

ACTIVITY 5 Take the Plastic Pledge



Overview

Some studies show that making a pledge can increase the likelihood that people will make behavioral changes. For example, when households were asked to make verbal or written pledges to recycle, both groups showed higher commitments to recycling. Those that made a written pledge were most likely to change their behavior. Ask your participants to take the plastic pledge to reduce their plastic use.

Setup

At an event or festival, provide examples of common single-use plastics, or plastics that are used just once before discarding (see page 6), and examples of how they impact birds. You can use photos or even stuffed animals to illustrate entanglement and ingestion. You may also have examples of behavioral changes that are simple, such as substituting a plastic bag with a cloth bag or a plastic water bottle with a reusable water bottle. Provide a table where participants can easily write and sign their pledges. This activity is an ideal way to conclude your event or lessons about plastic pollution.

Get Started

Using printed information, images, or discussion, share the importance of making a written commitment to reduce plastic pollution. Discuss the importance of selecting behavioral changes that can be realistically accomplished and explain how. You may want to provide a small prize for everyone who makes a pledge.

Engage participants in exploring how they can personally reduce plastic pollution.



Pledge examples

- **I pledge to say no** to at least one single-use plastic item per week.
- **I pledge to pick up** plastic pollution and dispose of it properly.
- **I pledge to recycle**/properly dispose of any plastic item I use.
- **Write your own** plastic pledge!

OBJECTIVE

To motivate behavioral changes that reduce plastic pollution.

AGES

All

MATERIALS

- Pens/pencils
- Plastic pledge sheets

PLASTIC PLEDGES

Find Plastic Pledge downloadables at www.migratorybirdday.org/resources

TIME

5 - 15 minutes