

Monday 25<sup>th</sup> January 2021

LO: Harolds 7 R's

1. Refuse – politely saying no to things you don't need  
e.g. a plastic bag at the supermarket, the latest phone when the old one is actually ok
  
2. Reduce – using less  
e.g. use less energy by turning off lights, use less water by not letting the tap run when you brush your teeth, use less packaging by buying fruit loose rather than in plastic containers
  
3. Re-use – using things as thoroughly as you can rather than throwing them away  
e.g. take old toys to the charity shop, use old glass jars to store things in, use food leftovers for another meal
  
4. Rot – turn any food waste that can't be reused into compost and use in the garden
  
5. Recycle – all plastic, paper, metal and glass waste plus anything else than can be recycled (clothes, batteries etc.)
  
6. Repair – rather than immediately throwing something away if it's broken.  
e.g. electrical goods can often be fixed, bicycles, etc. Repairing things such as a leaking tap (saving water) or a car that's throwing out a lot of smoke (harmful emissions) can have a positive impact on the environment
  
7. Re-think – work out some creative ways to do things that are less damaging to the environment  
e.g. manufacturers using less packaging for their products, or packing things in more environmentally friendly materials

Harold's Seven Rs poster

Choose one of the Seven Rs and draw a poster to promote that method of environmental sustainability. The poster must show practical way(s) of using that method.