

The 3R Challenge



Your team name:

> Your mission:

Persuade your family and friends to take The 3R Challenge and Rethink, Refuse and Reduce one thing every day for a month

What to do

1. You're going to work as a team to persuade your families and friends to take The 3R Challenge and Rethink, Refuse and Reduce one thing every day for at least a month.
2. Follow the steps set out in this workbook. They will guide you through the tasks you need to carry out your mission.
3. Be creative. Think of as many ideas as possible to inspire your friends to try the challenge.
4. Be a positive team member – listen to others, be supportive and keep an open mind.
5. Have fun!

1 What do you want your family and friends to do?

Write a sentence summarising The 3R Challenge.

2 What can people Rethink, Refuse, Reduce?

In the table below, write down typical activities your family and friends might do every day.

For each activity, think of ways they could Rethink, Refuse or Reduce:

- Rethink – think carefully about what you buy and ask, ‘do I need that?’
- Refuse – avoid single-use plastic, don’t buy fast fashion, don’t use takeaway cups, don’t drive to school.
- Reduce – use less e.g. take a shorter shower, turn off lights in empty rooms, turn down the heating thermostat, unplug chargers.

Typical daily activities	How could people Rethink, Refuse or Reduce?

3 Why should people take 'The 3R Challenge'?

If you want your family and friends to change their behaviour, you need to explain the reasons *why* it's important.

Think about everything you've learnt about the impact of climate change on the ocean and write down three reasons why they should try to Rethink, Refuse or Reduce what they consume.

You should Rethink, Refuse or Reduce one thing every day because...

1.

2.

3.

Now write down two amazing facts about the ocean to help inspire people to protect the ocean.

We should protect the ocean because...

1.

2.

4 How will you persuade your friends and families to take The 3R Challenge?

Decide *how* you're going to persuade your families and friends to take The 3R Challenge.

How can you grab their attention? Check out the ideas below for inspiration.

What talents do you have in your group? Is anyone a good writer or singer? Does anyone like art or music? Can you use your talents to persuade people?



Team talents

- Music
- Drama
- Drawing
- Filmmaking
- Science
- Writing
- Photography

Creative ideas

- Posters
- Postcards
- Short play
- Poems
- Songs or raps
- Short films
- An assembly
- Leaflet
- Advert

?

Funny

?

Scientific

Serious

?

?

Dramatic

?

Factual

?

Emotional

Write down what you're going to do here:

5 Who's going to do what?

Make a plan listing what each person in the team is going to do. Make sure everyone is given a chance to say what they would like to do.

Name	Tasks

6 Put your plans into action!

Checklist

We have:

- Described what The 3R Challenge is
- Thought of ways our family and friends can Rethink, Refuse or Reduce what they do
- Written 3 reasons why people should take The 3R Challenge
- Written two amazing facts that inspire people to protect the ocean
- Decided how we will inspire our family and friends to take The 3R Challenge
- Decided what everyone in the team is going to do

You're ready! It's time to put your plans into action and inspire your families and friends to Rethink, Refuse or Reduce what they do every day for a month.

Have fun and enjoy your special mission. Every person you persuade to think differently about their carbon emissions will help fight climate change!

