



## Second Nature - *The 4 R's*

Today we learned

The 4 R's stand for reduce, reuse, recycle and rot! By adhering to the 4R's, we conserve resources and reduce the amount of waste that ends up in landfills.

Your child learned that **reducing** is minimizing one's waste footprint by purchasing fewer new items, reusing old items, and limiting material consumption to the essentials. We learned that **reusing** means using an item longer than it was intended to be used for. **Recycling** is a process that turns materials that would normally be thrown away into reusable items. These materials are sent to a recycling plant where they are melted into a liquid or broken down into a pulp and then molded into a new object. Lastly, we learned about **rot (composting)**, which is the process by which organic material breaks down with the help of worms and turns into soil!

Now at home

### Activity 1 - Recycling Basketball

Different cities have unique ways of sorting recyclables. Some cities have one bin for all recyclables, while some cities separate paper from plastic and other recyclables. Have a chat with your child about recycling rules in your city!

With your child pick some items out of your recycling bins: egg carton, paper, cans, milk carton, water bottle, etc., and some clean items out of your trash. Set up one bin for trash and one bin for recycling (or more if you want to separate your recycling into different materials like plastics, paper, or aluminum).

Have your child 'shoot some hoops', and throw each item into the appropriate bin. Add different elements and be creative with the game! Before shooting hoops, your child can identify which recycled items can be reused! Or make the game into a race against the clock or against another person in your home!

### Activity 2 - Decorate a Reusable Bag!

Using a reusable bag when shopping is a great way to reduce the amount of plastic we consume! Taking reusable bags with us is a small habit that can make a big difference!

Give your child an extra tote bag to decorate! If needed, you can turn the tote bag inside out. You can simply use markers, or you can get creative with any other materials you may have lying around your home! If you do not have any extra tote bags laying around, you can make a tote bag out of an old tshirt! Check out [this super easy no sew tshirt bag tutorial!](#) The most important thing is that your child is excited and proud about what they create! Having that sense of ownership will encourage them to use it!

To send us any photos, videos, or questions, email us at [education@sproutup.org](mailto:education@sproutup.org)!

