



does
the Rubbish
MONSTER

Live in your Shoes?

KEYSTAGE 1

Does the Rubbish Monster Live in your Shoes?

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T here's an army of little monsters out there.

A giant army of tiny little monsters. Monsters so small you would have to use a magnifying glass to see them, even if you knew where to look. They are very shy and it's nearly impossible to find them because they like to hide in dark, warm smelly places. Smelly places like your shoes!

Your shoes are smelly aren't they? Yeah yeah...

But don't worry, they aren't scary little critters, in fact they look really cute and cuddly just like this and their favourite thing in the world is sleeping. In fact they love sleeping so much that the only time they wake up is to eat their favourite meal - **toe-jam and bellybutton fluff sandwiches**.

Disgusting I know! Toe-jam, in case you didn't know is that really smelly stuff that you get

between your toes if you forget to wash them. You wouldn't do that though would you?

The monster's proper title is the lesser spotted Rubbishumatis Monsterati but we just called them Rubbish Monsters and I'm going to let you into a little secret... there may be one in your shoes right now.

Remember I said that Rubbish Monsters love to

sleep? Well, guess what they absolutely hate: being woken up! These little rascals can get so unbelievably grumpy if you wake them up. You know how you feel if you miss your favourite TV programme? Well, multiply that by a thousand and that's how grumpy Rubbish Monsters get if someone awakens them. They aren't hard to rouse either. All it takes is for you to put your shoes on and start walking. You won't feel them





in your shoe but they will feel your big toe alright. It squashes them, shakes them, and rattles them about. They'll open one eye to see what's happening and then the other. Then comes the grumpy little frown and their fur stands on end like they have just had an electric shock. Don't worry though as they don't bite. **What they do is a lot worse.**

I'm going to tell you a little story about a girl called Sarah. Sarah was generally a very good girl.



She always did her homework on time, kept her room tidy, helped her Mum and Dad around the house and looked after her dog Alfie really well.

It was a sunny morning one June and Sarah got up early, really excited about the school sports day. She had left her sports kit out the night before so she could get up and get into it as quickly as possible and get to school to practise the three-legged race with her best friend Juliet. What Sarah didn't realise though was that there was a critter in one of her running shoes. It had

been in there for quite a while, all curled up in a little ball and sleeping soundly. If you had hearing like an owl, whose hearing is much better than ours, you would have been able to hear him snoring. Snoring like a little pig. Yes you've guessed it. **It was a RUBBISH MONSTER!**

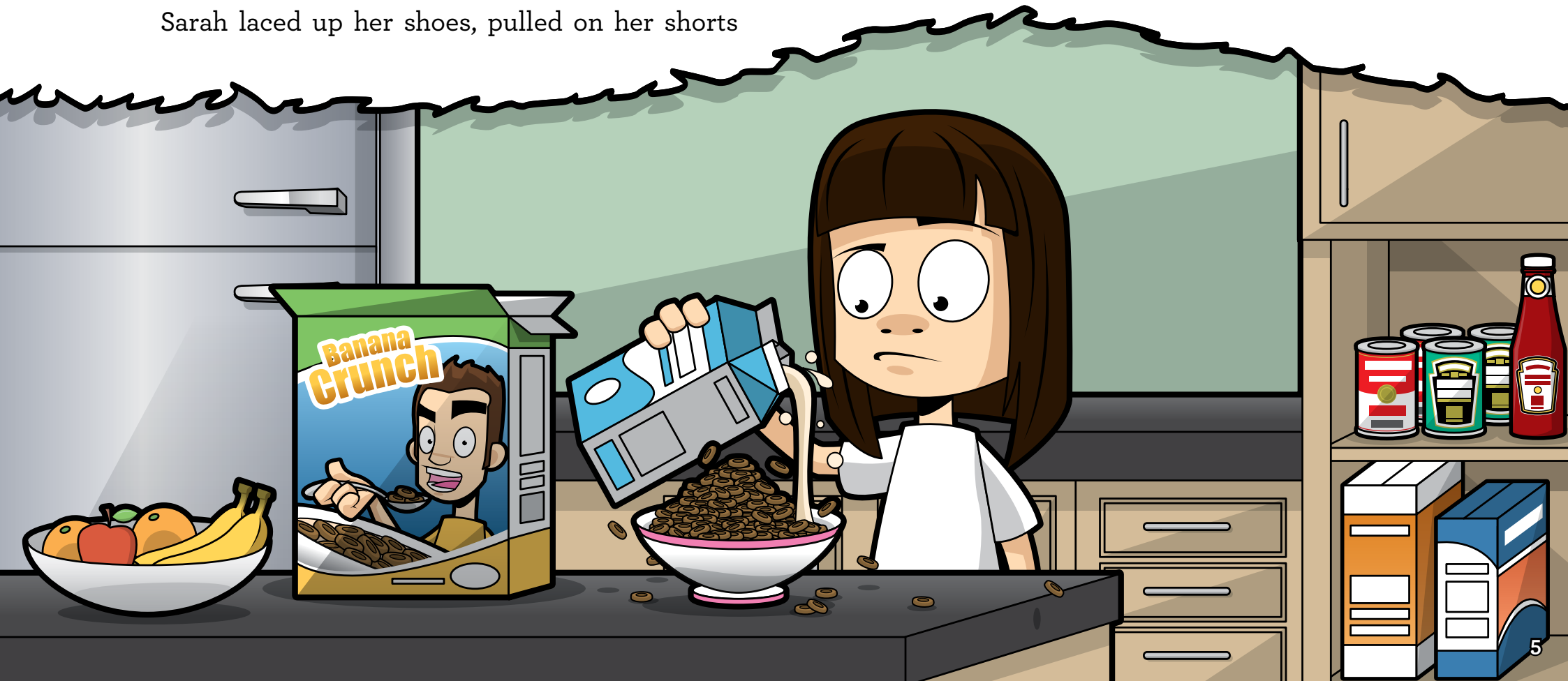
As Sarah shoved her right foot into her shoe she squashed him and woke him up. Sarah didn't feel a thing and she didn't even hear him shouting "AHHHHHHHHHHHHHHHHHHHH" but there was definitely a Rubbish Monster in her shoes that day.

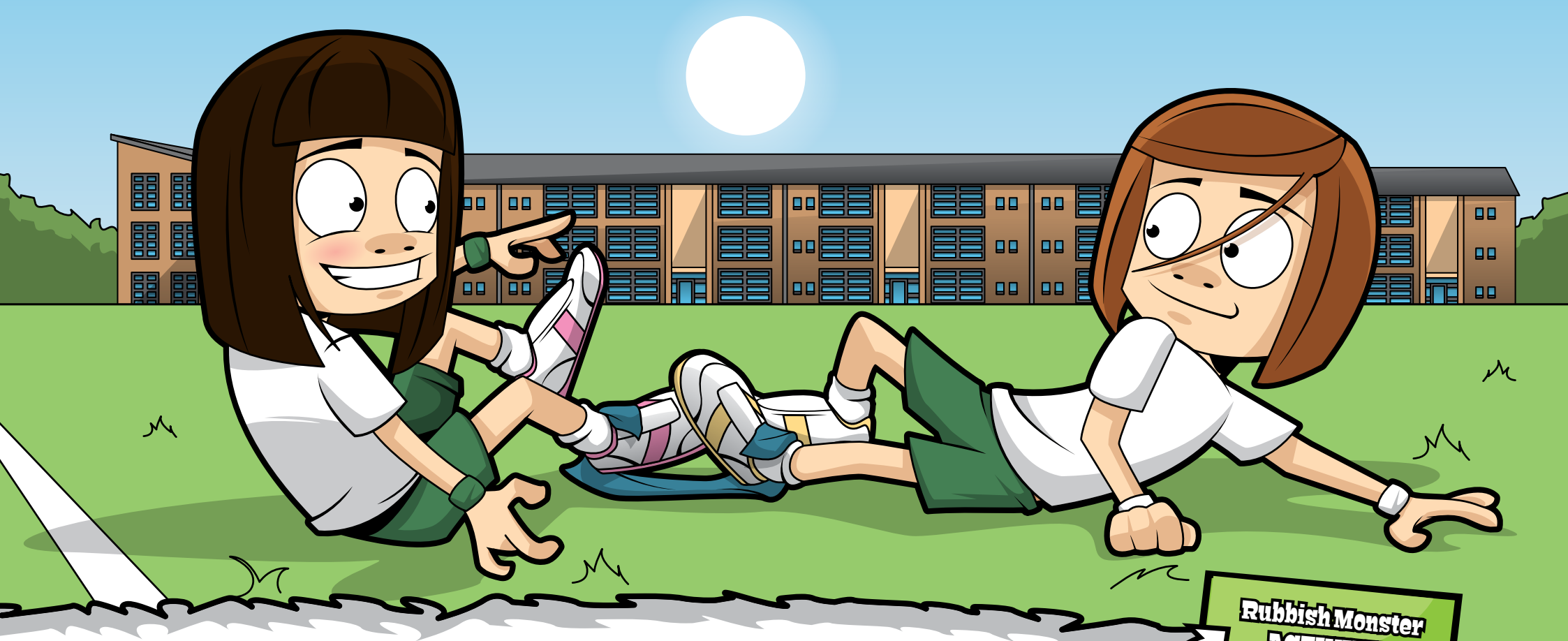
Now we've already said these little monsters don't like to be woken up and this particular one liked it even less than normal.

One thing I forgot to tell you is that these little monsters, small though they are, can perform some very powerful magic. Once awakened they can control what you do. They can get up to all sorts of mischief and they especially like getting you to make a mess.

Sarah laced up her shoes, pulled on her shorts

and t-shirt and hopped downstairs to make her breakfast. Her favourite; banana crunch cereal. Sarah grabbed the cereal out of the cupboard and started to pour it into her bowl. Before she realised what was happening she had filled the bowl right up to the top. Normally Sarah only ate half that amount. She then got the milk from the fridge and poured nearly the whole carton into her bowl! "I'll never eat all this," thought Sarah.





After five minutes of eating, Sarah hadn't even been able to finish half the cereal in the bowl. The other half she just threw in the bin. This wasn't like her.

Something strange was happening.

The rubbish monster was up to no good. On the way out the door Sarah grabbed two bottles of juice and two bottles of water.

Two for her and two for Juliet. She ran out into the driveway and jumped into the car with her Mum who was taking her to school.

Rubbish Monster ACTIVITY:
2: What happens to all our rubbish?

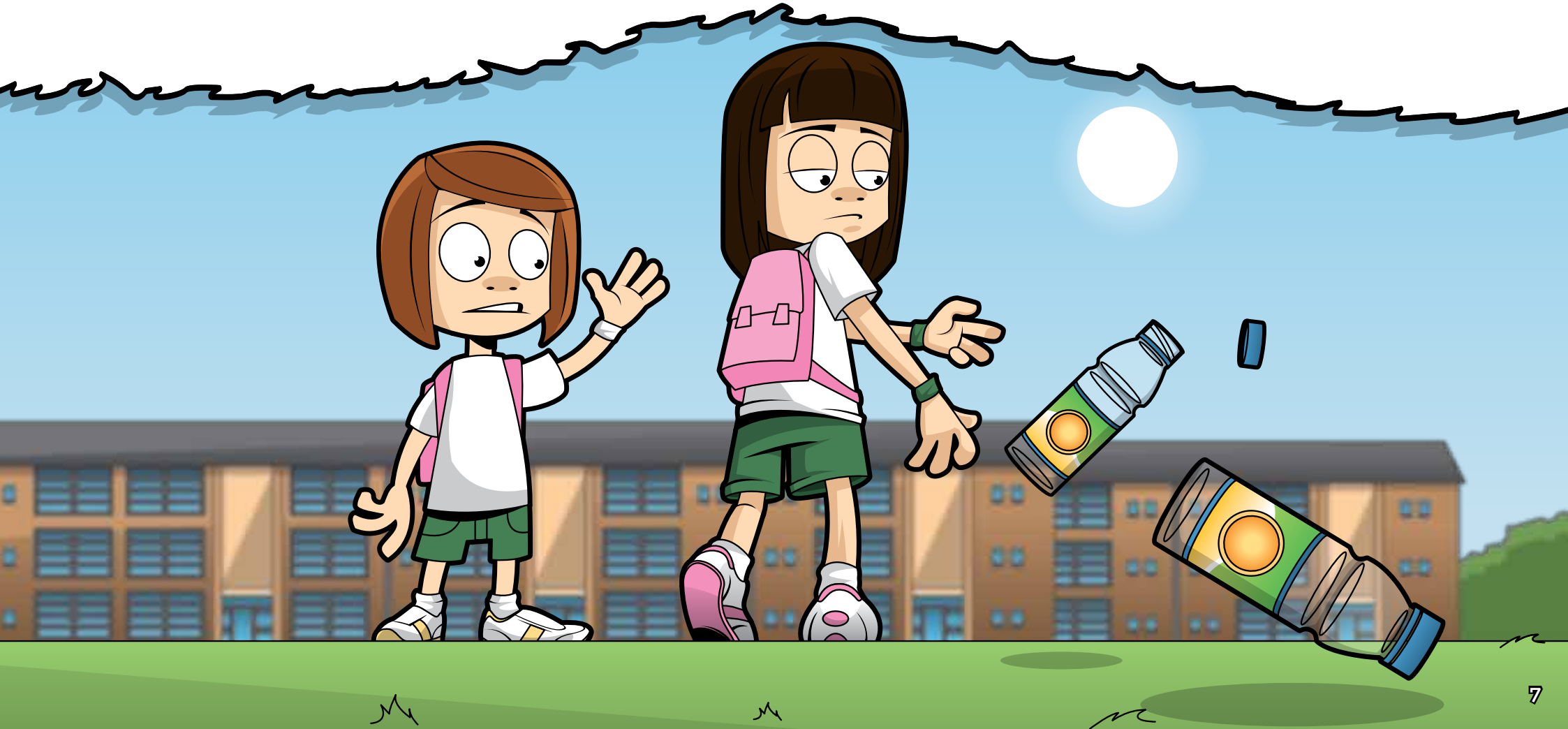
Rubbish Monster ACTIVITY:
3: How can we reduce the amount of waste we create?

When Sarah arrived at the school gates Juliet was waiting for her, eager to get some practice in before sports day began. They skipped down to the football pitch and Sarah tied her right leg to Juliet's. They ran for about ten metres before Juliet stumbled and they both ended up in a heap on the ground. "Gee," said Sarah, "We are going to have to practise a bit more if we want to win

this year." So the two girls spent the next fifteen minutes running up and down practising. It was hot already and this was thirsty work but they had got much better and they were very hopeful for a win in the big race.

Just before the bell, Sarah pulled the two bottles of juice out of her bag and gave one to Juliet.

"Here, drink this," she said as she threw



one to her friend. They both sat on the ground and drank their juice, thinking about the race and chatting about how they really had to beat Emma and Jessica this year after last year's defeat.

BRRRRRRRRRRRRRRRRRRRING! was the next noise they heard. It was time to go to class. Juliet handed her empty juice bottle to Sarah to put back in her bag but Sarah just threw them

Rubbish Monster
ACTIVITY:
5: Reduce Paper Waste

Rubbish Monster
ACTIVITY:
6: Art Exhibition





YOU'RE A
WINNER!



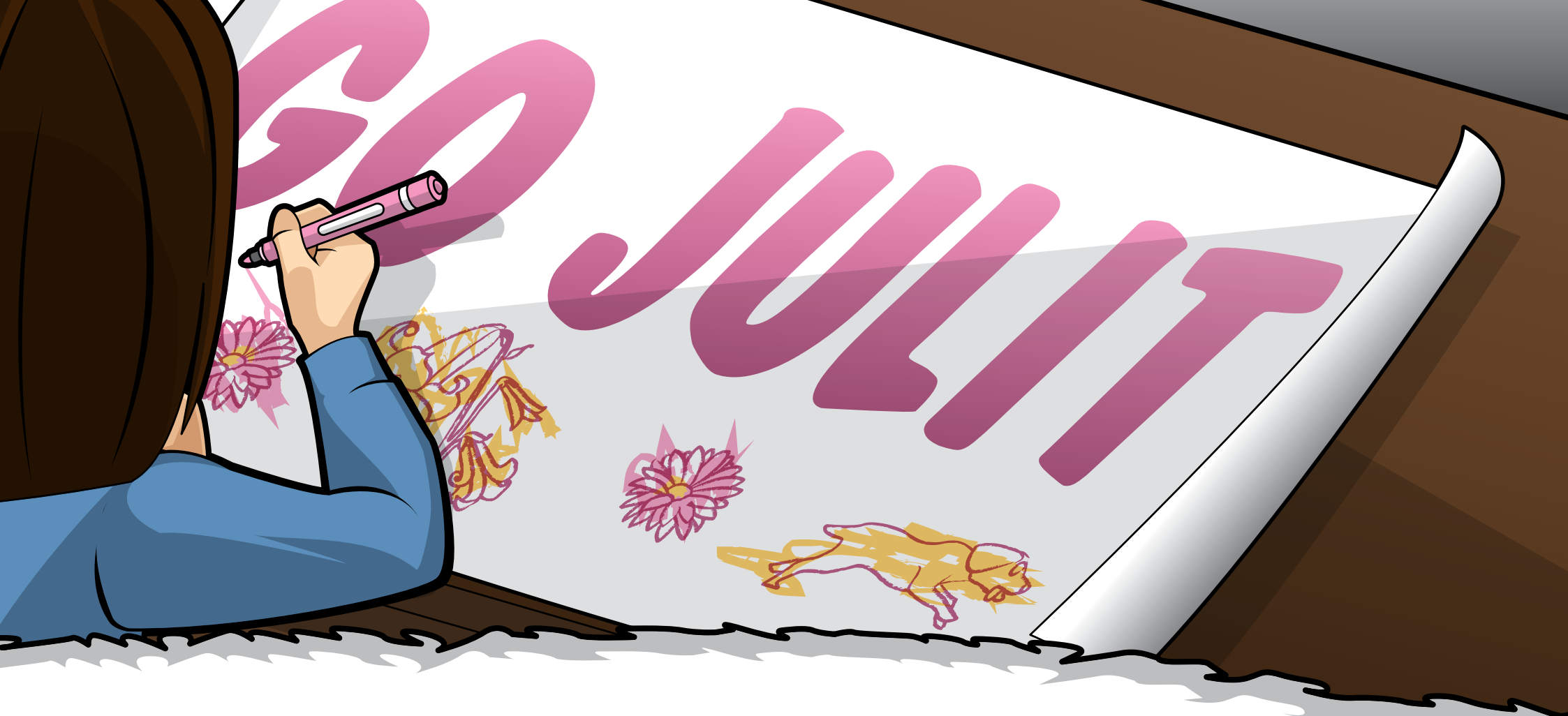
on the ground. “Hey”, said Juliet, “We could have filled those with water and reused them for the race!” “Ah who cares?” said Sarah, “I’ve got two more bottles of water in my bag.” Juliet didn’t look very pleased. Sarah didn’t normally do silly things like this and she started to wonder if she wanted to be her partner in the three-legged race. Pesky little Rubbish Monster.

Before sports day began Miss Hanley, Sarah’s new teacher, set everyone a task to make banners for sports day.

You know, the sort of banners you hold when cheering someone on in a race. **Just like this one.**

Sarah got straight to work. She got the biggest piece of paper she could find in the stationery cupboard and grabbed the pink marker before anyone else could get it. Pink was Sarah’s favourite colour. She laid the paper out on her desk and started by drawing some flowers on it. Next, she drew Alfie (her dog in case you’d forgotten) running along the bottom of the banner with his tongue hanging out.

She had decided to write ‘GO Juliet’ on the poster and hold it up when Juliet was doing the egg and spoon race.



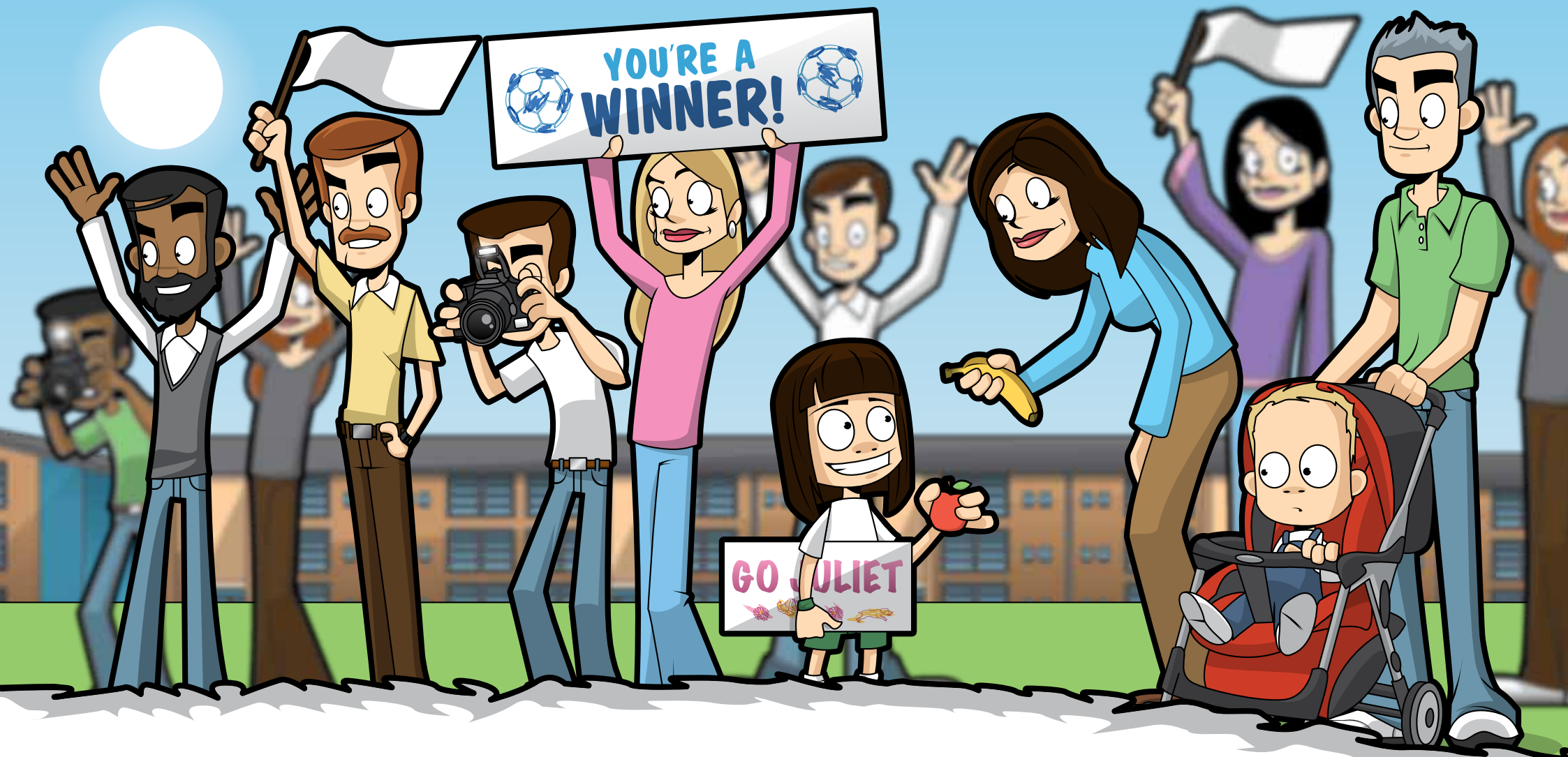
She wrote the big 'G' and the big 'O'. Phew. Now for the tricky part. Writing 'Juliet' and making it fit on the banner. Sarah was concentrating so hard on making the name fit that she forgot to write the 'e'.

'GO JULIT. It read.

Sarah was annoyed with herself for making a mistake (I can understand it though because

Juliet is a hard enough name to say never mind write) and without thinking twice she tore up the banner and threw it in the bin. "Sarah!" said Miss Hanley, "You could have just turned that over and used the other side.

Now you are going to have to use another piece of paper and all the big pieces are gone. You're going to have to have a small banner now."



Rubbish, rubbish, rubbish monster.

Sarah now had a small banner which didn't please her at all but off they went down to the football pitch to start sports day. All the parents were there to support and Sarah ran over to say hi to her Mum, Dad, Alfie and her little brother Connor

who was only one and a half and still in a buggy. "Here Sarah," said her Mum, as she handed her a big yellow banana and a rosy red apple, "I brought you these to give you energy for the big race. "Thanks," said Sarah as she skipped off to cheer Juliet on in the egg and spoon race.



**Rubbish Monster
ACTIVITY:
8: How to Change
a Banana into
a Carrot!!**

‘GO Juliet’ read Sarah’s small banner. No one could even read it. That was silly, thought Sarah, I wish I’d used the back of the big piece of paper. Only 30 minutes until the three-legged race. It was time for Sarah to eat her banana. She sat on the ground waiting for Juliet to start the race and gobbled it all up. ‘Delicious. That’ll give me energy but I better get rid of this skin’ she thought

as she walked over to the litter bin and threw it in. Was that a good idea or was it the Rubbish Monster in Sarah’s shoes?

It was time for the long awaited three-legged race. Sarah and Juliet were on the start line and ready to go. Determined this year to win.



‘3-2-1 GO GO GO’ shouted Mr. Henry, the P5 teacher. They got off to a good start but half way through Sarah tripped on something and fell. ‘What was it?’ I hear you thinking. Yes - It was one of the plastic bottles she had thrown on the ground before school. They looked up to see Emma and Jessica winning again. Juliet wasn’t pleased.

Sarah’s Mum wasn’t pleased either because Alfie had started choking. Sarah untied her leg from Juliet’s and ran over to see if he was OK. “Yes, he’s OK,” said Sarah’s Mum, “He found an old plastic bottle and started eating it.” Yes - It was the other bottle Sarah had thrown on the ground that morning.

Rubbish Monster
ACTIVITY:
4: Reduce Litter



As sports day drew to a close Sarah thought about what a strange day it had been. She couldn't understand why she had been so silly. Mrs. Hanley, Juliet, her Mum and Alfie had been annoyed with her and she couldn't really work

out why. Sarah's class all went into the changing room to get changed for home time and Sarah put on her pink jeans and her favourite pink boots. She went out to the football pitch to find her Mum and couldn't believe her eyes.

People had left litter all over the football pitch! They must have had Rubbish Monsters in their shoes too. Luckily Sarah had taken her runners off and the Rubbish Monster that was in them had gone back to sleep. Sarah suddenly realised what she had done wrong that day and she decided to make it better.

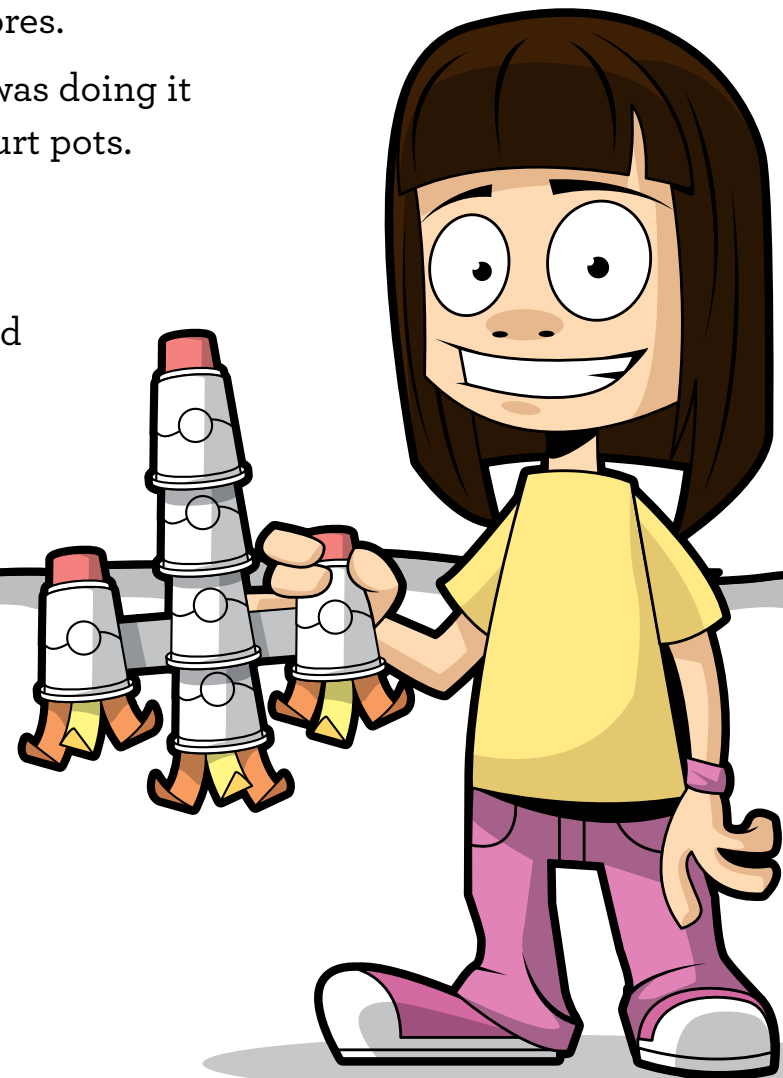
She picked up a bag and started collecting all the litter on the football pitch. Amongst it were glass bottles, plastic bottles, yoghurt pots, crisp wrappers, paper banners, banana skins and apple cores.

You name it, it was there! She sorted it all out and as she was doing it had some great ideas what she could make with the yoghurt pots.

She decided that she would wash them out, glue them together, and make a rocket for Connor.

The Rubbish Monster wasn't in Sarah's shoes anymore and everyone was glad. Sarah had learned how to get rid of Rubbish Monsters forever and I'm going to tell you how too. You have to use the three Rs - that's

Reduce, Reuse, Recycle.



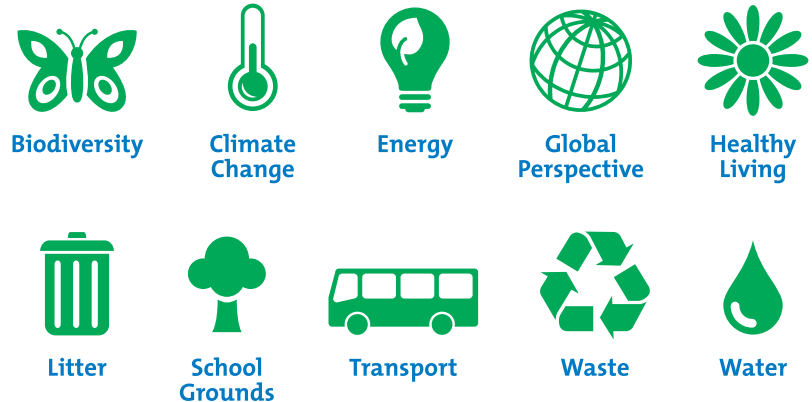


What is Eco-Schools?

Eco-Schools is a way of making your school more environmentally friendly while having fun along the way. Work on a few fun projects that will make your school a better place and also help the world around us.

- Are all the lights turned off when you aren't in the classroom?
- Do you use both sides of pages?

Just a few little changes make a huge difference!



7 step process...

Start Here...

Step 1.
Form an Eco-Club

Step 2.
Carry out a survey

Step 3.
Decide what you
want to improve

Step 4.
Link it
with your
school work

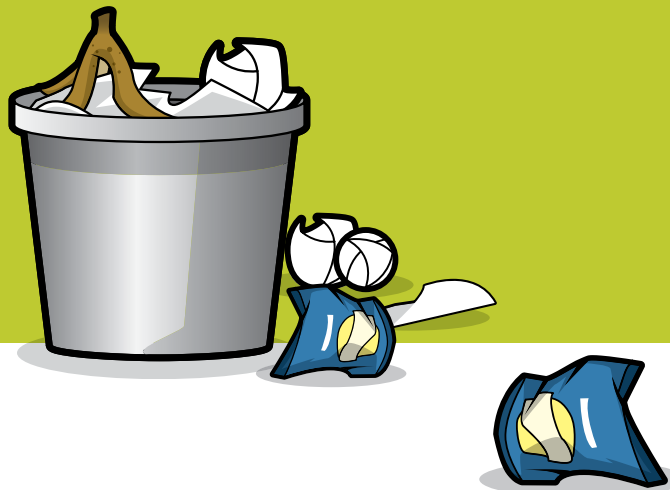
Step 5.
Check your
progress

Step 6.
Get the whole
School involved

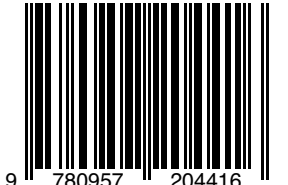
Step 7.
Make an Eco-Code

Speak to your teacher about getting started and setting up your Eco-Club. There are loads of ideas on the **Eco-Schools** website to get your school started.
www.eco-schoolsni.org

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