



Use Things Well

Me and Myself



Warm up



Have you heard about Reduce, Re-use and Recycle?

REDUCE

the number of things you use—buy only what you really need.

RE-USE

the things that you can use again and again.

RECYCLE

one thing into another useful thing. (For example, an empty plastic jar into a flowerpot.)

Match the words to the correct pictures.

1. REDUCE

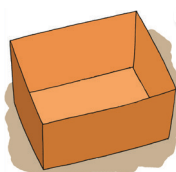
2. RE-USE

3. RECYCLE

a.



b.



c.



Can any of the words match more than one picture? Explain.

For the teacher: Help the students understand how the clothes can be reduced in number as well as reused.



Read and understand

Waste not, want not.

1

Turn off taps (while brushing, if they are dripping and so on).



2

Switch off fans and lights when leaving a room.



3

Take only as much food as you can eat. (You can always take a second helping.)



4

Use things carefully so that they last longer.



5

Re-use things as much as possible. Mend them if you can.



6

Recycle whatever you can—boxes, jars, bottles.



7

Donate what you do not need anymore. Someone else may want it.



8

Share what you can, both at home and in school.



For the teacher: Explain what 'Waste not, want not.' means.

IL Values—respect for environment, responsibility, SDG – Responsible Consumption and Production

Circle the correct words.

1. The first point tells us to save **electricity** / **water**.
2. The second point tells us to save **electricity** / **water**.
3. We can follow point 2 **only at home** / **only in school** / **both at home and school**.
4. If we follow points 4, 5 and 6, we will have to buy **more** / **fewer** things.
5. The pictures for point 6 show that an old **bottle** / **plant** and an old **watch** / **newspaper** have been recycled.
6. We will need to buy fewer things if we follow **point 3** / **point 8**.
7. If we donate an old book, then the person who gets it **will need to** / **will not need to** buy the book.
8. If waste products keep piling up, they spoil places. This poster tells us how to **throw away** / **reduce** waste.



Do it yourself

Look at this picture. This pencil holder has been made using a paper cup. You can also re-use a paper cup like this, and not throw it away. You can follow these steps.

1. Clean and dry the paper cup.
2. Paint the outside of the paper cup using your favourite colours.
3. You can stick colourful papers, beads, buttons or ribbons on it to make it look pretty.

Things like old jars or small bottles can also be re-used as pencil holders.



For the teacher: Encourage students to use cups or jars that are already available and are no longer used, instead of buying new material.

Me and My Wellness

You have learnt how to use things carefully and how to eat without wasting food. Now, read these lines and match the correct sentences.

what we should or should not do

1. Do not eat food that has been there for a long time and is no longer fresh.



2. Fill the plate with vegetables, rice, chapatti or fruits instead of sweets and cakes and fries.



3. Switch off lights, fans and so on when leaving the house, but do not switch off the fridge.



4. Keep food covered.



5. Do not share the same spoons or lick the same ice cream, even with family or friends.



why we should do this

- a. If the fridge is switched off, then the food kept inside the fridge will go bad.
- b. Food that is no longer fresh may not be good for our health—in fact, it may make us ill.
- c. Tiny things like germs and bacteria can pass from one person to another if we share the same spoons. This can make us fall ill.
- d. Fruits and vegetables are good for us but we should not have too many sweets or fries.
- e. If food is covered, then dirt or other harmful things cannot fall on it, and it can stay fresh longer.

Me and My World

We can reduce waste in our homes, schools and neighbourhoods.

Discuss in class and note down at least one thing you can—

1. use carefully, so that you can use it for longer: _____
2. mend or repair instead of buying a fresh piece: _____
3. turn into another useful thing when it gets old: _____
4. give away when you no longer use it: _____
5. share with your family or friends: _____
6. use to get rid of waste properly and cleanly:
(Hint: Look at the picture.) _____
7. use instead of plastic bags, because plastic is not good for the Earth: (Hint: Look at the pictures in the Warm Up.) _____



For the teacher: Since every student may not be able to answer all of these, let them speak out their ideas and then gather and note down the correct ones.



Now I know



Circle the correct smileys to show if you understand these.

I should use things carefully, so that there is less waste.	  
I should not waste food, but I should eat carefully to stay healthy.	  
I can re-use, mend or share things to reduce waste at home and in school.	  