



Send your waste
to a better place.

ACTIVITY BOOK



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What Goes in the Blue Cart?

Circle the objects that can be recycled and put in the Blue Cart.
When you are finished, colour the picture and colour the cart blue.

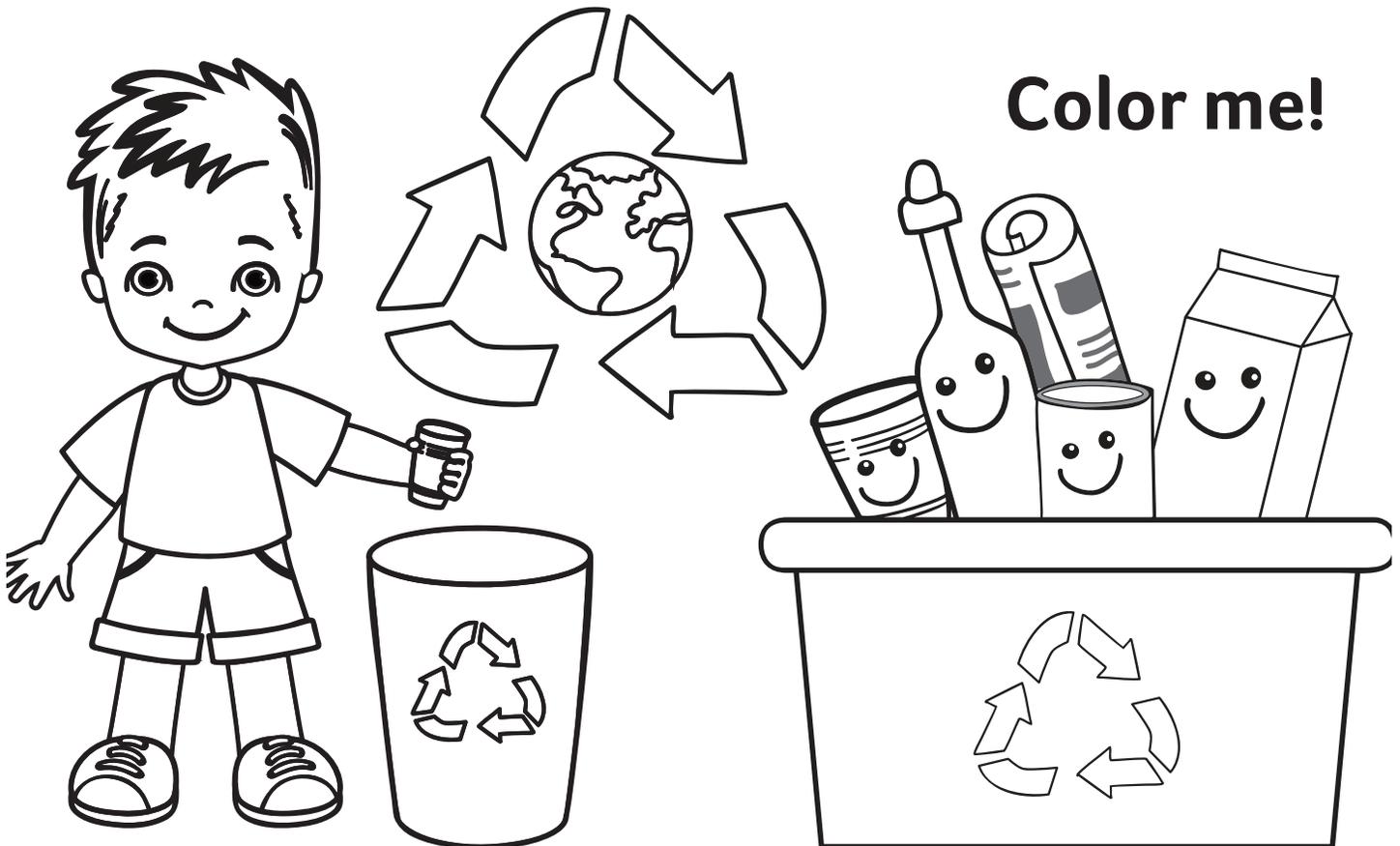


e _____

_____ n _____



learn, people, reduce, can, waste, to



Waste Word Search

E A C N Q N O I T U L L O P P
C W U S C Q S R N T E W F S F
O Y I N S H B F E W W M S L Z
S R E O L D U F M J P F H A J
T E S S A E J D N B G R I C C
A V U I N P E Y O L A E D I F
T O E O D O T F R U S C R M H
I C R P F T S T I E D Y B E P
O E S R I M A N V B I C X H G
N R H Q L X W I N A S L D C A
M R I N L Q L A E G P E I R R
M I C H A E L P A C O F Y P B
O N C A P Q H D Q V S A I C A
K Q Q X E A O F F I A P L S G
I Q R E D U C E R F L O Y X E



Words may appear written backwards, up and down, or diagonally (at an angle) as well as from left to right.

CHEMICALS
DEPOT
DISPOSAL
ENVIRONMENT
GARBAGE
GAS
LANDFILL
PAINT
POISONS
POLLUTION
RECOVER
RECYCLE
REDUCE
REUSE
WASTE

Old Things Changed to New

When something is recycled, it has been changed into something different.

Can you match the old things on the left with the recycled things on the right?

Draw a line connecting the old things to the recycled things.

Colour the recycled things that you have at home or at school.



Plastic Bottles



Old Cardboard



Old Soup Can



Old Milk Carton



Old Newspaper



Grader Blade



Recycled Tissue Paper



Newspaper



Plastic Lumber, Carpet



Cardboard and Boxboard

What Goes in the Blue Cart?

“R” words are one way we can remember ways to help the environment.

1. **Reduce** - means to cut down on the amount of garbage we produce
2. **Reuse** - means we use something over and over again instead of throwing it away
3. **Recycle** - means we change some things we throw away into new things

Write the correct “R” word under each picture:



R _____

or

R _____



R _____



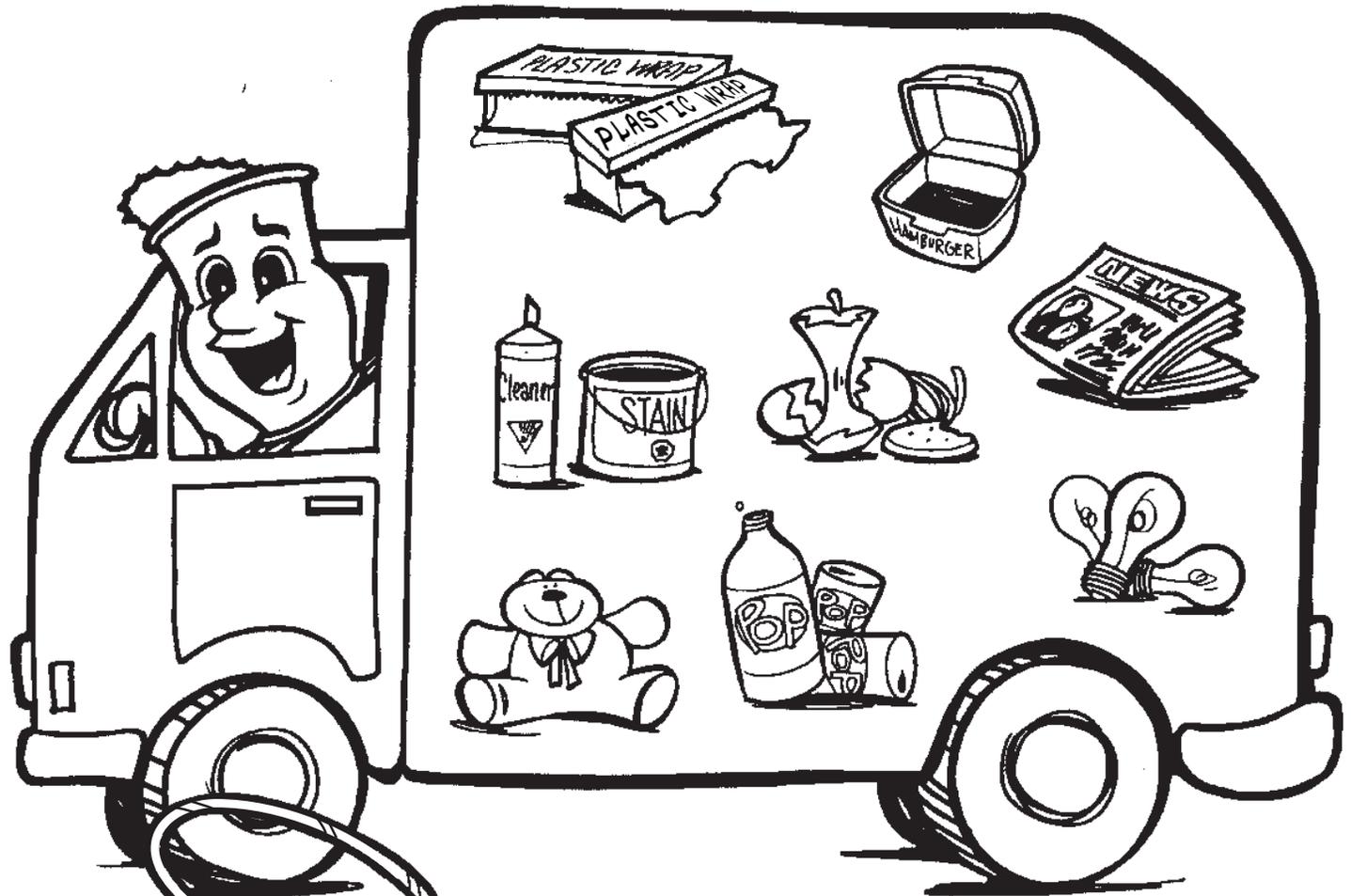
R _____

Think of some other ideas to reduce, reuse and recycle.

Write your ideas below:

Taking The Garbage Out

Help lasso the things in the garbage truck that don't need to be thrown out. Join them to the correct action.



Recycle Paper



Colour it red

Second Hand Store



Colour it purple

Compost



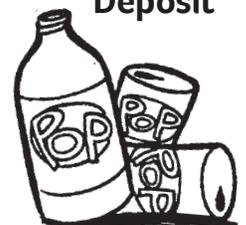
Colour it yellow

Household Hazardous Waste Depot



Colour it green

Deposit



Colour it blue

**Do you think you do as much
as you can to reduce waste?**

Try the following quiz and see!

1. I bring my lunch in a reusable container.

YES NO

2. I try to take only what I can eat so there will be less food waste.

YES NO

3. When I outgrow my clothes I give them to someone else.

YES NO

4. I write on both sides of paper then put the paper in a
recycling box.

YES NO

5. When I'm cold I wear a sweater instead
of asking my family to turn up the
thermostat.

YES NO

6. I talk to my family or my teacher about
reducing, reusing, and recycling.

YES NO

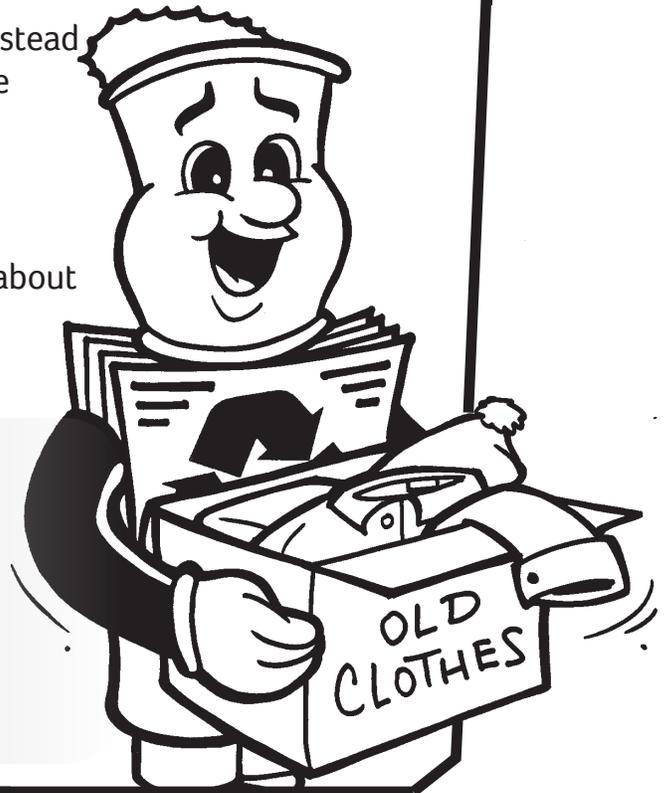
**Score 2 points for YES
and 1 point for NO.**

Score

6 - 8 points **Try it!**

9 - 10 points **Go for it!**

11 - 12 points **Awesome!**



Household Hazardous Waste Depots

Many household hazardous waste (HHW) products are potential health hazards and should not be thrown in the garbage. They should be taken to one of Regina's Household Hazardous Waste Depots.

Check the ones you think should go to the HHW Depots.



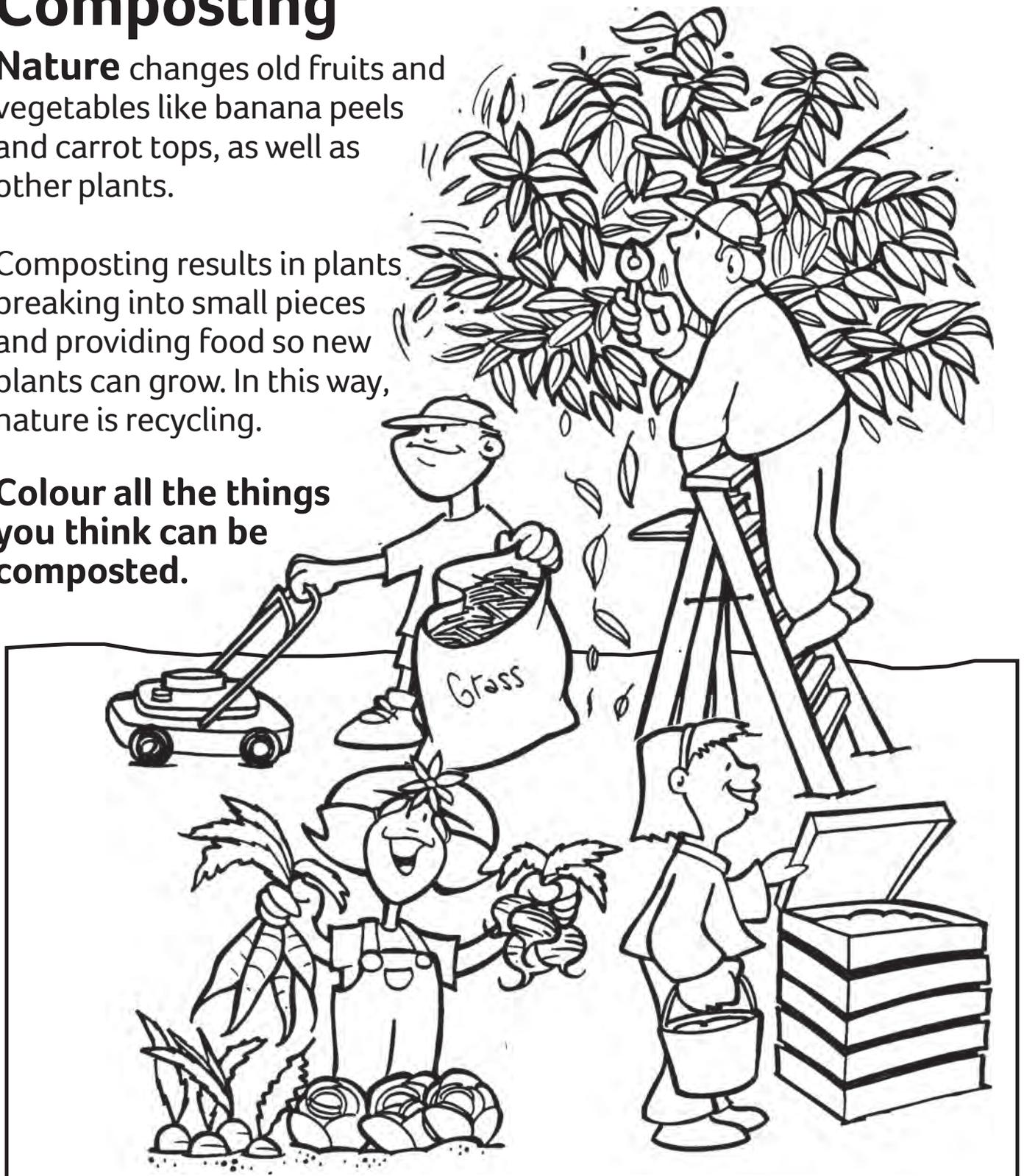
Nature Recycles Too!

Composting

Nature changes old fruits and vegetables like banana peels and carrot tops, as well as other plants.

Composting results in plants breaking into small pieces and providing food so new plants can grow. In this way, nature is recycling.

Colour all the things you think can be composted.



ANSWER KEY

What goes in the Blue Cart?

Milk carton, newspaper, magazine, pop can, shoe box, cereal box, shampoo bottle

Fill in the blank

People can learn to reduce waste

Old things changed to new

Plastic Bottles become Plastic Lumber and Carpet

Cardboard becomes Cardboard or Boxboard

Soup Cans become Grader Blades

Milk Cartons become Recycled Tissue Paper

Newspaper becomes Newspaper

Words beginning with “R”

A: Reduce or Reuse

B: Recycle

C: Reuse

Taking the garbage out

The plastic wrap, hamburger box and food waste go in the garbage.

Household Hazardous Waste Depots

The bug killer, spray paint, oven cleaner, battery, glue, furniture polish and cell phone go to HHW Depots.

What should happen to the items that unnecessarily go to the landfill?

Recycle

Nature recycles too!

The leaves, grass and plants can be composted.

For more information:

Call Service Regina at 306-777-7000
or visit Regina.ca/waste

Learn more about the wonderful world of waste!
Regina.ca/waste





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