

December - Consumerism

Low Tech - Step-By-Step Activity



**Calendar for
Climate
Change**

Quid-Pro-Guo - Inter-generational
Education to Ease Global Warmi



Step-by-Step Guide

Climate Change Topic	Consumerism		
High-tech or Low-tech?	Low-Tech		
Duration of Activity (in minutes)	1 hour per activity	Learning Outcome	<ul style="list-style-type: none"> ● Basic knowledge of how to make gifts and decorations, instead of purchasing ● Basic knowledge of alternatives to wrapping paper ● Create decorations out of recycled or recyclable materials ● Willingness to reduce waste and excess during the holidays
Materials Required for Activity	<ul style="list-style-type: none"> ● Leftover newspaper, books ● Toilet paper tubes ● Paint ● Leftover fabric ● String and sewing supplies ● Glue ● Small sweets 		
Step-by-step instructions	<p><i>One of the biggest results of consumerism is the excess packaging created during the holiday season. This excess packaging comes primarily from gift wrapping, cards, crackers, and products themselves. To have a more sustainable holiday season, you can find two activities below that can help to cut down on packaging waste by reusing materials around the house.</i></p> <p style="text-align: center;">Recycled Wrapping Paper</p> <p>Consider the different types of paper or fabric that are found around your house that are being unused. Using leftover materials such as fabric, newspapers, or old children’s books can be used to wrap gifts that use recycled materials.</p> <ul style="list-style-type: none"> ● Step 1: Locate some old paper materials around the house that you can use like old and worn books, newspapers, colouring books, fabric. ● Step 2: Using some adhesive, glue the smaller pieces of material together to form a large surface, and leave to dry. <ul style="list-style-type: none"> ● You can use paint and other art materials to paint some small designs on the paper to give it a personal touch! ● Step 3: Use your old old new materials to wrap up your presents, and decorate with the next DIY! <p style="text-align: center;">DIY Ribbons</p>		



Image 1 - Source: Made Everyday by Dana, Made Everyday (2011)

If you have any leftover fabric or an old piece of clothing that you are going to throw away, why not repurpose them as ribbons? There are two ways in which you can do this - leaving the edges raw or putting some sewing ability to work!

- **Step 1:** Find an old piece of fabric, like a t-shirt and trousers, and use chalk to drawing long inch-wide strips into the fabric
- **Step 2:** Use scissors to cut out the strips along the lines you have drawn.
- **Step 3:** Once all the ribbons have been cut out, you can leave the edges raw and use them to wrap your gifts or you can use steps 4+5
- **Step 4:** Fold the strips in half width-wise to create 1/2 inch strips. Use your needle and thread to sew the two sides together using a basting stitch, or a sewing machine if you have one.
- **Step 5:** Once the stitch is complete, tie off the stitch, and your ribbon is ready to use!

Alternative video tutorial: <https://www.youtube.com/watch?v=VkwkRsvMYdY>

Blog tutorial: <https://www.madeeveryday.com/tutorial-diy-fabric-ribbon-and-repurposed-gift-wrap-ideas/>



Image 2 - Source: Nick Fewings, Unsplash (2020)

One of the most fun parts of the holiday season for people can be crackers pulled at dinner. However, there is a large amount of waste generated every year by crackers because they are single-use. Below is a tutorial on how you can make your own crackers using recycled materials you have at home.

- **Step 1:** Locate some old paper such as pages from a A4 book or newspaper.
- **Step 2:** Lay your paper on the table design side down and position your toilet roll tube at the bottom of the paper.
- **Step 3:** Use some glue to affix the tube to the paper, and wait for it to dry.
- **Step 4:** Roll your tube across the paper, then secure with some glue along in the centre of the paper and at the end.
- **Step 5:** Cut two strips 20x5cm of thin card and curl each into a circle. Place the card inside each end of the cracker, leaving roughly 2cm sticking out of the end. Glue the card into place with a little sticky tape.
- **Step 6:** At one end of the cracker, hold the cracker closed between the roll and the card. Twist a little to close and tie off with a piece of string or some of your homemade ribbon!
- **Step 7:** In the other end, place a small packet of sweets and a joke written on paper. Seal the end the same as step 6, and you're finished!

Alternative video tutorial: https://www.youtube.com/watch?v=bbtHlhkaY_8


Blog tutorial: <https://www.jamieoliver.com/features/homemade-christmas-crackers/>



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