



## Title

**Recycling Plastic bags**

## Season

Any – an indoors activity

## Time

It depends on how many bags need recycling!

## Target groups

All ages

## Objectives

For everyone to learn about recycling and to make pom poms from plastic bags as preparation for a physical activity

## Resources

Presentation on plastic bags and how bad they are for the environment. This is attached a resource. Lots of plastic bags – as many as possible. Scissors and tape. DO practise making a pompom before trying to explain to anyone else!!

## Description

Give the presentation in an interactive way explaining that the best thing to do is not to use plastic bags or packaging. In the short term though it a good idea to find another use for plastic bags. One use is to make some pom poms – these can be used in exercises that older and young people can do together.

Making pom poms is not difficult, you need about 10 – 15 plastic bags per pom pom.

1. The bag needs to be spread out flat on a table with the handles facing left and the bottom facing right. Cut off the handles at the top and cut the bottom off the bag. (Stage1)
2. Fold over from the bottom about 3cm in width and carry on until you are about 5cm from the top. (Stage 2)
3. Cut the folded part of the bag all the way along, making a cut every 2 cm. Snip across the folded part to about 4 cm from the top edge of the bag to the top.(Stage 3)
4. Unfold the folded bag so that the cut strips fall down (Stage 4). This process needs to be repeated until you have cut around 15 bags. Then place them all on top of one another, with the uncut rim at the top.



intergenerational

activities

5. Starting from the right hand side holding the bag at the top start to roll over. (Stage 5)  
Finishing with all the cut strips hanging down and a handle at the top.
6. Tape the top edge tightly so that all that bags stay together. You should now have one completed pom pom. (Stage 6)
7. Repeat the process for your second pom pom.



This activity is best done when linked with the physical activities.



Stage 1



Stage 2



Stage 3



Stage 4



Stage 5



Stage 6 The completed pom pom!