Activity: Scrapping Journal

Background:
There’s no better way to understand your environmental impact than keeping a detailed record of it. In this exercise, students will record everything they throw away and everything they recycle over a seven-day period for class reflection.

Point Value:
12 points

Key Themes:
- Scrapping
- Energy Conservation
- Writing

Procedure:
1. Have your students use the Scrap Journal template provided to record everything they throw away and everything they recycle over a seven-day period. Remind them daily to fill out their journals.
2. On the eighth day, have them answer the journaling impact questions provided. Hold a discussion about the exercise.

Materials:
Provided by Museum:
- Journal template
MONDAY
What did I throw away today?
What did I recycle?

TUESDAY
What did I throw away today?
What did I recycle?
‘S SCRAPPING JOURNAL

WEDNESDAY
What did I throw away today?
What did I recycle?

THURSDAY
What did I throw away today?
What did I recycle?
FRIDAY
What did I throw away today?

What did I recycle?

SATURDAY
What did I throw away today?

What did I recycle?
**SUNDAY**

What did I throw away today?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What did I recycle?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**REFLECTION**

1. What did you throw away and recycle the most of?

________________________________________________________________________

2. Did your habits change throughout the week? Did you throw away or recycle more or less because you were keeping track?

________________________________________________________________________

3. Were there any materials that you threw away that could have gone in the recycle bin instead?

________________________________________________________________________

4. After doing this exercise for a week, do you think it will change your habits? Why or why not?

________________________________________________________________________

5. How do you think you can make it even easier to recycle in your life?

________________________________________________________________________