Article: <https://www.regeneration2030.org/post/the-great-five-r-s-of-circular-economy>

Video: <https://www.youtube.com/watch?v=WXK2fSdb3UM>

# **Instruction**

**Action F1: Make**

Resources to produce our goods

“Produce” a product by drawing something with a lot of detail and a lot of accuracy that you value yourself or that you know is very valuableProduce” a valuable product by drawing it very and find out how much effort and time goes into our stuff! Use the square paper to draw in every

1. Use the squared paper by forcing yourself to really colour in every little box that belongs to the picture of your product. This will help you to understand how much time and resources go into the production of our many consumer goods.
2. Stop painting after 20 minutes, but not before
3. Write down how you felt while painting. Refer to time and effort and the subject you chose.
4. Read for yourself the background to resources needed for production:

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***Background: make***

*The production of almost all objects we use in daily life requires the use of many reserves. These are raw materials that make a product possible in the first place. The most important raw materials needed to make jeans, for example, are cotton, water and dyes. Furthermore, it takes a lot of energy to make products. For example, electricity is needed to run the sewing machines that are used to make our clothes. Besides the electricity consumption, most items are produced in countries that are very far away. These items are then transported to us, which leads to a high consumption of fuel. Therefore, we should think carefully about what products we buy. Constantly buying new clothes or other items to wear or use only a few times and then throwing them away is called "fast fashion". The ecological effects of such a consumption style are devastating. In addition, workers in the textile industry, for example, work under difficult conditions and receive very little money for it. Therefore, we are encouraged to buy items that we need and to value the products more. According to the newspaper "Tagesspiegel", every person in Germany throws away 4.7 kilograms of clothing per year , which doesn't have to be!*

**Action F2: Take**

How long do you use your things? When do you buy something new?

Instructions

1. "Sell" your "product", i.e. your beautiful picture, to your neighbour on the left by handing it over to him or her, so that in the end each of you has a new "product" (picture).
2. Tell your group members about your "product" that you have "bought" and that you are holding in your hands.
	* How do you like the product you bought?
	* Can you use it well?
	* Do you have something like that?
	* Do you get the impression that it was made with a lot of effort?
	* Could it be precious?
3. Exchange in the group afterwards: What did you "buy"? Was it carefully made? How do you rate the durability? Could it be used for a long time?

***Background: take***

*Many products contain valuable raw materials , as already mentioned. For example, a mobile phone contains 30 different metals, such as iron, silicon, magnesium, gold and silver. To extract some of these raw materials, people often have to work under terrible conditions. To obtain the raw materials needed for many electronic devices, children usually crawl into narrow passages or shafts to do so. They have to do this because they are so small and agile and can do it better than adults. That would not be allowed here in Germany. Unfortunately, there are many countries in the world where children are not protected from such work! Families also often need the labour of children because otherwise they would not earn enough money to survive. According to Unicef, 160 million girls and boys work as child labourers worldwide.*

**Action 3: Waste**

What happens to things we no longer need?

Instructions

Now you're doing a little role play - but there's also a lot of seriousness in it:

1. Each group member takes their picture back and carries it in their hands.
2. You imagine that you have owned the product (your self-made picture) for about a month.
3. Now you think of a reason why you don't want the object anymore and tell this to your neighbour
4. Take your picture and tear it into lots and lots of little snippets!
5. You are probably quite sad now that your beautiful work was simply destroyed?
6. That's why you decide together: we'll make something new out of it together!
7. Think about which picture you want to stick together from the snippets on the poster paper.
8. When you have created something beautiful together, each student thinks about the action for a few minutes for him/herself. Then you exchange on the experience:

How did you feel when you had to tear up the picture? Were you sorry for all the work? Is the poster that was created together a good substitute for that?

***Background: waste***

*When "shopping", many people do not even think about whether they really need what they are buying. Advertising can make us think that we need something, when in fact we know that we do not. Also, competition with friends or girlfriends sometimes leads to buying something "just because he/she has the same thing". This behaviour leads to the production of more and more goods around the world that are not needed. If you look at your wardrobe and count how many clothes you own and how many you really need and wear regularly - do you understand what is meant? The more we buy, the more raw materials and energy are consumed. If you don't just throw away something "broken" like the picture, but make something new out of it, this is called "recycling" - or if it becomes even more beautiful: "upcycling". In this way, precious raw materials are preserved.*

# **Deepening**

Read the article about circular economy

[The Great Five R‘s of Circular Economy (regeneration2030.org)](https://www.regeneration2030.org/post/the-great-five-r-s-of-circular-economy)

Look at the video about circular economy

# **Reflection activity**

* exchange in your class and with friends: Can you find examples of products that refer to circular economy
* create a story of that product - and how it could influence or way of life: make - take - waste… region!

# **Action!**

* When shopping, remember the re-words: "reduce, reuse, recycle, refuse, re-pair".
* Reduce the amount of things you buy.
* Find new ways to use things instead of throwing them away.
* Give new meaning to things you no longer need.
* Do not use certain products or things, especially if they are bad for the environment.
* Look for sustainable or reusable products.
* Try to repair things instead of throwing them away
* Look our for shops in your region who have the “r” in they shop-philosophie
* Look for materials made from renewable raw materials instead of plastic