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# LOCKDOWN MANUAL

SUSTAINABLE FUN FOR KIDS

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# What is the importance of recycling and reusing and reducing waste?

It is so important to recycle, reduce and reuse everything to reduce the waste we use, with a lot of household waste ending up in landfill, releasing green house gases, or pollutes our waterways, harming all the beautiful marine life we all love so much.



Our craft booklet is focusing on repurposing and reusing materials which would have otherwise been thrown out and put into landfill to make arts and crafts (a great lockdown activity!). It is also important for people to consider the environmental impact of their lifestyle changes, some other environmentally friendly changes that you can do include:

- Recycling paper
- Reusing plastic bags
- Composting
- Up-cycling products, and so much more

Plastic Pollution is one of the most harmful types of pollution. Some of our marine friends wanted to share some information about the consequences of plastic pollution.

8.3 million tonnes of plastic are discarded in the sea yearly!



Nearly 700 animal species are known to have been affected by plastic!



50% of plastic created each year is single use plastic!



## Little bottle cork butterflies



### Materials you will need to make your little bottle cork butterflies:

- Bottle cork
- Googly eyes
- Glue
- Paper
- Scissors
- Texta
- Coloured pencils

### Instructions to make your little bottle cork butterflies:

1. Cut out butterfly wings from paper and decorate them in any way you like
2. Decorate the corkscrew in any way you like
3. Glue the middle of the butterfly wings into the corkscrew
4. Glue on the googly eyes with the craft glue
5. Glue on pipe cleaners as antennas for the butterflies

#### **FUN FACT**

There are almost  
20,000 butterfly  
species in the world

#### **FUN FACT**

Bottle corks are natural,  
environmentally friendly  
material



# Make your own GLOVOSAUR!

We will be making the GREEN glovosaur! →

Have you got gloves which don't fit you anymore lying around the house? Here's an idea, turn them into an **upcycled** glovosaur!! These adorable dinosaurs are super easy and fun to make and are a great project for your long days in lockdown! All you'll need are a few common materials and some sewing experience (or a parent!) 😊







## WHAT YOU WILL NEED...

1. 2 gloves per dinosaur (Don't need to match)
2. Sewing thread + needle
3. Scissors
4. Pins
5. Toy stuffing from old broken toys
6. Embroidery thread



## METHOD:

- 1) Turn one glove inside out and sew a curve of small stitches across the base of the fingers and cut the fingers off about 5mm above stitching. Turn right side out. See  photo.
- 2) Stuff this hand and thumb and stuff the cuff inside of the glove. Stitch across the bottom using a ladder or whipstitch. See  photo.
- 3) Use the longest cut-off fingers for the head and the tail. Stuff each one. For the tail, turn the raw edges inward and simply stitch the tail to the back end of the dinosaur. Stitch in a circle around the base of the tail attaching it to the back of the dinosaur. The stitching may gather a little and that's fine. See  photo.
- 4) The head is stuffed not quite to the very end and stretched over the neck like a sock over a leg. Angle the head slightly to make a nice curve of the neck and head and pin in place. Turn the raw edges under and stitch around using a ladder stitch, connecting the head to the neck. Try not to pull the stitching so tightly that it starts to pucker around the neck. See  photo.
- 5) Using a matching or contrasting glove, cut the four fingers off. Stuff them, sew a large running stitch around the opening to gather, and pull tight. Using a chopstick or your finger, poke the raw edges inside the leg so all you see is the puckered gather.



## Hedgehog Pot Plant Craft

### Materials you need to make your hedgehog pot plant

- plastic bottle
- Knife (make sure parents or responsible adult can advise)
- String
- Craft glue
- Brush
- Pot plants
- 6 x Sewing pins
- Cardboard
- Newspaper (cover your table)



### Instructions to make your hedgehog pot plant

1. With the help of a parent or a responsible adult, **cut out an area on the side of your plastic bottle** that is big enough to place your pot plants in.
2. Paste a rectangle piece of cardboard on the opposite side of the hole you just cut in the water bottle with some craft glue. This will help stabilise your hedgehog.
3. Secure the string using knot at the bottle cap end of the bottle
4. Wrap the string around the bottle evenly until you reach the hole in the bottle where you should secure your sting with a knot.
5. Apply a thin layer of craft glue on top of the string so that it does not unravel
6. Carefully stick sewing pins in between the string to form eyes for you hedgehog
7. Finally, place your plants into the bottle

#### FUN FACT

Hedgehogs are nocturnal animals



#### FUN FACT

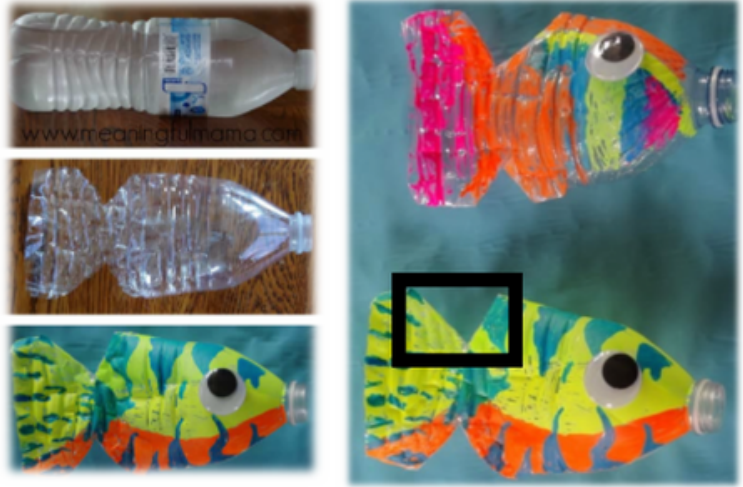
A plastic cup takes 50-80 years to decompose



# RECYCLED WATER BOTTLE FISH!

## MATERIALS YOU NEED TO MAKE YOUR WATER BOTTLE FISH CRAFT:

- Water bottle
- Scissors
- Tape
- Newspaper (to cover your table)
- Glue
- 2x Large Googly Eyes
- Paint



## WRITTEN INSTRUCTIONS FOR WATER BOTTLE FISH CRAFT:

1. Take the lid off an empty water bottle and squish the bottle flat from about the middle of the bottle all the way to the bottom. Leave the front part puffy. If it does get flat, you can always put your finger in the mouth opening of the bottle and push the sides back out.
2. Cut off the bottom of the bottle about an inch up. You can make this a flat line or curve it to create an interesting, shaped back fin.
3. Cut **triangular notches** in the side of the bottle to differentiate the back fin from the rest of the fish body.
4. Tape the triangle cut outs with clear tape so there are no longer exposed holes. This will make a more finished look and add a layer of protection from the sharp edges. You can tape the back of the fish as well.
5. Using your paint, paint the design onto your fish. If you are layering colours, you will want to let paints dry in between. Let the fish dry and then go back and add another layer of colour!
6. Once your fish is dry, add a large google eye with your glue stick.

### DID YOU KNOW?

60 million plastic bottles are thrown away every day around the world!



### DID YOU KNOW?

You have drunk the same water as a dinosaur! → Water is finite so we must take care of it & use it responsibly.

# Papier Mache Pumpkins for Halloween

During such times as quarantine, we tend to rely on our trusty printers to print out our class work or extra resources for us to learn. However, much of this paper is short lived and its always difficult to find a use for paper that has scribbles and ink all over it. With paper having such a large demand in these times, it's important for us to consider these facts:

## Equipment:

- 12-inch balloon
- 3 rubber bands
- Flour
- Used paper for schoolwork
- Clear craft glue



## 1. Paper is one of the biggest polluters

30% – 40% percent of municipal waste is paper while 50% of office waste landing in landfills is paper.

## 2. 7% of office paper waste is recyclable

## 3. 6 trees per family

According to paper consumption facts, the average family uses 6 trees worth of paper each year.

## 4. Paper wastage accounts for 16% of landfill solid waste

Paper waste statistics show that paper waste makes up 16% of landfill solid waste (26 million metric tons).

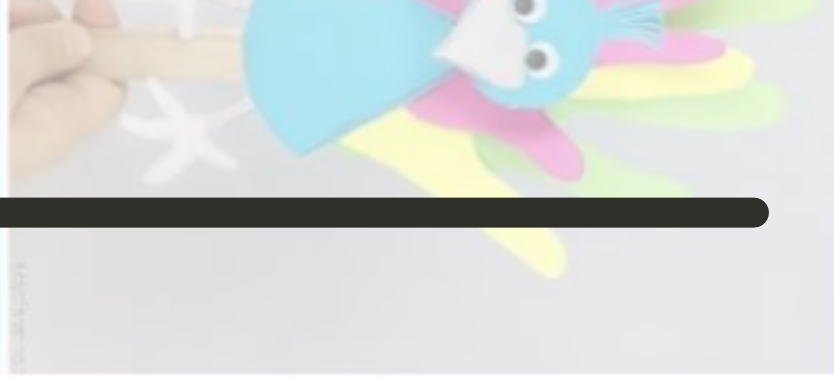
## 5. Paper production is the third most energy-intensive process

Making a ton of paper from wood

1. Inflate a balloon about three-quarters of the way full.
2. Place a rubber band around the balloon, then add a second so that the two bands form an X at the top and bottom of the pumpkin. Add a third rubber band so that the bands are evenly spaced and divide the balloon into segments.
3. Mix equal parts flour and warm water to create the papier mache paste. Tear your papers into around 1-by-4-inch strips. Dip the strips into the flour mixture and smooth them onto the balloon. Repeat until the entire surface is covered, leaving a small hole on the opposite side of the balloon knot (this will be the bottom of the pumpkin).
4. Add a second layer of papier mache. Let dry overnight, then pop the balloon.

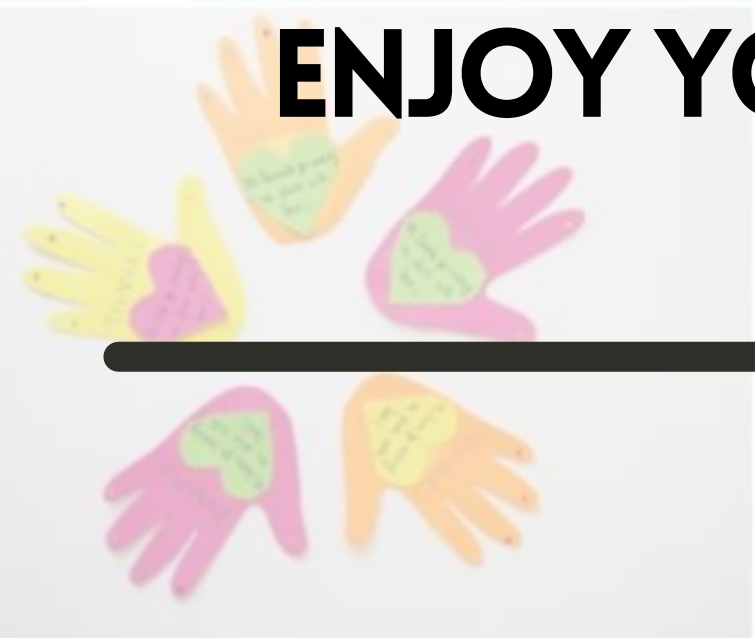






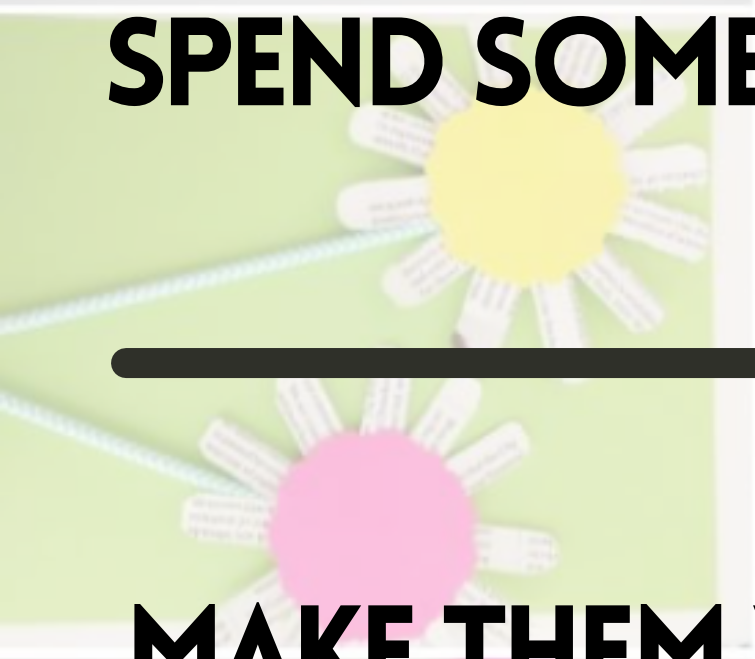
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**ENJOY YOUR CRAFTS**



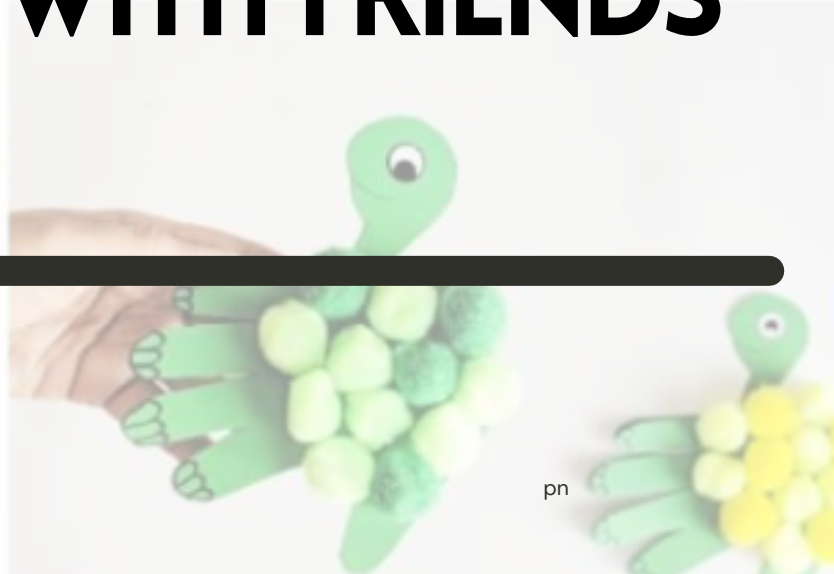
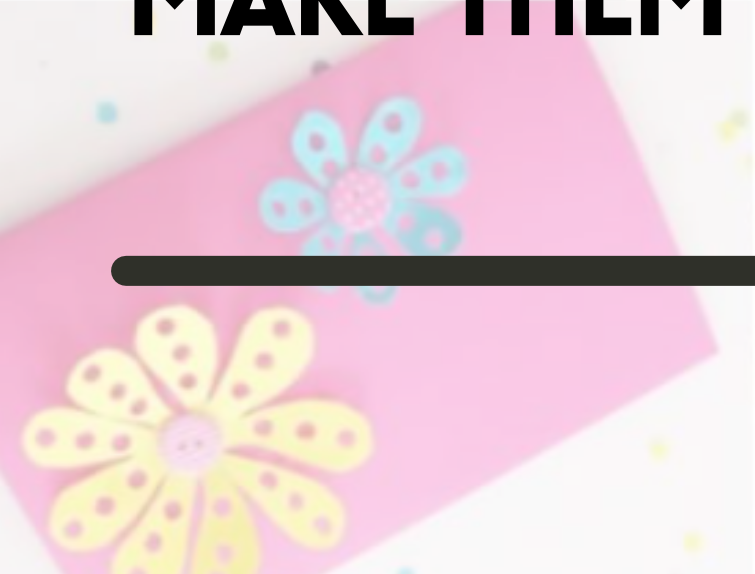
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**SPEND SOME TIME OUTSIDE**



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**MAKE THEM WITH FRIENDS**







# **CAS PROJECT CLASS OF 2022**

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