



# KIDS for the BAY

A Project of Earth Island Institute

1771 Alcatraz Avenue, Berkeley, CA 94703

Tel: (510) 985-1602 | Fax: (510)-547-4259

[www.kidsforthebay.org](http://www.kidsforthebay.org)

Mandi Billinge, Executive Director/Founder

## Everyone is an Environmentalist!

### [Practicing the Five Rs at Home](#)

#### [Activity Summary](#)

Learn about the Five Rs (Reduce, Reuse, Recycle, Rot, Refuse) and teach your family how to use them at home!

#### [Directions](#)

1. Ask yourself this question: *What are the Five Rs and how do they relate to creating zero waste?*
  - a. *Reduce*: reduce what you buy, especially items wrapped in lots of packaging.
  - b. *Reuse*: use reusable items like metal water bottles instead of buying plastic bottles. Try to reuse old or broken items for art projects or something fun.
  - c. *Rot*: compost items made of natural materials like food scraps, leaves and wood. It will eventually turn back into soil!
  - d. *Refuse*: politely say no to items like plastic bags and straws or to-go containers.
  - e. *Recycle*: if items can't be reused or composted, recycle most paper, metal and plastic. Research what is recyclable in your city!
2. Write down the Five Rs on a piece of paper. Brainstorm what these words mean to you and some examples of using each R to reduce waste. Look at the additional resources links for help!
3. Now it is time to share your knowledge! Take a scrap piece of paper to draw a rough draft of a poster to teach your family about the Five Rs. Get creative! You can describe them or draw pictures to explain the Five Rs, or use a combination of both!
4. When you are done with your rough draft, take a fresh piece of paper or a big piece of poster paper, and make your vision come to life! Take your time to create your design and make sure to add color to make it pop!
5. When you are done with your final draft, show it to your family and explain your poster and what the Five Rs represent! Now you are the teacher! Ask an adult where you can hang the poster in your home. This can be a good reminder for your family to practice the Five Rs every day!



#### [Location](#)

Anywhere in your home with a flat surface. Ask an adult where you can hang up your creation!

#### **Share your experience with us!**

Email [kidsforthebay@gmail.com](mailto:kidsforthebay@gmail.com) to share photos, videos, comments or questions.

Tag us on Instagram and Facebook @kidsforthebay. Use **#EveryoneisanEnvironmentalist** in your posts.

## Supplies

- Scrap paper
- Poster paper or a fresh piece of paper
- Colored pencils, crayons, or other art supplies for decorating!

## Additional resources and related activities

- Explore this [National Geographic guide](#) and figure out how each tip relates to one of the Five Rs:
  - <https://kids.nationalgeographic.com/explore/nature/reduce-your-waste/>
- Watch [this video](#) to learn how a man bicycling across the United States only produced two pounds of trash at the end of his trip:
  - <https://www.youtube.com/watch?v=OrWkJtnIEko>
- Explore using the Five Rs to reduce energy use: [Five Ways to Reduce Your Carbon Footprint](#)
  - <https://co2living.com/five-ways-to-reduce-your-carbon-footprint/>
- Explore what is recyclable in your city. For example, Oakland has a helpful [website](#) like this:
  - <https://www.oaklandrecycles.com/single-family-homes/>
- If you like this activity, check out our Compost at Home or Worm Bin activity to practice Rot!

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