



Jo Ruxton

First released for Outbox 2020

Plastic Oceans UK



Meal Plan
#088
60 mins

Starters 15 mins

Snack, Cackle & Pop..... 2 mins

Snack: Before we begin, grab a snack!

Cackle:



My Pet's Name

Pop: Stemillions playlist on Spotify:

bit.ly/stemillionsplaylist

Meet Her..... 5 mins

Jo Ruxton is a passionate campaigner for the oceans she started the first marine programme for WWF in Hong Kong. She was the head of the BBC's diving team whilst producing & directing underwater films and worked on the first Blue Planet series for 5 years. Jo left the BBC to produce the documentary feature, A Plastic Ocean, a multi-award-winning film that started the Charity, Plastic Oceans UK taking the message of the film to as many people as possible.

Watch: [Meet Jo here.](#)

Discuss:

- ★ What is a microplastic?
- ★ Why is it important to recycle & reuse plastic?

Desserts 5 mins

Share with us 1 min

Upload photos on [Twitter](#) or [Instagram](#) and tag @Stemettes and #Stemillions.

Mains 40 mins - choose ONE only

MAKE..... 40 mins

Ingredients: pens, plain paper, colouring pencils.

There are lots of ways plastic can end up in our oceans. In this activity we will see how we can help prevent this. First of all, take a look around you, how many plastic items can you see? Make a list of all the different items you can find. Once you've got your list, choose one or two items and redesign this object so it no longer contains plastic. How else could you make this item more environmentally friendly? Remember, some biodegradable items can break down into microplastics and harm the environment too! Draw out your new designs and then present your ideas to everyone. What do you like about everyone's designs?

EXPLORE..... 40 mins

Ingredients: pens, plain paper, colouring pencils or computer/laptop

Jo is on a mission to make people and companies aware of microplastics and stop plastic waste getting into our oceans. Create a poster you can stick up in your school or a presentation you can show your teachers so other people know how to help prevent plastic ending up in our oceans. Here are some helpful links to get started.

[WWF](#)

[National Geographic](#)

Present your poster or presentation to everyone before the end of the session.

Ask Away..... 2 mins

Got a question? Ask Away! bit.ly/Ask-Away

Digest..... 2 mins

Digest this Meal Plan - fill out the feedback form.