

# Physical Activities to Learn about Recycling

- **Recycle Relay-** Get moving through this obstacle course of sorting trash and recyclables! The goal is to get your entire team to sort the materials into the correct storage bin first!
- **Bottle Bowling-** Set up bowling pins made from 2-liter soda bottles, small bleach bottles, or tall dishwashing detergent bottles. Tip: Put about an inch of sand in the bottom of the bottles; the pins will still be easy to bowl down, but the bottles won't fall as easily as they would if there was no sand in them.
- **Waste No Water-** Fill a clean open-topped non-breakable container (a plastic spaghetti sauce jar or a soup can work well) with water for each team; be sure the containers are the exact same size and filled to the brim with water. Set a start and finish point. At a signal, the first runner heads for the finish line, walks over the line, turns around and heads back to his or her team, and passes the container to the next person in line. At the end of the race, the team with the most water still in the container is the winner.