

**Daisy Between Earth and Sky**  
**Take Action Project Sample Session: Rock 'n Roll Recycling**

We are all learning to recycle more. States, cities and towns are making commitments to recycling through laws and programs. But nothing will be accomplished unless individuals take responsibility for their own trash. Girls need to learn how to practice good trash management. This means using less and reusing and recycling more. After learning these practices, girls can make instruments from recycled materials and compose recycling songs.

**Session 1**

*It's Your Trash—look closely at where garbage comes from*  
*Trash Tag—practice vocabulary while playing a game*

**Session 2**

*Recycled Instruments—practice reusing and recycling*  
*Song Writing—compose a catchy tune about recycling*

**Session 3**

*Performance—teach others about recycling*

**Session 4**

*Photo Album—record progress of the project*

**Supplemental Activities**

Read *The Lorax* by Dr. Suess  
Visit a recycling site or plant in the area

**Session 2: It's Your Trash**

Objective: Increase awareness of everyone's contribution to the necessity of recycling and introduce the practices of reducing, reusing and recycling.

Time Allotment: 30 minutes

Materials Needed:

- Small magnet
- Four boxes or paper bags labeled Reduce, Reuse, Recycle, Trash
- Newspapers or a plastic bag to put on the floor

Prep Needed:

1. Ask girls to help make a meal at home and save all the containers the food came in. Girls should bring these containers to the meeting.
2. Gather extra containers to use as examples or substitutes.
3. Find out the recycling requirements in your area.
4. Label the four boxes or paper bags Reduce, Reuse, Recycle, Trash.
5. Lay the newspapers or plastic bag in the center of the floor.

Demonstration:

1. Ask girls to bring their food containers and make a circle around the newspapers or plastic bag.
2. Ask girls, one at a time, to explain what they made and how the food was packaged. As they explain, they can place their food containers on the newspapers or plastic bag.
3. Ask girls what they do with all the packaging. They will probably say "throw it away" and some may say "recycle the cans".

4. Ask girls what they might call this pile of stuff. After they answer, say, "Trash or garbage are things we throw away because we don't want them anymore."
5. Ask girls what this pile of stuff would be called if it was scattered all over a park, playground or street. After they answer, say, "Litter is trash that has been thrown on the floor or on the ground."
6. Ask two or three girls to sort the trash into several piles of similar items. Ask these questions:
  - What are these things made of? (glass, paper, plastic, metal, etc.)
  - Are all of the cans the same? Using the magnet, give girls the opportunity to sort the magnetic metal (steel) from the aluminum.
  - Were these items trash when you first bought them?
  - Why did you buy them?
  - What makes them trash now?
  - What are some words to describe trash?
7. Then ask:
  - Whose trash is this?
  - What should we do with it? Put it in your backpack? Put it in your home? Keep it here in this room? Why not?
  - Where should we put it?
  - Whose job is it to take care of trash?
  - Do we make too much trash?
8. Place the four labeled boxes or brown bags next to the trash.
  - Discuss with the girls what each of the terms mean.
  - Ask girls to help you sort the items that can be recycled and reused.
  - Discuss how each can be recycled and reused as you place it in the appropriate container.
9. Ask the girls how the amount of trash that is left can be reduced. For instance, can the food be bought in bulk? Can the food be bought in containers that can be reused or recycled? Put items that could be reduced into the appropriate container.
10. Put what is left in the Trash container. Ask the girls:
  - Is it better for the environment to reduce, reuse or recycle? Why?
  - What can you do to reduce, reuse and recycle at home?
11. Finish the activity by appropriately taking care of the recyclables and the "trash."

### **Session 1: Trash Tag**

Objective: Practice new vocabulary and new knowledge of recycling.

Time Allotment: 15 minutes

Game:

1. Go to an open space with the group.
2. Choose a person to be "it". That person tries to tag the other players. Other players save themselves by crouching down before being tagged and naming something that can be recycled or reused.
3. If a player is tagged before she can think of something that can be recycled or reused, she becomes "it."
4. Some things the girls can recycle are: cans, paper, boxes, cartons, milk bottles, soda bottles, newspapers, bottles tops, soup cans.

### **Session 2: Recycled Instruments**

Objective: Practice reusing and recycling.

Time Allotment: 20 minutes

Materials Needed:

- Pie tins
- Bottle caps
- String or yarn in 3" pieces
- Glass bottles (best to have sets of 8 for a full scale)
- Water
- Wooden or metal spoons
- Gallon plastic milk cartons with tops
- Dried beans or sand
- Crayons
- Coffee Cans

Prep Needed:

1. Ask girls to bring recycled items such as pie tins, bottle caps, bottles, gallon milk cartons, etc.
2. Gather several extra recycled items as back-ups.

Creative Activity:

The following are directions to make three different recycled instruments. Make these or create your own.

### **Tambourine**

Materials:

- Pie tin
- Bottle caps
- String or yarn in 3" pieces
- Hammer and nail or hole puncher

Procedure

1. Punch holes around a pie tin with hammer and nail or hole puncher.
2. Punch one hole in each bottle cap.
3. Put a string through one hole in the pie tin and one bottle cap and tie a knot in each end of the string.
4. Continue stringing each hole with a bottle cap.

### **Bottle Xylophone**

Materials:

- 8 used glass bottles of uniform size
- Water
- Wooden or metal spoons

Procedure:

1. Put bottles in a line without touching each other.
2. Leave the first bottle empty. Put a small amount of water in the second.
3. Put more water in each bottle until the last one is full.
4. Hit each bottle with a wooden spoon and listen to the tones. Try using a metal spoon and hear the difference.

### **Milk Carton Shaker**

Materials:

- Gallon plastic milk carton with top
- Dried beans or sand
- Crayons

Procedure

1. Decorate the outside of the container with crayons.
2. Put dried beans or sand in bottom of the container (only a small amount is needed).
3. Put on the lid.

## **Session 2: Song Writing**

Objective: Compose catchy tunes about recycling.

Singing:

1. Choose a familiar tune such as "Twinkle Twinkle Little Star" or "Row, Row, Row Your Boat" and make up words about recycling OR
2. Practice the following songs.
3. Play along with recycled instruments.

### **“Dr. Recycle”**

*Sing to the tune of the “Dr. Pepper Song”*

I’m a successful recycler and I’m proud-  
I used to be alone in a crowd-  
But if you look around these days,  
There seems to be a “Recycling Craze”!

Chorus

Oh—You can reuse, she can reuse,  
he can reuse, I can reuse—  
Recycling is really up to you!

Repeat chorus

Be a cyclist—be a recycler!

*Repeat this line six times getting softer each time.*

### **Five Little Bottles**

*Sing with hand movements*

5 little bottles sitting in a row,  
1 was recycled and then there were 4.  
4 little bottles sitting in a row,  
1 was recycled and then there were 3.  
3 little bottles . . .  
2 little bottles . . .  
1 little bottle sitting in a row,  
It was recycled and then there were none to be thrown away.

### **Recycling All the Trash**

Materials Needed:

- 1 recycling bag per girl
- 4 similar pieces of recyclable material per girl (i.e. an aluminum can, a newspaper, a plastic bottle, a piece of cardboard)

Procedure

1. Ask the girls to form a circle.
2. Place 4 pieces of recyclable material at each girl’s feet and hand out recycling bags.
3. Sing the Recycle All the Trash song and perform the appropriate actions starting with the empty recycling bag and finishing with a full one.

### **Recycling All the Trash**

*Sing to the tune of “Hokey Pokey”*

Put your recycling bag in. Take your recycling bag out.  
Put your recycling bag in and then you shake it all about.  
You recycle all the trash and you turn yourself around,  
That’s what it’s all about!

Put your newspaper in. Take your newspaper out.  
Put your newspaper in and then you shake it all about.  
You recycle all the trash and you turn yourself around.  
That’s what it’s all about!

### **Session 3: Performance**

Objective: Girls share their recycling knowledge with friends and family by using their recycled instruments and singing their recycling songs.

Time Allotment: 45 minutes

Materials: Recycled instruments

Prep Needed:

1. Ensure girls are well practiced in the use of the instruments and songs.
2. Ask girls to invite family and friends.

Performance:

1. Girls can show how they made their recycled instruments and the importance of recycling.
2. Girls can perform their new songs and lead the audience in learning them.

### **Session 4: Photo Album**

Objective: Girls record their progress through the project.

Time Allotment: 30 minutes

Materials Needed:

- Camera
- Photo album or scrapbook
- Index cards
- Pen

Prep Needed:

1. Secure a camera at the beginning of the project.
2. Take candid snapshots and ask girls to take photos throughout the project.
3. Develop pictures to make photo album with the girls.

Sharing Circle:

1. Ask girls to sit in a circle.
2. Pass out the photos so each girl has at least one.
3. Girls take turns talking about what is happening in the photo.
4. Girls select which photos should be put in the photo album or scrapbook.
5. Record the girls' statements or comments on index cards and include them in the album or scrapbook.