

Scouting at Home



Suitable for: All Sections
Time needed: 30 minutes



Outdoor & Community
Challenge Area

Take stock of plastic

World Oceans Day is on June 8, challenge yourself to keep a 24-hour plastic diary to see how much you use in everyday life.

What you need:

- Paper & pen
- Phone with camera (optional)

Instructions

1 World Oceans Day is when people around the world celebrate our oceans and draw attention to protecting them and the marine life that lives there.

2 You're going to keep a 24-hour plastic diary, to audit how much plastic you use. Think about all the items they use in their day-to-day lives that have plastics in, such as plastic lunchboxes, food wrappers, toys or water bottles. Some everyday items you wouldn't think have plastic in actually do, such as some teabags, clothing, and metal drink cans.

3 Have a look around your house and see if you can identify different plastics. Write down and take photos so you can share what

you found at you your next Section meeting. Were you surprised by how many plastic items you could find?

4 Create a plastic diary, to record what plastic you used over the 24-hour period. Break your day up into time periods (like breakfast to morning tea, morning tea to lunch, and so on) and list every item you use that has an element of plastic to it. If you use one item more than once in a day, like your shoes or a plastic bottle, you can count it twice. Take photos of the plastic you use as you go, and include them in the time segments. Finally, total up how many times you've used plastic throughout your day. Think about what you do with any plastic you throw away. Do you recycle it? Also think about hidden plastics, like those found in clothes. If you're at home, you could look at how much plastic your household uses as a whole.

5 At your next Section meeting, have a look at your plastic diary and discuss what you found with the rest of the group. Were you surprised by how much plastic you use in your everyday life? Was there anything that you didn't know was made of plastic? Are there ways you could reuse, reduce or replace the plastics you use?

Take it further:

If you want to continue recording and reducing your plastic use, you could try an app such as [My Little Plastic Footprint](#).

You could set up or get involved in a community action project, such as Sea Shepherd's [Marine Debris Campaign](#) or plan a plastic-free camp.

