

Ella hates the fact that our oceans are rapidly filling up with our waste and this is harming marine life. She decided to take matters into her own hands and do something about it. However, Ella is quite an extreme young lady and she thought that litter-picking on its own is not extreme enough for her. Ella decided that she would clear marine litter while paddle boarding by creating paddle-picking!

Though Ella is an expert at paddle boarding so is safe to paddle and pick, we know not everyone has access to paddle boards and rivers/oceans, so instead Eco-Schools and Ella decided to focus on Plogging, a combination of litter-picking and jogging; it is the best thing to come out of Sweden since Mamma Mia! Plogging allows you to get healthier at the same time as picking up litter to contribute to the health of our planet.

Even if you don't live near the coast you can still join Ella's mission against marine litter as most ocean litter originates from land... Read on to discover how you can follow Ella's lead in clearing up ocean litter.

DAVID
LUKE

16
UNDER
16

Step 1: Plogging Power Rangers

First of all, you need to decide who is going to participate; luckily this is a campaign anyone can take part in as long as they care about exercise, the environment and aren't put off by extreme litter-picking. It can be done as a group of elected Plogging Power Rangers or as a class activity – just remember to stay safe and supervised!

Step 2: Examining Estuaries

When you have decided who is going to complete Ella's Plogging Pick-Up, it's time to complete Step 2, which is a review of your environment. This will help you decide where you want to complete your Plogging Pick-Up. A good idea is to survey your schoolmates to find the most littered areas in your community (they don't have to be marine environments). Remember to take photos of the area you decide on before completing your Plogging Pick-Up: this will help you demonstrate the amazing work you do during your event.

Step 3: Plastic Plan

You have decided who is going to be involved in your Plogging Pick-Up and where you are going to complete it, now it is time to organise. First, you need to map your route. At Eco-Schools we found that during our plogs we were too busy concentrating on breathing to map our route at the same time! When you have your route, you need to gather equipment. Think carefully about what you need. You need to protect your hands by using either a litter-picker or sturdy gloves. Even with your hands protected, there are still some items that should never be touched, so please ask for advice from your teacher or parent. You will also need sporty clothing (so your uniform doesn't smell), trainers (to protect your knees when you're running) and somewhere to put your rubbish (a bin bag maybe). Our final piece of advice is to stay safe and supervised: the last thing Ella wants is any emergencies.



Step 4: Sea of Knowledge

If you're completing Ella's Plogging Pick-Up in school you will need to get your teachers involved (they could probably use some exercise too). Teachers love thinking of innovative ways to make children do boring work without children realising they are doing boring work – they're sneaky like that. Extreme litter-picking fits in well with PE and geography work.

Step 5: Informing, Involving, Plogging

Getting people involved in extreme litter picks is easy: Ella recommends sharing what you are doing with your whole school during assemblies as well as getting local media involved.

Step 6: Seaccess?

It is important to show people just how successful your extreme litter picking is. You can do this by taking before and after photos of the area you have cleaned or counting and weighing the amount of litter collected. Ella even suggested using this litter to create a beautiful sculpture.

Step 7: Paddleboard Promise

Ella says:
"Paddle power against plastic makes us all fantastic, what do you say?"



Eco-Schools