

PLANET SAVING SUPERHERO

Did you know in the U.K over 7 billion plastic bottles are bought every year! Less than half of these are recycled and can end up polluting our environment.

If you have a plastic bottle don't let it go to waste, make yourself a superhero cuff and think about how you can help save the planet!

Superhero cuffs

You'll need an adult to help with this activity

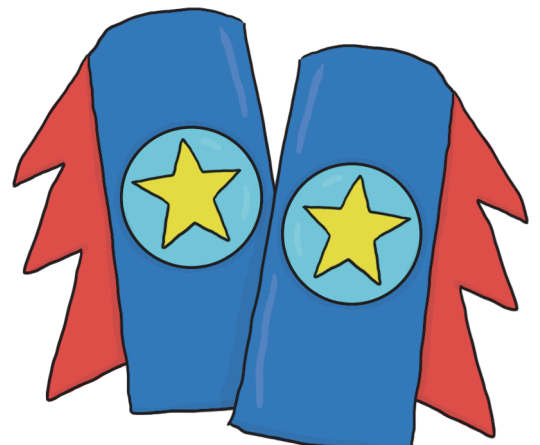
What you'll need:

- Plastic bottles (*clean and empty*)
- Hot glue gun, glue
- Sticky tape
- Scissors
- Sandpaper
- Craft knife
- Decorations; spray paints, paints, coloured markers, coloured paper, ribbon, beads, foil, etc.



What to do:

1. Take your clean and dry plastic bottle and measure the area of your cuff. Tape around the bottle and then ask an adult to help cut it.
2. Make sure the cuff has smooth edges and is safe to wear by:
 - Using sand paper on any sharp edges*
 - Wrapping the cuff in tape or ribbon.*
3. Decorate your cuff how you wish!



Send a picture of your cuff to @stwater or education@severntrent.co.uk

PLANET SAVING SUPERHERO

If you have more spare plastic bottles you can recycle them into a jet pack!

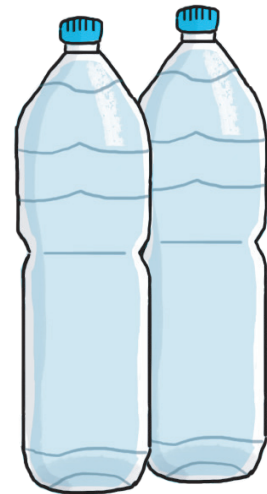
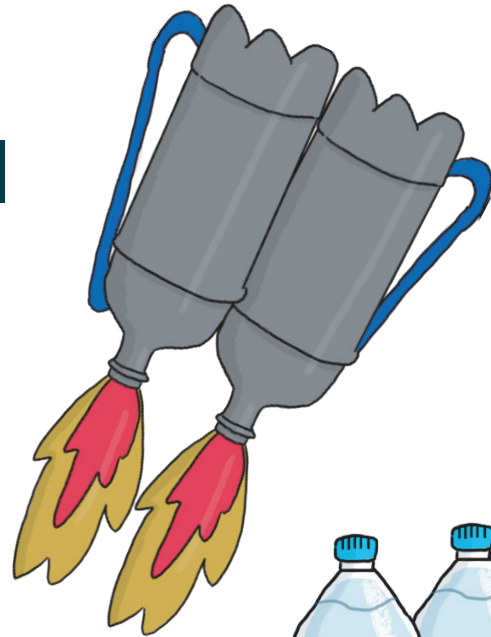
All superhero's need jetpacks to make them fast at saving the world!

Superhero jetpack

You'll need an adult to help with this activity

What you'll need:

- Two 2 litre bottles, *(clean and empty)*
- Silver spray paint, coloured paper or foil
- Cardboard
- Webbing/ string or ribbon
- Felt or paper in red, orange, yellow for flames
- Craft knife
- Sissors
- Hot glue or staple gun



What to do:

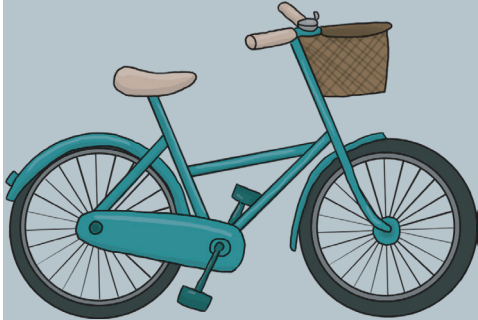
1. Cut a piece of cardboard that fits the width of your back. Cut a slit in the top and bottom edges of the cardboard. Slide ribbon in the slits and glue/ staple them together to go around your arms.
2. Take your bottles and decorate them with silver spray paint, coloured card or foil to give your jetpack a metal effect.
3. Make your flames out of paper or felt in red, orange and yellow. Remember to do two of each; one for each jetpack. Secure them to the top of the bottles.
For extra special effects you could try adding streamers made from old plastic bags.
4. Glue the two bottles to the cardboard to complete your jet pack. Put on the jetpack and make any final adjustments before **TAKE-OFF!**

Send a picture of your jetpack to astwater or education@severntrent.co.uk

PLASTIC REDUCING IDEAS

When you wear your superhero cuffs/jetpack make sure you talk to your family and friends about why it's important to reduce the use of plastics and help save the planet. Here are some ideas for you:

Walk or Bike more to reduce your carbon footprint



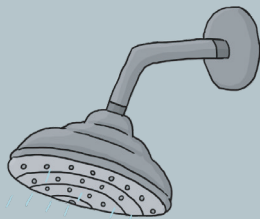
3 R's:
Reduce, Reuse & Recycle



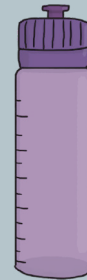
Save more energy
Turn off lights and unused electrical items when not in use



Shower instead of having a bath to reduce water usage



STOP using bottled water
Only drink tap water to save money & plastic!



Create an action plan with your family to show how you will try to reduce plastics and help save the planet:

Actions <i>What's the action and how will you do it? Who is responsible?</i>	Completed <i>Colour/tick when completed</i>