

# January

**NO PLASTIC Month** - A new year, a new beginning: Welcome to a plastic free January! Let's take action for a future without plastic pollution.

“There are now 5,250,000,000,000 (5.25 trillion) macro and micro pieces of plastic in our oceans. The number of plastics in the sea is higher than the number of fish.

The world produces 381 million tonnes in plastic waste yearly - this is set to double by 2034.

50% of this is single-use plastic and only 9% has ever been recycled.

More than 1 million plastic bags end up in the trash every minute.”

Source: <https://www.condorferries.co.uk/plastic-in-the-ocean-statistics>

# 1. Plastic Free

## Introduction

Plastic pollution is when plastic has gathered in an area and has begun to negatively impact the natural environment and create problems for plants, wildlife, and even the human population. Often this includes killing plant life and posing dangers to local animals. Plastic is an incredibly useful material, but it is also made from toxic compounds known to cause illness, and because it is meant for durability, it is not biodegradable.

A plastic bag is made from depletable resources, yet almost never breaks down. It takes in fact from 100 to 1,000 years for a plastic bag to dissolve completely in the environment.

**Students' age:** from 8 years old



## Objectives:

- To raise awareness of plastic pollution problems.
- To reflect on the relationships between production, consumption and waste.
- To evaluate the direct and indirect impact of a pupil's behavior on the environment.
- To make our pupils more active and responsible citizens.

## You will need

Books to read, lim to watch videos, collect data, reusable bottles instead of disposal plastic bottles, shoppers made in cotton.

# 1. Plastic Free

## Activity

Students experienced the negative effects that plastic can have on the feeding activities and health of wildlife, and consider the effects of plastic waste in the oceans and on the beaches from an animal's perspective.

Reading a story about animals in danger because of the plastic pollution in the sea; watching videos; ecological day at the beach.

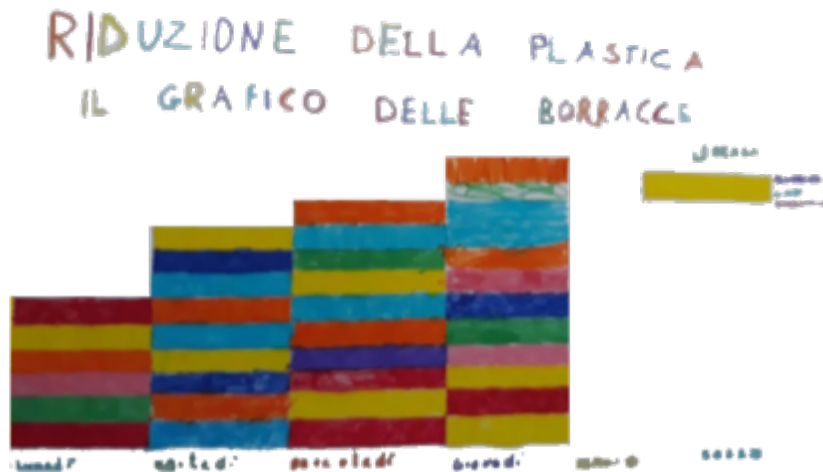
Students collected and recorded data on the trash they generate at school.

Students collected data on the time needed to a different plastic objects to dissolve in the environment.

## Extension ideas

Students agree that it is necessary to reduce the consumption of disposable plastic.

Students use reusable water bottles instead of disposal plastic bottles. They made a graph to collect data on percentage of pupils that use a reusable water bottle. Shoppers made of cloth are given to pupils and they involve parents to reduce the use of plastic bags.



## 2. Somebody Swallowed Stanley The Problem of Plastic Bags

### Introduction

Plastic in the ocean is one of the many environmental problems we are facing. Animals can get tangled in plastic or eat it. The story is an effective introduction to young children of how harmful a plastic bag can be.

The children are then able to recycle a plastic bag into a toy.

Students' age: from 4 years old



### Objectives:

- To understand how plastic pollution is affecting our environment
- To reuse a plastic bag

### You will need

- 1 plastic carrier bag
- 2 sticks or dowel,
- ribbon or ripped up strips of old shirt (light weight material)
- fishing line or thin wool
- permanent markers to decorate



## 2. Somebody Swallowed Stanley The Problem of Plastic Bags

### Activity

Discuss.

Plastic is harmful for both humans and wildlife.

Animals get confused and eat plastic because they think it is food.

They get trapped in litter and are hurt or even die.

Read the story Somebody Swallowed Stanley by Sarah Roberts

(<https://www.youtube.com/watch?v=sF1-ZTRydIM>).

Make the kite.



### Extension ideas

Think of other plastic rubbish which could be reused and made into something amazing! Plastic bag weaving and using a plastic bottle to make a desk tidier are two ideas.

# 3. DIY: Tote Bags

## Introduction

The occasion for the activity was the specific year's campaign on how we can reduce plastic in our daily lives.

**Students' age:** from 8 years old

## Objectives:

Students will learn:

- to make their own material/cloth bags from a simple T-shirt.
- to follow instructions.
- that many things can be reused in ways they never had imagined before.



## You will need

A short-sleeved T-shirt (with or without print/pattern), a ruler, a pair of scissors, a pencil and (optional) fabric markers.

## 3. DIY: Tote Bags

### Activity

The students, should begin the activity by discussing the effects that plastic overconsumption has on the overall environment and the well-being of other living organisms; they should find ways that we can change in our daily lives and make them more eco-friendly and with less plastic (eg. 3 Rs).

One of these ways is to carry with us a material/ cloth bag instead of using plastic bags, which can be made from simple monochrome or printed T-shirts.

The steps are simple:

1. Turn the T-shirt inside out and cut its sleeves along the seam.
2. Using a pencil, draw a mark on each shoulder of the t-shirt (near the neck opening), 2-3 inches from where the sleeves were cut.
3. Using the ruler and pencil, draw a line 5-8 inches below each mark.
4. Join the two ends to make a line that leads straight to the t-shirt. That will be the opening of the bag.
5. Cut the rectangle on both sides of the t-shirt.
6. Measure 3 inches from the end of the t-shirt which makes a straight line. This will become the bottom of the bag.
7. Create cuts along the line to the end of the t-shirt.
8. Close the bottom of the bag by tying each strip from one side to the other very tightly. Alternatively, tie the strips crosswise.
9. Turn your bag inside out so that the knots are now inside the bag. If the t-shirt is monochrome, you can decorate your bag with special markers for fabric.

Now you have your own eco-friendly material tote bag!

### Extension ideas

In groups the children can explore and suggest alternative ways of reusing things or habits that we can adopt to make our daily lives more environmentally friendly.

# 4. No Plastic Month

## Introduction

Nowadays plastic and plastic products are part of everyday life: people drink water from plastic bottles, hold food in plastic boxes, use plastic bags etc. It is convenient, easy and cheap. However, modern world is not always about comfort, but also about destruction, new advantages of civilization damage the nature. A great amount of garbage in our streets make us wonder, whether plastic is good option. It is well known, that paper decomposing in the ground for 1 month, whereas plastic bottle for 500 years. One solution to this problem is sustainable use of plastic.

**Students' age:** from 6 years old



## Objectives:

- Collecting caps of the plastic bottles.
- The use of bamboo tooth brush instead of plastic one.
- Do not use disposable plastic cups in the kindergarten groups.
- Reusable water bottles instead of disposable ones.
- Recycle plastic bottles in specialized places.





## 4. No Plastic Month

### Activity

During one-month children with parents collected caps of the plastic bottles. These caps children used in a handmade master class “Secondary use of unnecessary things”. Children refused to use disposable cups in the groups and bought specialized reusable bottle.

All the parents refused to use plastic tooth brushes and changed it to bamboo ones. Children recycled bottles to the special reception center.



### Extension ideas

Here are some more related ideas:

**Conversation cycle:** “Plastic. What is it?”, “Plastic and medicine”, “Different types of plastic”, “Utilization of plastic” etc.

**Experiments:** “Plastic world“, “Natural and artificial“, “Plastic and metal“,

**Observation:** garbage sorting, garbage truck process and work, janitors work.

**Labour activities:** “Clean kindergarten area“, “We and our clean City“.

**Trainig film:** “Peppa pig recycling“

**Presentation:** “Plastic around us“

# February

Awareness and Preparedness Month about EXTREME WEATHER EVENTS - What are the “medicanes”, “flooding” and “erosion”? Does your region was affected by extreme weather conditions? Let’s search the data and make comparisons. Are we ready enough to be protected?

“Climate change affects all regions around the world. Polar ice shields are melting and the sea is rising. In some regions extreme weather events and rainfall are becoming more common while others are experiencing more extreme heat waves and droughts.

These impacts are expected to intensify in the coming decades”.

Source: [https://ec.europa.eu/clima/change/consequences\\_en](https://ec.europa.eu/clima/change/consequences_en)

# 1. Extreme Weather Affects our Place

## Introduction

Climate change does not only provide a theoretical framework for understanding how the weather changes in our country. It is confirmed by extreme weather phenomena that occur regularly and affect our daily lives many times in a tragic way (disasters and deaths). We tried to investigate and collect such incidents that have occurred on our island in recent years.

**Students' age:** from 8 years old



“Medicane” is a powerful Mediterranean tropical-like cyclone that hit Greece on September 17, 2020

## Objectives:

- To raise awareness of the climate change.
- To reflect on the relationship between climate and daily life.
- To collect and to evaluate data.
- To make our pupils more active and responsible citizens.



## You will need

Access to internet, (local) newspapers and magazines.

# 1. Extreme Weather Affects our Place

## Activity

Students are divided into groups and search the internet (Google search) for information on extreme weather events in Crete for the last five years. They cross-reference the information they find with similar articles from local newspapers and magazines. They focus on the effects of the weather on everyday life.

They select the extreme weather phenomenon that interests them and present it with a photo and a summary text in a PowerPoint presentation. They present their work to the rest of their classmates. Discussion and reflection follow.



## Extension ideas

Getting inspiration from the data they have retrieved from their research, the students decide to make a poster and a song to disseminate their message to those around them. They decide which ideas to focus in, record the lyrics and with the help of the school musician compose the music. They sing and record their song. They paint topics related to the lyrics and illustrate the song in a video that they upload to the YouTube application.

(<https://www.youtube.com/watch?v=TLKkGRPeyb8>)



# 1. Extreme Weather Affects our Place

## Song: Save the Climate

Music: Kiriaki Bonatou

Lyrics: Konstantinos Manolakis

Translation in English:

Emmanouela Georgiladaki

Μες στον χειμώνα καύσωνες  
Βροχές το καλοκαίρι  
Λεν ο καιρός τρελάθηκε  
Και συμφορές θα φέρει  
Πλημμύρες και ορμητικά νερά  
Γεμίζουνε τους δρόμους  
Γεφύρια καταστρέφονται  
Φράζουν τους υπονόμους

Heat waves during winter  
Rain during summer  
The weather must have gone crazy  
And disasters are yet to come  
Floods and surging waters  
Fill the roads  
Thus bridges are destroyed  
And sewers overflow

Φόβο και ανασφάλεια  
Απ' την κλιματική αλλαγή  
Κάτι πρέπει να κάνουμε  
Να σώσουμε τη Γη  
Να μην καταναλώνουμε  
Κρέας χωρίς φραγμό  
Γιατί η κατακύλα μας  
Δεν έχει σταματημό

Fear and insecurity,  
The climate change has caused  
We must all do something  
To save our home planet Earth  
We shouldn't consume meat  
Without refrain  
Because our downfall  
Is going from bad to worse

Λιώνουν οι πάγοι συνεχώς  
Κι η θάλασσα ανεβαίνει  
Οι εποχές αλλάζουνε  
Τι να μας περιμένει;  
Τη φύση να φροντίζουμε  
Μην την ταλαιπωρούμε  
Πλαστικά και καύσιμα  
Να μην τα σπαταλούμε

Glaciers are constantly melting  
causing the sea level to rise  
seasons are changing  
what else is in store for us?  
We ought to care for nature  
To not afflict and ravage  
Plastics and gases  
are not for wasting.