



GLOBAL GAME CHANGERS
STUDENT EMPOWERMENT PROGRAM



LESSON TYPE(S)	GRADE(S)	DESCRIPTION
Physical	2nd, 3rd, 4th, 5th	Make a recycled jump rope.
MATERIALS	PREP	GGC HEART BADGES
Plastic grocery bags, duct tape, scissors	N/A	Environment, Health

RECYCLED JUMP ROPE

INTRODUCE

EXPLAIN: Now that we are at home, we may not have access to all the fun things to play with at recess that you had at school, but we can make our own and we can help the environment at the same time! Plastic, while helpful to humans, can be damaging to the environment. They can take about 500 years to decompose!

INSTRUCT: Estimate how many plastic bags your family uses in one week. Then we will work together to calculate how many plastic bags our family uses in a year by multiplying our estimate by 52.

DISCUSS:

- What kinds of problems in our environment might all of these plastic bags cause?
- **EXPLAIN:** One way to help the environment is by repurposing and recycling a plastic bag. Today we are going to make a jump rope out of plastic bags.

EXPLORE

INSTRUCT: (Check out the [video!](#))

1. Grab about 12 plastic bags.
2. Cut the handles off the plastic bags.
3. Cut off the bottom.
4. Tie four bags together by looping them through one another.
5. Repeat this three times until you have three ropes of four bags.
6. Add more bags to extend rope if need be.
7. Duct tape the ropes together at one end.
8. Braid the three ropes together.
9. Duct tape the ends together to form the handles of your jump rope?
10. Play with your jump rope!!



DISCUSS:

- What are some other ways you can reuse plastic bags?
- What are some other “trash” items you can reuse?

CONNECT

DISCUSS: What else can we make to have fun by being resourceful with the things we have around the house?

Global Game Changers Student Empowerment Program is an innovative evidence-based curriculum that uses service-learning to develop the whole child by building core social-emotional competencies, character, and leadership skills in elementary students. Using our Superpower Equation: MY TALENT+MY HEART=MY SUPERPOWER!®, they learn to IGNITE GOOD!® and be successful and engaged citizens. GGC's program is privately funded and available at no cost to educators and parents through our online Educator Portal. Visit globalgamechangers.org for more information and email questions to info@globalgamechangers.org. Copyright © 2020 Global Game Changers. All Rights Reserved.