

Get creative and learn about effective ways to reduce your ecological footprint by upcycling paper!

Before you toss your used paper into the recycling bin, consider reusing it for some creative and educational projects. On the following pages you will find instructions for making your own paper and making GOOS paper notebooks. These projects will help to reduce your environmental impact, as well as develop skills in numeracy, arts, and science.

Things to consider before you start your upcycled-paper project

It is really important to make sure your upcycled paper projects remain recyclable. Avoid adding materials to your project that will turn them into garbage. Such as paint, sparkles, glue, and any other materials that are not recyclable.

Tip!



If you want to add different materials to your project, make sure they are removable like staples, tape, and elastic bands.

SUSTAINABLE DEVELOPMENT GOALS

Adopted by all United Nations Member States in 2015, the sustainable development goals (SDGs) are an urgent call for action identified internationally as being crucial to a peaceful and prosperous world. By upcycling your paper, you are supporting the following SDGs:



Did you know?

GOOS stands for **Good On One Side!**

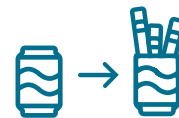
*GOOS paper is paper that has been used on one side, but is still **blank and usable on the other side**. When we use GOOS paper, it means that we are ensuring **both sides of our paper are used** before it is recycled. GOOS paper can be used in many ways including drawing, planning, writing practice, or making notepads and paper!*

The 3Rs hierarchy

prioritizes our actions to reduce our overall impact on the environment. This means we should prioritize our actions in this order:



✓ Reduce



✓ Reuse



✓ Recycle

Activity 1: Make recycled paper

Make your own recycled paper by pulping and drying scraps of used paper.



Time: This activity will take about one hour with a one hour break. Paper will need to dry overnight.



Materials

- Used paper (any paper will work including newsprint, lined paper, or printer paper)
- Big bowl
- Spoon
- Hot water
- Wide and shallow bucket or baking pan
- Mould and Deckle (a screen attached to a frame)
- 2 Towels
- Sponge
- Blender
- Optional: 1 Tbsp Cornstarch
- Optional: native, non-invasive flower seeds

TIP: General rule of thumb is that 4-5 sheets of newspaper should produce two small sheets of recycled paper.

Curriculum links

There are many opportunities to connect your paper making project to learning and skills development. This project can be connected to the following curricula:

- **Arts** (NL, NS, NU, ON, PE,)
- **Arts Education** (BC, MB, NT, QC, SK, YT)
- **Fine Arts** (AB)
- **Visual Arts** (NB)
- **Science** (AB, BC, MB, NB, NL, NS, NT, NU, ON, PE, SK, YT)
- **Science and the Environment** (QC)
- **Science and Technology** (ON, QC)

Instructions

1. Gather your used paper.
2. Shred paper by ripping up the paper scraps into small pieces – the finer, the better.
3. Soak shredded paper in a big bowl filled with hot water. Leave for a few hours and stir occasionally.
4. Optional: add cornstarch after a few hours to firm up the consistency.
5. Add paper mixture and more water to your blender. Blend until the mixture is the consistency of cooked oatmeal.
6. Place the mould and deckle into a wide and shallow baking pan or bucket.
7. Pour the pulp onto the mould and deckle. The pulp should be spread evenly in a thin layer on top of the screen.
8. Optional: add some native, non-invasive flower seeds to the paper. Then, the paper can be planted in a pot or the ground when it is no longer needed.
9. Place the paper making screen on a towel, to let the excess water drain for an hour.
10. Next, place another towel or cloth over your paper and use a sponge to remove excess water.
11. Turn the paper making frame over and let your piece of paper dry on a flat surface overnight.
12. Your paper is ready to use! Turn it into a card for someone special or take numerous pieces of paper and turn it into a notepad!

This activity has been modified from [How to make recycled paper](#).

Extend the Learning!

Research the life-cycle of paper: How is paper made? What happens when you recycle paper and cardboard? What are the environmental benefits to recycling paper? Choose a question and start investigating. To learn more about the journey of recycled paper, check out Cascade's Life Cycle of Paper!

Activity 2: GOOS paper notebook

Turn your GOOS paper into a notebook! These notebooks can be used for homework reminders, to-do lists, stories, or as a fundraiser for an environmental campaign or organization (if many are made).



Time: This activity will take about one hour to complete.



Materials

- GOOS paper
- Cereal box or decorative used paper (i.e., from a magazine or old wrapping paper)
- Scissors
- Ruler
- Materials for binding - choose one:
 - Stapler
 - Hole punch & brads
 - Hole punch & book rings
 - Hole punch & twine
 - Binder clips



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- **Arts Education** (BC, MB, NT, QC, SK, YT)
- **Fine Arts** (AB)
- **Visual Arts** (NB)
- **Mathematics** (AB, ON, QC, BC, YT, MB, NL, NB, PE, NT, NS)
- **Math** (NU)

Instructions

1. Gather your GOOS paper. Make sure this paper is blank and usable on one side.
2. Select your cover paper. This can be cardboard (like an old cereal box) or thick decorative paper (like an old magazine or wrapping paper).
3. Next, determine the size of your notebook. When determining the size of your notebook, consider how you will be using it. For example: a notepad can be long and thin, whereas a diary should have ample writing space.
4. Once you have determined the exact measurements of your notebook, use your ruler and scissors and start measuring and cutting each page down to the same size.
5. Consider if you would like the front and back pages of the notebook to be a little larger and cut the cardboard or decorative paper accordingly.
6. Assemble your book. Make sure you place all of the blank paper facing up. Then, add your front and back covers
7. Finally, you can bind the notebook! If your binding method involves holes, now is the time to punch holes using a hole punch.

This activity has been modified from [How to make books](#).

Extend the Learning!

Audit and Reduce: Carry out an audit of paper-use at your school or in your home and document it on a graph. Determine a plan to improve these practices. Create a presentation by writing a song, making a PowerPoint presentation, or drafting a short persuasive speech.