

RETHINK

Here's something for the group to talk about.

When we RETHINK, we become more aware of our actions and their impacts, both positive and negative, on the world around us.

- I could borrow items instead of purchasing something new.
- I could think about which item might be a better buy—not just based on cost but based on impact too.
- I could pay close attention to *what* and *how* I'm recycling.
- I could use laundry detergent sheets or powdered detergent instead of liquid soap from large plastic detergent bottles.
- I could use a bamboo toothbrush instead of a plastic one.

Tell us about one time you used RETHINKing in your life. Your example could serve as a great prompt and idea for others. If you have never tried RETHINKing or never thought about RETHINKing, no problem, tell us how you *could* use RETHINK in your life.

Ask for a volunteer in your group to read this aloud.

Do I need it?

Must I have it?

Will something else do?

Changing my thinking is the best way to improve.

Buy now, buy more!

Quick, get to the store!

It's a powerful message that a commercial conveys,

RETHINK can help me avoid the craze.

**ME
AND**



A PLAY IN POETRY BY DAVID DANIEL



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REFUSE

Here's something for the group to talk about.

When we REFUSE, we just say no to things, especially those items that are on a fast-track for the landfill after one use. Looking at you, single-use plastics!

- Say “No thank you” to the free plastic gizmos and gadgets offered to me.
- No thank you to bottled water when you have something refillable.
- No thank you to plastic utensils and straws. I could use my own fork, knife, spoon or chopsticks from home.
- No thank you to plastic or paper bags. I could use a fabric shopping bag instead.

Tell us about one time you used REFUSE in your life. Your example could serve as a great prompt and idea for others. If you have never tried REFUSE or never thought about REFUSE, no problem, tell us how you *could* use REFUSE in your life.

Ask for a volunteer in your group to read this aloud.

Saying no to what's not needed

Has a long and lasting effect.

Saying “paper please!” instead of plastic

Is an action that's quite direct.

Even more direct and helpful

When you shop with the family

When next they ask, say, “thanks, very much,

I've brought a bag with me.”

Eating lunch at the office

With my spoon and fork from home.

When a restaurant offers a doggy-bag

I'll say no to takeout foam.

Saying no to little things,

The things I can do without,

Saying no to all those little things

Makes big changes without a doubt.

**ME
AND**



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REDUCE

Here's something for the group to talk about.

When we REDUCE what we buy and what we use, we conserve resources and limit waste.

- Borrow, share or rent things that you need.
- Buy in bulk to limit packaging waste.
- Buy quality items that last longer and have a variety of uses.
- Avoid single-use items wherever I can.
- Only take what you need, and use what you take.

Tell us about one time you used REDUCE in your life. Your example could serve as a great prompt and idea for others. If you have never tried REDUCE or never thought about REDUCE, no problem, tell us how you *could* use REDUCE in your life.

Ask for a volunteer in your group to read this aloud.

To reduce our waste we can reduce our consumption, and still have what we need.
Not buying items that are used just once, helps a lot, we guarantee.

Water bottles of plastic and napkins of paper are used once and then they're through.
Like cases for cell phones, soaps in big bottles and disposable coffee cups too.

By reducing what we take, we reduce what we trash and that's always a very good start.
By reducing what we use just once, or worse, don't use at all, we all can do our part.

**ME
AND**



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REUSE

Here's something for the group to talk about.

When we REUSE, we slow down using more resources and creating new waste.

- Compost food scraps to enhance soil.
- Use beeswax paper instead of cling wrap.
- Use a reusable water bottle.
- Shop at second-hand stores first.
- Think, Can I REUSE what I throw away the most? If I can't REUSE it can I RETHINK it?
- Donate magazines and books to neighbors, hospitals, libraries, schools and nursing homes.
- Donate clothes to others.

Tell us about one time you used REUSE in your life. Your example could serve as a great prompt and idea for others. If you have never tried REUSE or never thought about REUSE, no problem, tell us how you *could* use REUSE in your life.

Ask for a volunteer in your group to read this aloud.

How is it packaged, how is it wrapped,
Couldn't I find another use for that?
And before I buy something new today,
Do I already have something that may do? Can save the day?
I look around before getting something new,
And reuse the items I've already accrued.

**ME
AND**



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REPURPOSE

Here's something for the group to talk about.

When we REPURPOSE, we find a new way to use the item, either as it is, or by making it into something else.

- Can someone else use this in their home or for crafts?
- Glass jars for storage of food or bathroom items.
- Old wood pallets with plastic bottles and jugs can become a vertical garden.

Tell us about one time you used REPURPOSE in your life. Your example could serve as a great prompt and idea for others. If you have never tried REPURPOSE or never thought about REPURPOSE, no problem, tell us how you *could* use REPURPOSE in your life.

Ask for a volunteer in your group to read this aloud.

Making new things from old things that are lying around.

It's useful and fun! Here's some things that I've found —

Chipped mugs can grow seedlings,

Old socks as dust rags,

Old sweaters into pillow cases,

Bed sheets into bags,

Plastic bottles that are big like gallons and two-liters

Are perfect piggy banks or tied to trees for bird feeders.

Containers that once held vegetable oil or dish soap,

With a cut here and there,

Hold your nails and your bolts!

Plastic caps become checkers,

Coasters from CDs,

Jewelry and art from any material you please.

With my imagination

There's no end to what I could do —

Why with enough plastic bottles I could build a canoe!

There are hundreds of ways to decorate my home.

If I repurpose what's there and leave the store stuff alone.

**ME
AND**



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REFURBISH

Here's something for the group to talk about.

When we REFURBISH, we can uphold, upgrade and update while making the utmost of what we have.

- Maintaining and caring for appliances can extend their lives by years.
- Buying REFURBISHED electronics lessens the amount of toxic chemicals sent to landfills.
- Donating electronics helps ensure existing resources continue to circulate.
- Fixing up a bike makes it usable for someone new.

Tell us about one time you used REFURBISH in your life. Your example could serve as a great prompt and idea for others. If you have never tried REFURBISH or never thought about REFURBISH, no problem, tell us how you *could* use REFURBISH in your life.

Ask for a volunteer in your group to read this aloud.

We can get better at living with what we have.

Look around.

Find things that can be bettered and boosted, enhanced and advanced.

Resist merely scrapping, trashing and throwing away.

In our great haste to communicate, we create a slate of special materials and radical chemicals whose particles slowly degrade over hundreds of years. And that degradation seeping into the Earth's foundation leads to their saturation into the circulation of this our nation's next generation's H²O. So —

Slow down.

We can get better at living with what we have.

**ME
AND**



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REPAIR

Here's something for the group to talk about.

When we REPAIR, we bring something back to what it was. Keeping things working keeps them out of the landfill.

- Fixing a bike.
- Raising and lowering hems on clothes keeps them in use.
- Ordering a button, latch or a cord keeps a device active much longer.
- A little sweat, a little dirt and a little thought can save a lot of dollars.

Tell us about one time you used REPAIR in your life. Your example could serve as a great prompt and idea for others. If you have never tried REPAIR or never thought about REPAIR, no problem, tell us how you *could* use REPAIR in your life.

Ask for a volunteer in your group to read this aloud.

Why, there are hundreds of things I can fix on my own.
Just get a book from the library or watch a video on my phone.
Sew the hole in my socks, oil the wheel on the cart,
The broken latch on the microwave just needs a new part!
Repairing what I have keeps it in use,
Throwing it away adds to refuse.

**ME
AND**



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RECYCLE

Here's something for the group to talk about.

When we RECYCLE, from bottles to batteries, we keep valuable resources in circulation.

- Entrepreneurs are turning recycled plastics into construction materials.
- RECYCLing electronics keeps toxic materials out of landfills and then seeping into groundwater.
- Knowing what can't be RECYCLED will keep contaminants out of what can.

Tell us about one time you used RECYCLE in your life. Your example could serve as a great prompt and idea for others. If you have never tried RECYCLE or never thought about RECYCLE, no problem, tell us how you *could* use RECYCLE in your life.

Ask for a volunteer in your group to read this aloud.

Nine.

Nine.

Only NINE percent of ALL plastic that has ever been created has been recycled.

Nine.

What once was taught as the most important thing to do for our world is now a last resort.

We produce 250 million tons of debris every year,

And that's just in the U.S. alone!

Recycling can be confusing, costly and inefficient, too.

Codes and ordinances can complicate which items can be used.

Some need prepping and separating from the non-recyclable plastics.

And mixing materials with what's not on the list can contaminate what is.

We may mix these with those from time to time, but we have to do our best.

Recycling isn't ideal, but it's important none the less.

So,

Know before you throw.

**ME
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