



OUTDOORTED



# ECO CHAMPIONS

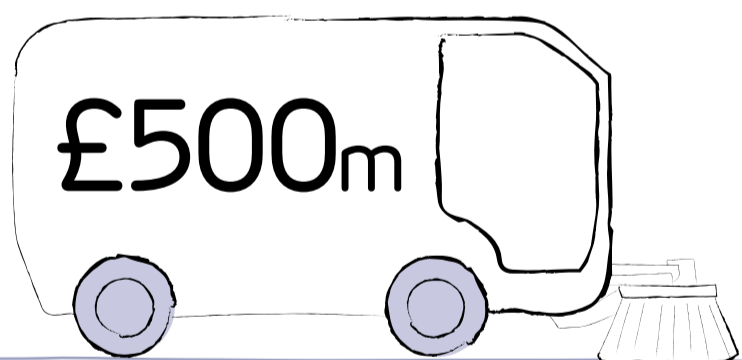


## LITTER



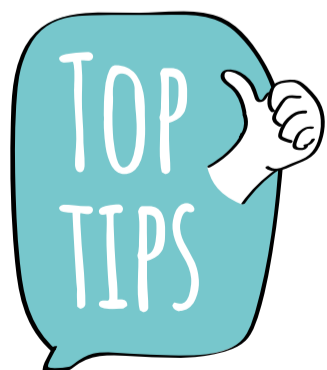
## DID YOU KNOW?

It costs £500 million a year to clean litter from the streets alone (parks and other public spaces aren't included in that figure)



# 48%

of the UK population drop litter – adding up to more than two million pieces every day!



- Always wear gloves when you're litter picking
- Use a litter picker (a pole with a grabber on the end) if you can
- Avoid picking up dangerous items (e.g. broken glass or pottery, any sharp metal)
- Where possible, recycle what you've collected
- Go with your friends to make it more fun!



## LITTER



### CHOICE 1

Commit to at least one hour a week of picking up litter in your community.

How does it make you feel?

What reactions do you get?



### CHOICE 2

Combining exercise with litter picking is called plogging.

Do five star jumps/squats/whatever you like each time you find a piece of litter.



### TOP TIPS

- Always wear gloves when you're litter picking
- Use a litter picker (a pole with a grabber on the end) if you can
- Avoid picking up dangerous items (e.g. broken glass or pottery, any sharp metal)
- If you can, recycle what you've collected
- Go with your friends to make it more fun!

## HERE'S THE EVIDENCE!

- Upload some photos or a video of the activity and add a link.
- Or share some other evidence of what you did.



For more more info and inspirational resources, visit  
[drax.com/resources/educational-resources](https://drax.com/resources/educational-resources)



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