by the waste their village accumulates. They use creativity to recycle plastic bags and transform their community. The [One Plastic Bag website](#) has a teachers' resources page which has a range of activities including how to recycle plastic bags into purses.

The Creakers - this book captures the idea that one person's rubbish is another's treasure and that by using materials or objects we would usually throw out you can make something magical. This [reading_pack_resource](#) includes Waste Detective Challenges, creative illustration opportunities and comprehension tasks.

[Blue Planet II](#) - an incredible series by the BBC which explores our vast and beautiful ocean, the wondrous creatures that live there and shows the harm humans are causing. The BBC delivered a [Live Lesson](#) which explores how plastic pollution and overfishing can threaten the future of our ocean life. Twinkl designed creative [resources](#) for children to work on alongside the program.

Younger children may enjoy [The Messy Magpie](#) ebook or watching [Charlie and Lola](#), [Peppa Pig Book](#) or [Peppa Pig Episode](#).

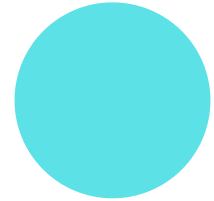
Creative writing idea!

Use ideas from the Adventures of a Plastic Bottle book to design your own plastic bottle character! Create an exciting adventure for your bottle to go on during it's recycling journey!

LESS WASTE LAURA

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JOIN THE LESS WASTE WARRIORS

Information about joining the online movement of the Less Waste Warriors, and a selection of products recommended by Laura.



LESS WASTE LAURA ECO RESOURCES

JOIN THE LESS WASTE WARRIORS

Join the growing community of **Less Waste Warriors**, and use the hashtag to be featured on the Instagram page! Check out the **badges** you can do, and fill out the form once they are complete to get a certificate emailed!

If you use **#LessWasteWarriors** your work will be shared on the page **@LessWasteWarriors**, and at the end of April, Laura will be choosing one lucky winner to get a bundle of zero waste goodies for their household! Can't wait to see what you get up to!

Enter the prize draw!

1. Take a photo of your child's work
2. Upload to Instagram, tagging @LessWasteWarriors and using the #LessWasteWarriors
3. The winner will be announced at the end of April



LESS WASTE LAURA PRODUCTS

PRODUCTS APPROVED BY LESS WASTE LAURA

All of the products below are approved by **Laura**! Hopefully some of these will help you in your homes and classrooms to be more environmental, and teach your children about eco friendly options! Although do remember, it is always best to use first what we already have, finding solutions by reusing and minimising waste. You do not have to buy a whole load of new products to be eco friendly, however these are really helpful for those looking for a helping hand.

SHOP LOCAL

These are all products which are from small independent brands, helping to support people with a passion for our environment. These are all also from Scottish, or UK suppliers, keeping transport emissions down!

THANK YOU!



LESS WASTE LAURA PRODUCTS

ECO DENTAL BOX

If you are looking for sustainable toothbrushes, make sure to have a look at **Eco Dental Box**! Their products have been designed by a dentist so we can have confidence that these products are good for our dental health. The dental starter box comes with a bamboo toothbrush, bamboo case, floss container with spool and 2 refills! They also have children's toothbrushes available with a rounded handle making it easier for little hands to grip and a smaller head for easier and more effective cleaning.

A large proportion of the waste produced from Eco Dental Box products can be recycled or composted, reducing the amount of waste ending up at landfill! Moreover, they use a carbon neutral delivery service! Take a look at their fabulously priced products **here**.



RE-WRAP-IT: THE WRAPPER

A product I am absolutely in love with is The Wrapper by Re-Wrap-It! I use this product myself and they are perfect for keeping your sandwich or fresh food inside and unfolds into a plate! This is ideal for keeping a clean desk, school packed lunches, eating outside, or ensuring toddlers don't eat food from the floor or dirty picnic tables! During times like these, the wrapper can also be used for carrying a disinfected cloth that you may need while you are outside, such as wiping down that supermarket trolley surface on your weekly shop! The Wrapper can simply be wiped down or rinsed in the sink and reused!

What makes this product even more special is that it is a Scottish product made by inmates at Kilmarnock Prison, where they have the opportunity to learn skills, gain a qualification and get paid for their work! This product isn't just environmentally friendly, it is also providing a source of support to those undergoing rehabilitation! Take a look at their many different styles **here** and keep up-to-date on their **instagram**!



LESS WASTE LAURA PRODUCTS

WEAVING HOPE

Weaving Hope offer a wonderful collection of imaginative and eco friendly gifts for children, which are also ethically made! Weaving Hope's products allow for stimulating imaginative play and developing fine motor skills, such as through the cupcakes in the picnic set which come out of their cases! What also makes the toys eco-friendly is their reusability, as they can all be machine washed to 30 degrees!

All of their products are handmade by women artisans in Sri Lanka working as a Guaranteed Member of the World Fair Trade Organisation! This means the artisans get paid fairly and benefit from health education, child care and skills training! To have a look at their fantastic range, take a look at their [shop](#) and their [website](#) for more information!



REJUVENATUR

Rejuventur is on a mission to provide consumers with affordable, eco-conscious products! This company doesn't just want to reduce unnecessary waste at home, it also wants to target businesses which are among the largest polluters of the environment!

Rejuventur offers a wide range of products, from toothpaste tablets (eliminating toothpaste tubes) to a bamboo safety razor with recyclable razor heads! They also have a new product, Stretchy Eco Lids. These lids come in various sizes and eliminate the need for cling film as they go straight over your bowl or food product!

Rejuventur continue their environmental mission by planting a tree for every 50 followers on [Instagram](#) and have currently just passed 300 trees planted! They also reward returning customers with continuous discounts for further savings on their low cost products! Take a look at Rejuvenatur's products on their [website](#)!



LESS WASTE LAURA PRODUCTS

HUSKI HOME

One of my top picks for sustainable products is **Huski Home**. Their products are made from rice husk, making them biodegradable! They make fantastic lunch boxes which are not only very aesthetically pleasing, but are among the most affordable on the market! **Huski Home** also makes reusable cups which are leak proof and double insulated to keep your liquids hot for longer! They also have a new set of hand-carved coconut utensils which are made from trees which can no longer bear fruit!



GLOBAL WAKEUP CHALLENGE

GlobalWAKEcup offer part education and part real world solutions to reducing our single-use plastic footprint! They are running a 1 Week No Single-Use Plastic Challenge with their charity partner's the Marine Conservation Society! Can you go an entire week without using any single-use cups, drinks bottles, packaged food, straws or bags? Give it a try and tag @globalWAKEcup and #globalwakecup #1weekplasticfree in your posts! They offer a marvellous range of products, including travel mugs and coffee cups made from bamboo for when you are on the go!

GlobalWAKEcup even offers a lunch bag and rucksack with a brown paper finish which is as durable as a rucksack! These rucksacks are also washable and perfect for ages 7+ and even adults!

The best content will win a WAKEcup or Wakebag will be awarded to the best content every day from April 20th and an overall winner will be selected to win the entire WAKE range! Importantly, you can select a week the challenge works for you and can share the campaign message and artwork, your success stories, zero waste tips and any epic fails which might have happened! You can sign up for the challenge **HERE!** and check out GlobalWAKEcup's product range on their website **here!**



LESS WASTE LAURA SCHOOL KIT

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THANK YOU