



## I am what I do to change who I am

### Author

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### Type of activity

This activity encourages students to reflect on their lifestyles and their impact on the planet, enhancing their role as agents of change towards the fulfilment of the 2030 Agenda.

### Target educational level

It can be targeted at secondary, high school and university levels.

### Information entry

Every year, around 8 million tonnes of plastic waste is dumped into the oceans. The difficult degradation of this material is a major problem for the future of the planet. Despite improvements in plastic recycling data, a significant proportion of plastic waste is still being disposed of incorrectly. To raise awareness of the problem of plastic waste in the environment, students will be shown a video (PLASTIK) about the impact of plastic on the planet.





Once the video has been viewed, a short guided discussion will be held to engage them with the following two questions:

What impacted them the most?

How does it affect their daily lives?

## Source

Video: <https://youtu.be/P5OBWbZDZlc?si=5U5Fh63Av8aqNA9P>

## Problem statement

The students, after reflecting on the impact of plastic on the planet, propose practical solutions to reduce its consumption and improve its use. They can come up with solutions to which they commit themselves in any of the three categories:

Reduce: Avoid unnecessary use of plastics.

Reuse: Giving plastics a second life

Recycle: Ensure proper management of plastics.

Each student shares their proposals through a Padlet mural that the teacher will have made and will share with their students.

Source:

Padlet: <https://es.padlet.com/>

## Solution

The activity target one of the priority action areas of Education for Sustainable Development: Youth empowerment and mobilisation (*Education for sustainable development: a roadmap, UNESCO*). In this sense, the aim is to raise awareness of the SDGs and design creative solutions to sustainability challenges.

Once the Padlet has been created with the students' proposals, a common action is chosen that the whole class can implement for a week, for example.

A 'plastic-free pact' can also be proposed, where each student chooses an action to which he/she is really committed.