



Upcycle your own window garden

The activity	Kit you will need
<p>Plastic waste in the oceans is a major problem, but we can help through upcycling, which is environmentally friendly, cheap, and fun.</p> <p>Learn how to upcycle used plastic bottles by creating a self-watering pot plant.</p>	<p>Plastic water bottles Scissors, string Something to punch a hole in bottle cap e.g. hammer & nail make sure you have adult supervision Soil, water, plants or seeds e.g. lettuce, spring onion, chives</p>

How To: Self-Watering Pot Plants from Up-cycled Plastic Bottles

Equipment

An empty plastic bottle and lid



Some thread or yarn

Plant/seeds of choice and soil



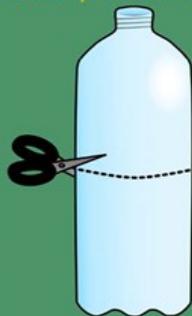
A screwdriver and screw or a hammer and nail

A pair of scissors



Instructions

Cut the plastic bottle in half (ask an adult to help with this part!)



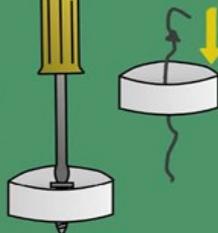
Reattach the threaded lid to the bottle top



Finally, fill the top section with wet soil and the plants/seeds. Watch as your plant begins to flourish



Pierce the bottle lid and feed the knotted thread through hole



Fill a quarter of the bottom section with water and place the top section into the bottom section, ensuring that the thread goes into the water



The Science

What is made of plastic?



Crisp packets and water bottles are made of plastic, but lots of other things use plastics too, like cars, and buildings.

50kg of plastic is produced for every person on the planet, every year. This number goes up every year too!



Why is plastic a problem?



Plastic takes a long time to break down. Carrier bags take 20 years to fully decompose, and water bottles can last for up to 450 years.

Most plastic isn't thrown away properly either. Then it goes into landfill and can find its way into the sea. By 2050, the plastic in the oceans could outweigh all the fish put together!



Plastic in the ocean can harm sea animals and the planet. Breaking down of plastic releases carbon dioxide, a greenhouse gas that can become trapped in the atmosphere, contributing to global warming.

The Science

What can we do to help?



You've probably heard of recycling. This reduces plastic waste by sending it to be broken down and made into new products. Although it is very good at reducing waste, it can be expensive, and produce harmful gases as well.

Repairing broken things instead of buying new ones helps too. Why not have a look at the repairing activity for tips on how to repair a bike.



What is upcycling?



Upcycling involves using products already in our homes and giving them different purposes. For example, we can turn a plastic bottle into a plant pot.

It cuts out the need to buy expensive products and is better for the environment. Another plus is that it can be very fun and lets us be creative.

