

# Sophia N., Alameda

May the 4Rs Be With You Contest 2020

## Reuse, Rethink, Repurpose, Reduce



## My 4Rs Reflection

My 4Rs are reusing, rethinking, repurpose, and reducing. I chose these specific 4Rs because it is an easy thing that I can do even if it is just a small thing. Even younger kids can do it too. But not all the R's I chose can be done by babies or little kids so teens, adults, and elders can help us to do. Reusing is one of my 4 R's because everyone no matter what your age is can still do it. It is a simple thing that we can do. For example, my family members and I would use something that is reusable. Such as a metal water bottle instead of buying a lot of plastic water bottles. From that simple change we can save a lot of plastic. The same goes for bags. We can all bring our own reusable/cloth bags to the store instead of buying a bag every time you go to the store. It can even save you money even if it is only a couple of cents. Since, my household is able to reuse the things that we have at home, we don't have as much plastic compared to the families that buy those packs of plastic bottles. Also, if we are going somewhere, it is a good

idea to bring your own water bottle wherever you go instead of stopping by at a store just to buy one water bottle.

My other 4 R is to rethink. I chose to rethink because I will think before I will do something that can affect the environment in a good or in a bad way. I will also think that if we would need to buy something that is new and that if it worth getting a new one. If I have something and a new one comes out (such as a phone or a new pair of earbuds), I will think that if it is a good idea to buy a new one. If what I have is still in a good condition, I will not get a new one even if most people are getting products that are trending right now. Even if the product is a newer version, it still works the same way except maybe with a few changes. Even if the quality of the camera is different or if the difference is the size, I will have to think if it is a good idea to get a new one or not.

My third R is to repurpose. To repurpose, I would take a look at all of the things that I have at home and see if I can use it for something else. For example, at my house we have a lot of jars from those pasta sauces. So instead of throwing it away, we can use it for another thing such as a flower vase or using it for organizing things. We can also use some legos to make a key holder.

My last R is to reduce. By reducing energy, we can decrease the pollution. Ever since I was little I would turn off the lights when no one is using it. Also, since I lived near my school, I would walk to and from to school everyday. But now since I don't, I would sometimes carpool with my friend to get home from school and vice versa. Other times I would use public transportation with my friend. Even though my family cannot walk to all the places we go to, we try to walk to places that are near us instead of using the car everytime we go out. Sometimes we would ride our bikes to go to the grocery store.