

Activity: Eco-Warrior Quiz

Read the statements below, tick your answer and total up your score! Then look at page 2.

	Always (10 points)	Sometimes (5 points)	Never (0 points)
1. I take my own bags to the supermarket and shops, avoiding using plastic bags			
2. I take a reusable water bottle to school			
3. I say no to plastic straws when I buy a drink			
4. I use scrap paper or recycled paper for my school work			
5. Instead of buying fruit and vegetables packaged in plastic, I buy loose fruit and vegetables with no plastic packaging			
6. I take part in beach cleans or litter picks			
7. I say no to balloons, and I never let balloons go/fly away			
8. I recycle at home – paper, cans, plastic, glass			
9. If I can't recycle something at home, I take it to a recycling bank			
10. I use the recycling bins at school			
11. I do not drop litter, I put litter in the bin			
12. I tell my friends and family not to litter			
13. I use the compost heap in my garden			
14. I only print out paper when really needed			
15. I never flush anything plastic down the toilet (e.g. cotton buds, dental floss)			
16. I use a non-plastic toothbrush (e.g. bamboo toothbrush)			
17. I carry a non-plastic straw or cutlery with me (e.g. a spork, metal straw)			
18. I tell adults to use a reusable coffee cup and non-plastic tea bags			
19. I do not use plastic glitter (for crafts or makeup)			
20. I have a plastic free lunch (e.g. no cling film, plastic wrappers [crisps, sweet, chocolate wrappers])			

_____ 's total points are:

How did you do?

0 → 50 Points – Try harder to help the oceans!

50 → 100 Points – A great start, but how can you improve?

100 → 120 Points – Good work! Keep it up!

120 → 200 – Very good! You are an ocean eco-hero! You can help others to become more environmentally friendly.

List five things that you can do to improve your score and help the oceans:

1.

2.

3.

4.

5.