Lesson 2: The Wijsen Sisters

Activity: Recycled Bracelets/Headbands (20 Minutes)

During this activity, the girls will give plastic bags another use by creating bracelets or headbands.

• Cut the plastic bags into strips.
• Have colored strings, ribbons, and plastic bag strips available on a table for girls to reach.
• Show the girls how to tape three strands (plastic, ribbons or strings) to the table and make a braid. If needed, you can print and distributed the below graphic, or find your own.
• Tell the girls they get to design their own bracelet or headband by braiding plastic. They can get creative and make whatever they want—a jump rope, a necklace etc. They can make braids out of any materials, as long as they use some plastic. They can braid together multiple braids.
• When the girls get to the end of their braid, tell them to leave some room so you can help tie the ends together if needed.
• After the girls have completed their bracelets or headbands, if you have plastic bag pieces left over, ask the girls to come up with a way to use the leftovers so that nothing is wasted. If time allows, have the girls carry out their favorite recycling idea with the leftovers.

Tip:
• If you have beads available, take them along so girls can thread them onto their bracelets if desired.

Discussion Questions
If time permits, spend a few minutes discussing these questions or any others the girls might have.

• How did it feel to come up with your own idea of how to reuse plastic bags?
• What is the most surprising or interesting solution that someone else designed?