

Awesome Antarctica – The 3 Rs of Respect

In this section we will explore the meaning of the value of Respect. Use the questions below to stimulate discussion and reflection on this value.

Once the children have understood the value of Respect, they should explore the Inspire to Action Challenges and decide how they can respect their world by following the 3 Rs of Reduce, Reuse, Recycle.

Respect

Respect is valuing one's own rights and worth, and those of others. Discuss the following questions with the class, asking the children to give appropriate examples from their own lives if they can. Children should appreciate that there is no definitive right or wrong answer to these questions:

1. What is respect?
2. Who do you respect - in your family or school / in the world and why?
3. How can we earn respect?
4. Should we respect all people? How do we do that?
5. Should we respect our world? How do we do that?
6. Should we teach respect for places like Antarctica and everything that lives there? How do we do that?

Inspire to Action Challenges

People have talked about the 3 Rs of Reduce, Reuse, Recycle for many years, but with so many people now living in our world, it is more important than ever to follow these 3 Rs.

Here are some ideas to get you started. See if you can come up with your own ways of reducing, reusing and recycling to show how much you value and respect your planet. Remember, it's the only one we have!

Reduce (lessen, decrease, minimize, bring down)

- When you next go shopping with your parents, see how many things you can buy that do not have any packaging. This is particularly good to do when you are buying fruit and vegetables. Take along old plastic bags or eco-bags and say 'No' to new plastic bags.
- At home see how many lights you can keep off when they are not needed. Before you start the challenge, start by seeing how much electricity you use - look at the electricity meter with someone at home and record over a week the number of units you use. After that, see how many units you can reduce the amount to by turning off lights, computers and TVs that are not being used. You'll enjoy

doing it and you'll save money, too!

Reuse (use again)

1. Before you throw something away, stop and ask yourself whether you can use it again or give it to someone else to use again. If it goes in the bin, it will end up in a landfill site and stay there for years and years and years.
2. Buy re-useable batteries to power items such as torches and games. Can you find any things that can be recharged by solar panels that use the sun's energy? The sun's energy is clean and you can use it again and again.

Recycle (recover, reclaim, reprocess, bring back into the cycle)

1. At school and at home, recycle as much as you can; paper, card, cans, plastic bottles and glass, and ask your parents to use products that are recycled like recycled paper or milk bottles. Can you recycle more than you throw away each week? Check your bins each week to see which one has more.
2. Set up composting facilities at school and at home to recycle all your apple cores, banana skins, orange and potato peel. You can compost using lots of different types of compost bins. Some of them even use worms to help speed up the recycling process!

