



Name: _____

Everyday Plastic Use Worksheet

As you continue the day, use the blank list provided to write down all the objects that you use that are made of plastic. Try to include toys, household objects such as cups and cooking supplies, wrappers from food that you cook or eat.

Plastic items I used today:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Questions:

- 1. How many items did you use that were made of plastic?**

- 2. How many were reusable?**

- 3. How many were single use?**

- 4. What did you do with the items when you were done?**

- 5. Was there a common theme between the plastic items you used? (Were most food wrappers, toys, household object).**

- 6. What are ways you could reduce the amount of plastic you use? Have you already made changes to reduce plastic, if so what?**

- 7. Is it good, bad, or both to reduce your use of plastic? Why?**

