

# We Are the (Re)generation Journal

WHAT  
ARE  
THE  
4RS?



Journal Set 1

Name: \_\_\_\_\_

# We Are the (Re)generation Journal

## WHAT ARE THE 4RS? Journal Set 1



## Welcome, 4Rs Action Hero Recruit!

**Thank you for joining our League of 4Rs Action Heroes!**

**If you joined us for April's Earth Month, we thank you for taking action! Your mission is to come up with your own "4Rs" as part of our "We are The (Re)Generation!" Action-Based Storytelling Project.**

**Being part of the (Re)generation is signing on to commit to our league's 4Rs: REDUCE, REUSE, RECYCLE, and ROT. It is also a call for Reflection, to find or create your own 4Rs! Maybe one of your 4Rs is "Recreate" as an artist who makes things out of items heading to the landfill? Or one of your 4Rs is "Respect" as you are a poet that likes to write poems to Respect Mama Earth? We can't wait to hear what your "4Rs" are!**

**Share your story by emailing at [schools@stopwaste.org](mailto:schools@stopwaste.org).**

## How To Use We Are the (Re)generation! Journal Sets:

**This is a self-paced guide on how you can take an "4Rs" action. The journal sets are action word banks for our collective vocabulary on how we can take collective action!**

**There are 3 Journal Sets. This is Journal Set 1, "What Are The 4Rs?". For an overview of how to participate, go to [www.stopwaste.org/schools](http://www.stopwaste.org/schools)**

# Report. Make Your 4Rs Action Count!

Submit your 4Rs actions that you've completed!

StopWaste will compile everyone's actions and reveal our collective impact on Virtual Earth Day, Thursday, April 22, 2021. Here's how to share your story of taking action:

- 1. Students:** Make a copy of the Google slide template at <https://tinyurl.com/BLANK-ReportEarthDayAction> and edit it to share your story. Email and share your final slide to [schools@stopwaste.org](mailto:schools@stopwaste.org) - or just email us your story- whatever works for you!
- 2. Parents, Teachers & Allies:** Post to social media and tag StopWaste Instagram @StopWaste, Facebook hashtag #StopWasteSchools, #StopWaste #IAmPartOfTheRegeneration
- 3. Join us on Virtual Earth Day, Thursday, April 22, 2021** to honor our collective actions on StopWaste Virtual Earth Day: Celebration Gallery & Mural at:

<https://tinyurl.com/EARTHdayGALLERYstopwaste>





## Action 1:

# Recruit

[ri-kroot]

v. to join a cause



Take Action!

**Welcome, 4Rs Action Hero Recruit! Show you care for your community! Draw a rainbow on reuse scrap paper and put on your window.**



StopWaste Champion Partner, Community Impact Lab in San Leandro, shared with us the "Chasing Rainbow Project". Children across the country are placing rainbows in their windows to stay connected and inspire others to care about their community. By reusing the back of an already used piece of paper rather than a new piece of paper, you are helping save trees, a precious natural resource. If you printed this journal sheet- you can reuse this journal paper.

**Draw your rainbow below and cut it out. Post on your window so your neighbors can see.**

**Ava and Sophie McNally shared that they also made rainbows made of hearts and changed the drawings to match the holidays their family celebrates. Be creative to show how you care, !**



Share With Our  
Community

**Share how you took action to build our collective action celebration gallery!**

**2 Ways to Share:**

- 1) Share your action story and a picture send to email [schools@stopwaste.org](mailto:schools@stopwaste.org)**
- 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration**



## Action 2.

# Reduce

[ri-dooz]

v. to use less



Take Action!

### 4Rs Action Hero "Eat Me First Challenge"! Make an "Eat Me First" sign and storage space in your fridge!



Did you know that 40% of food in the U.S. is wasted? Did you know that 43%, almost one half, of wasted food in the United States comes from households? Now, more than ever, is the time to make the most of what we have. Keep your food fresh and your family healthy by making small shifts in how you shop, prepare and store food. One of the easiest things you can do is create an "Eat Me First" sign that you put in a refrigerator shelf or drawer to remind you that this food may rot first and be wasted. Doing this can help an average family of four save \$1,500 a year!



Decorate the "Eat Me First" sign below and cut it out. Teach your Family and put it in your fridge, pantry or drawer. Report & share with our community.

EAT ME  
FIRST!



Share how you took action to build our collective action celebration gallery!

2 Ways to Share:

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- 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

Share With Our Community



Maggie from San Leandro uses lunch reusables!

# Action 3. Reuse

[ri-yooz]

v. to use again



Take Action!

**Make a Reuse Scrap Box to store your reuse paper for this project and beyond!**



You can always find ways to reuse a lot of the things you would often throw away. All of our things come from natural resources and by reusing as much as we can, we are making sure that we are conserving or saving these precious natural resources.

Paper and cardboard is made from the natural resource trees. Can you find ways to reuse paper or cardboard?

**Find a cardboard box or cereal box. Create fun patterns with scrap paper or markers below. Cut out your designs to decorate your box. Use it to store scraps and other materials you can reuse later.**

**Share how you took action to build our collective action celebration gallery!**

**2 Ways to Share:**

- 1) Share your action story and a picture & send to email [schools@stopwaste.org](mailto:schools@stopwaste.org)**
- 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration**



Share With Our  
Community

# Day 4. Action 4.

# Recycle

[ri-sahy-kuh l]



v. to make something old into something new



Take Action!

**Be an educated and caring global citizen. Find out what your city accepts in your recycle bin.**

re:source

Alameda County's Online Guide  
for Reuse, Repair, and Recycling

START SEARCHING

It's important to stay educated on what your city sorts for recycling. Recycling is an excellent way to keep precious natural resources like oil, which is made from fossil fuels, from going to the landfill.

You can visit [resource.stopwaste.org](http://resource.stopwaste.org) or visit your city's recycling website to find out what is happening with recycling in your city.

Look at the common packaging items below. Circle the items that can be recycled.



EMPTY CHIP BAG



OPEN MILK CARTON



SQUISHY PLASTIC



JUICE POUCH



UNBITTEN LUNCH FOOD



PLASTIC BOTTLE



PLASTIC STRAW



EMPTY YOGURT CUP



PLASTIC UTENSIL



PAPER NAPKIN



JUICE BOX



FOOD SCRAPS

The Answers - Recycled: plastic bottle, empty yogurt cup, empty chip bag, squishy plastic, juice pouch, unbiten lunch food, plastic straw, plastic utensil, paper napkin, food scraps Check with your city: open milk carton, juice box



Ben, the Backyard Warrior,  
Rots at Home!

## Action 5.

# Rot

[rot]



v. to plants and food scraps into compost



**Watch "The Adventures Of Wiggle E. Worm" and give thanks to the worms by drawing your favorite fruit or vegetable!**



Food is a precious resource and we can all do our part to keep food out of the landfill. If you have a compost bin or green bin, make sure all your food scraps and food-soiled paper go there. Once in the green bin, helpful critters like worms decompose or break down that material and turn it into compost! We can all help feed these helpful critters who make compost that builds healthy soil, rather than feed the landfill where it is gone forever and ever!

You can watch the comic movie on YouTube by visiting

[bit.ly/AdventuresofWiggleEWorm](http://bit.ly/AdventuresofWiggleEWorm)

**Draw your favorite fruit or vegetable, or make it out of reuse scrap paper, or take a picture with it and send it to us!**



Share With Our  
Community

**Share how you took action to build our collective action celebration gallery!  
2 Ways to Share:**

- 1) Share your action story and a picture & send to email [schools@stopwaste.org](mailto:schools@stopwaste.org)**
- 2) Post @StopWaste #StopWasteSchools #IAMPartOfTheRegeneration**

# 4Rs Family Cards

Directions: Cut out and write the name of the "R" - Reduce, Reuse, Recycle or Rot - represented in each card



## STOPWASTE Take 4Rs Action As A Family!

Observe the 4Rs Cards that you cut out as a family. Reflect on how you as a family can practice to the best of your ability how to Reduce, Reuse, Recycle and Rot and complete the sentences below:

**Our family can reduce by** \_\_\_\_\_, **and can reuse by** \_\_\_\_\_, **and can recycle by** \_\_\_\_\_, **and can rot or compost by** \_\_\_\_\_.



Share With Our Community

Share how your family promises to take action to build our collective action celebration gallery!

2 Ways to Share:

- 1) Share what your family shared above and a picture & send to email [schools@stopwaste.org](mailto:schools@stopwaste.org)
- 2) Post @StopWaste #StopWasteSchools #IAmPartOfTheRegeneration

# Congratulations! You are now an official 4Rs Action Hero!



Who are the League of 4Rs Action Heroes? They are students just like YOU!  
They are heroes who help us do the 4Rs - Reduce, Reuse, Recycle and Rot

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



I am Super Reducer's sidekick, Pingzi, the reusable water bottle

Let's take action!



I am **Professor Reuse!** I show people how to use things again!



I am Professor Reuse's sidekick, Alba, the albatross

I am **Rot Girl!** I show people how to compost food scraps, food-soiled paper, and plants!



I am Rot Girl's sidekick, Wiggle E. Worm

I am **The Recycler!** I show people how to turn something old into something new!



I am The Recycler's sidekick, We-Can, the aluminum can