

Name: _____

Garbologist Journal

A Reading Buddy Activity Book



STOPWASTE
at home • at work • at school

How to Use This Garbologist Journal



Hello, Garbologist! A garbologist is a scientist who studies garbage. In this journal you will need an "Earth Buddy" - a teacher, parent guardian or a reading buddy.

An Earth Buddy will help you complete your mission to study garbage, or waste, and how to stop waste by becoming a 4Rs Action Hero! Your buddy will need to be able to read aloud the journal activities to help you explore how you can take action every day and make a difference to keep our earth healthy! Who is your Earth Buddy? Now start your training mission!

Your Earth Buddy Name: _____

Dear Earth Buddy,

Thanks for helping our Garbologist complete this journal! When you see this buddy icon



please read how to help your Garbologist buddy to answer the journal questions. Help read aloud the prompts and talk about what they learned. We encourage you to first read through the entire journal, even do the journal activities to prepare yourself on how you can make connections with your Garbologist buddy and inspire your buddy. Your part is coded in blue letters, like this letter you are reading now. To start, have them complete their name on the cover, color cover, and read this page to get them going to take 4Rs action. Thank YOU for taking action by teaching others!

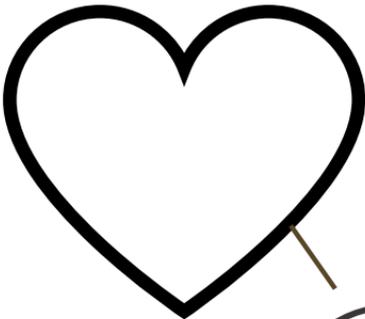
In Partnership,
The League of StopWaste 4Rs Action Heroes



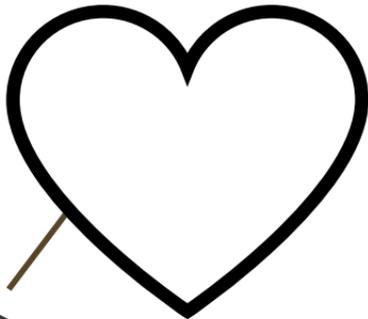
What Do You Care About?

The earth gives us so many things that we need, that we want, and things we care about. What are things that you care about that the earth gives us?

Draw and label what you care about in the blank hearts.



The earth gives us water.
Do you have a favorite animal or pet that you want clean water for them to drink?



The earth gives us food.
Farmers need healthy soil to grow healthy food
What is your favorite food?



The earth gives us air.
Do you have a favorite person that you want clean air for them to breathe?



The earth gives us a place to play.
Do you have a special park or outdoor place that you like to play or explore?



STOP WASTE

Please read the journal questions and the drawing prompts in blue. Share what you care about and help make connections by sharing how the things you care about are connected to the earth. Discuss what they care about. Do the things-that-they-care-about need things from the earth? Why or why not? Do they need these things to live or want these things?



Do you need it or want it?

Because the earth is so precious, we don't want to waste anything. Here are 4 things that the earth gives us - things that we need or want. Which items do you need to live and what items do you want (or a friend would want)? Label each item.

Circle the item if you need it to live.



1. _____



2. _____



3. _____



4. _____

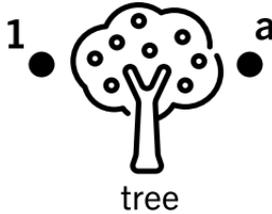
STOP WASTE



Please read the journal question, and talk about what they need versus what they want. We need 1. trees to breathe and 2. water to drink. We want 3. building block toys or 4. tricycle bikes. What other gifts do trees give us? What other gifts does water give us?

Where does our waste go?

Connect the dots. Trees give us paper and food, like apples. Connect the number dots to show how paper gets to recycling centers. Connect the letter dots to show how paper gets to a compost center.

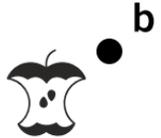


tree

2 ●



used paper



eaten apple scraps

3 ●



home blue
recycle bin



home green
compost bin



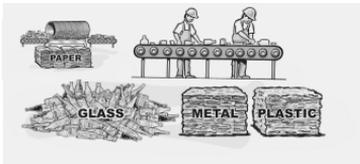
4 ●



d ●



5 ●



e ●

Landfill
Paper and apples in the landfill bin are gone forever. Gifts from trees are wasted. Waste is a problem we can stop.



Recycling Center
Clean sorted paper goes here to businesses to make new paper



Compost Center
Food scraps like apple cores goes to make rot or compost

3

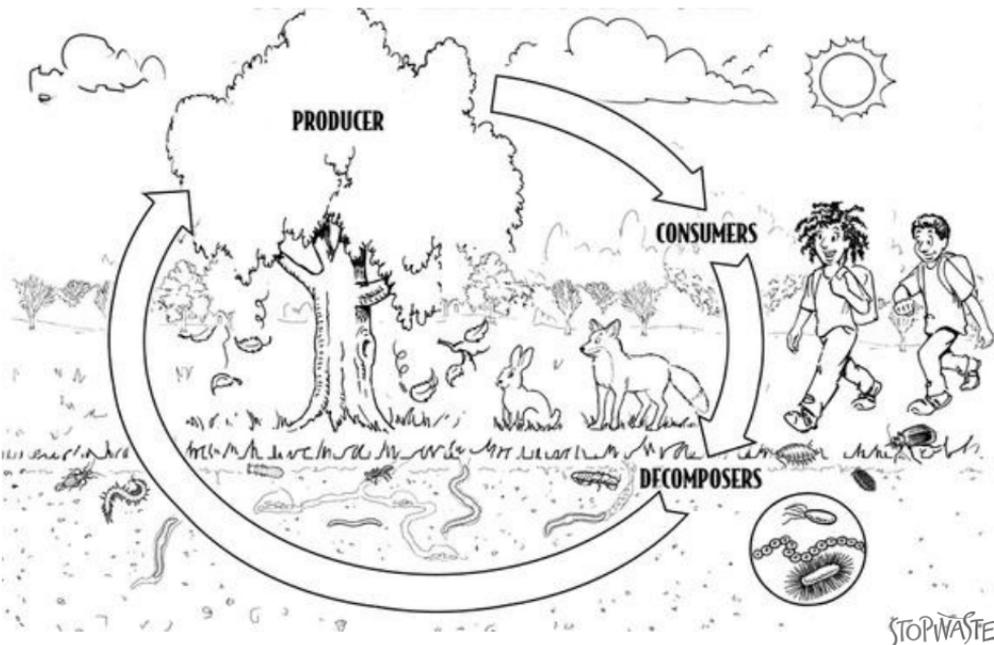


Please read the pathway of waste starting from the tree. Recycle means making old things into something new. Compost means rot, or decompose/break down. Compost helps make healthy soil for our farmers to grow healthy trees. Food waste, like unbitten apples, are the number one thing we find in our landfills.

Web of Life in Nature

Our earth, or nature, is full of wonder. One wonder is all things are connected, or what we call a "Web of Life". Color in the sun and the arrows to show how the sun's energy moves in a cycle and connects to all living things in nature's Web of Life.

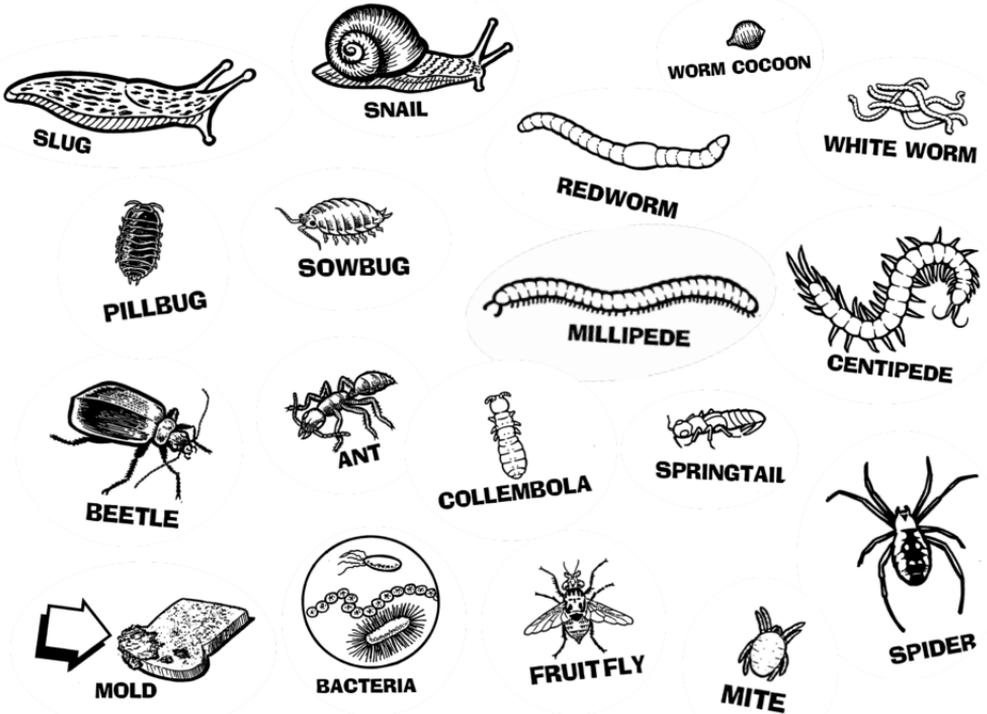
Done? Color the entire Web of Life. Draw yourself in the Web of Life.



Please read this story aloud as they are coloring the sun and picture. Make connections to the "Web of Life in Nature" poster. "Our earth, or nature, has everything connected. We are part of nature. The sun gives energy to producers, or plants and trees. We eat producers as consumers and we also get their energy when we eat them. When producers and consumers die they are eaten by decomposers. Decomposers rot, break down, or decompose producers and consumers then make compost that helps make healthy soil. That healthy soil grows healthy trees and healthy plants. The cycle continues when we eat the plants. Trace the sun's energy with your finger. This is a cycle of nature, or web of life. Think about the paper and apples we talked about in our last activity. When you put used paper in recycling bins, and apple core scraps in the composting bins, you are showing you care about our earth, and doing the right thing by taking 4Rs action to respect our earth. The earth gives gifts, and doing the 4Rs, like Recycling and Rotting shows you care. What things in this picture are "alive"? Knowing what is "alive" like plants, trees, and animals will help you know how to Rot!"

Compost Critters Rot!

Color the compost critters that you know.



STOPWAVE

 Please read the journal activity. Encourage the garbologist to circle the compost critters, or decomposers that they know. Decomposers in a home compost bin or worm bin are the same insects that live on the top 12" of healthy soil you find in nature. If you have the ability and teacher/parent guardian permission and/or supervision, you could do this activity in observation of your own compost bin and have the garbologist circle what they observe.

If you have the ability and teacher/parent guardian permission and/or supervision, you can find an outdoor nature area to explore carefully under rocks or fallen branches to explore any life in the soil.

Explain how decomposers make a healthy soil amendment. They eat dead plants and animals, and digest them. Their waste is compost that helps create healthy soil as it is full of nutrients to help plants grow their healthiest.

Hi! I'm The Recycler! Hard plastic, bottles, clean paper, and cans sorted in the recycling or blue bin.



What Goes Where?

The Recycler and Rot Girl can help you be a 4Rs Action Hero

Write a "C" next to item if you think it goes in the COMPOST
Write an "R" if you think it goes in the RECYCLING
Write an "L" if you think it goes in the LANDFILL

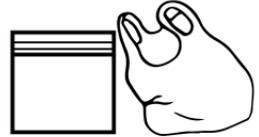
Hi, I'm Rot Girl! Anything once alive can be composted and rotted back into the earth. Sort it in the green bin!



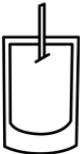
EMPTY CHIP BAG



MILK CARTON



SQUISHY, FLIMSY PLASTIC



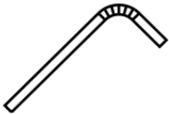
JUICE POUCH



PLASTIC UTENSIL



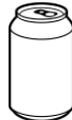
PLASTIC BOTTLE



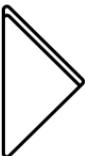
PLASTIC STRAW



EMPTY & CLEAN YOGURT CUP



ALUMINUM CAN



PAPER DIRTY NAPKIN



JUICE BOX



FOOD SCRAPS



Please go to resource.stopwaste.org to find out where waste items go for your city. Discuss alternatives to items that are landfilled to Reduce waste, the most important "R" to stop waste!

STOPWASTE

4Rs Action Heroes to the Rescue!

I'm **Super Reducer!**
I show people how
to use less stuff!



We need to do
something!



I'm **Professor Reuse!**
I show people how to
reuse things rather than
getting new stuff!



I'm **Rot Girl!**
I show you how to
compost food scraps, yard
waste and food-soiled paper
to build healthy new soil!



I remind you to recycle
stuff you no longer need,
instead of trashing it.
I'm **The Recycler!**



YOU can be a 4Rs Action Hero, too!

STOP WASTE



Please read the entire page with your Garbologist buddy. Tell them that every time we practice the 4Rs we are being a 4Rs Action Hero. Share with them your favorite. Ask them which is their favorite?

The 4Rs: Reduce, Reuse, Recycle, Rot

What are the 4Rs, and how can they help stop waste? Trace each R and say the R. Done? Draw a line to match the 4RsAction Hero to their R they represent. Hint: Look at their hero symbol on their chest!

R e d u c e

R e u s e

R e c y c l e

R o t



Please read the entire page with your Garbologist buddy. Tell them the definitions of each R:
Reduce means use less. We use less food and stop waste when we eat what we take at lunch.
Reuse means use again. We reuse the back of paper to reduce wasting trees.
Recycle means make something old into something new. We put the plastic water bottle in the blue bin, and it will be taken to a business to make our old water bottle into a new bottle.
Rot means to decompose or break down to make compost that makes healthy soil.
What are other examples you can share that you do. Remember Reduce is the most important R. If we reduce waste, we don't even need to do the other Rs- think about that wonder!

STOPWASTE
at home • at work • at school

Garbologist Mission Complete!

Your training mission is complete, Garbologist! Now it is time to take action! 1. Sign your 4Rs Action Pledge to promise to do your best everyday! Next, create your 4Rs Action Hero Identity, and your 4Rs Superpowers. Share this completed page to the League of 4Rs Action Heroes at schools@stopwaste.org to make it official!

The 4Rs Action Hero Pledge

I promise to be a 4Rs Action Hero everyday
at school, at home, and in my community and teach others to do the same!

Name _____

CONGRATULATIONS!

Thank you, 4Rs Action Hero, for taking action!

STOPWASTE

4Rs Action Hero Name _____

Your 4Rs SuperPowers _____

A Picture of You As A 4Rs Action Hero Taking
Action to Stop Waste!



Please read the entire page with your Garbologist buddy. Help record what they are trying to write for their name and Superpowers. Help take a pic or scan this page and email to schools@stopwaste.org, and put Student Name, School, District Grade in subject line.

4Rs Buddy Action Hero

4Rs Dance Celebration!

**Thank your Earth Buddy, and Earth Buddy thank your new 4Rs
Action Hero Buddy!**

Celebrate by doing this 4Rs Dance Together:

Reduce, Reduce, Reduce, Reduce!

**(Stretch arms large like a landfill, then bring your hands together
to reduce, or make less, landfill waste)**

Reuse...Reuse!

**(Bring your fists side by side and motion in a circle in front of
you to show how you use things again and again)**

Recycle, Recycle...Recycle, Recycle!

**(Make a cycle motion with your hands to the left in the air, then
a cycle motion with your hands to the right in the air)**

and...Rot, Rot, Rot, Rot

**(Make worm mouths with your hands and boogie down to the
ground like the decomposer worm)**

Take Action!

**(Now get your 4Rs Action Hero fist up in the air and jump up to
do the 4 Rs and Take Action!)**