

Distance Learning Videos/Resources

Metro has online resources for youth and families who are interested in learning about reducing their waste, responding to climate and protecting natural resources.

To visit our web pages directly: [Resource Conservation and Recycling Education Distance Learning](#)
[Healthy Home and Yard Online Learning](#)

Video Series:

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 - Resources and the Raven (4 videos)
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 - Controlling Aphids on Roses
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 - Managing Weeds Naturally



- Natural Lawn Care Webinar
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 - Consejos para Limpieza Saludable



Resource Conservation and Recycling Education Distance Learning

[Elementary education](#)

Composting with Worms (K-3rd grade)

Episode 1: Where does our garbage go? (9:02 minutes)

Join Dr. Jamie as she figures out what happens when our garbage leaves our home. You can help her brainstorm ways to create less waste.

Episode 2: How do worms help reduce our waste? (12:08 minutes)

Dr. Jamie explains how a home worm bin can be used to ‘recycle’ food scraps and turn it into super dirt. Come and learn about how to create a worm habitat to complete the compost cycle!

Episode 3: Would you like to meet the compost critters? (9:05 minutes)

Come meet the compost critters in Dr. Jamie’s worm bin. Learn how to use your science skills to observe and make a hypothesis on a worm questions – how can you tell the head from the tail of a worm?

Episode 4: Do you know how to find the head of a worm? (13:24 minutes)

Dr. Jamie and her worm friend will teach you all about the different parts of a red wiggler and how to know what food to put in a worm bin.

Eco-Storytime (Pre-K-3rd grade)

Captain Green and the Plastic Scene (7:52 minutes)

Join Nicole from Metro for a storytime adventure! Listen to an engaging story about Captain Green and his fight to get rid of plastics from our oceans and learn some ways we can help.

Post-activity: Captain Green and the 3 R’s (5:11 minutes)

Join Nicole from Metro for a fun Captain Green post-activity about plastics. Revisit the ways we can help ocean animals from our own homes. Discussion includes the 3 R’s and an introduction to a “Secret R”.



Resources and the Raven (1st-3rd grade)

Episode 1: Start at the beginning (4:53 minutes)

Join Dr. Jamie and Re the Raven as they discover where our garbage goes once it leaves our home or school and ponders “where do things come from?” in the beginning.

Resources and the Raven Episode 2: What are natural resources? (7:32 minutes)

Dr. Jamie and Re the Raven match six natural resources from our Earth with items that we use every day. Even Re the Raven uses natural resources!

Resources and the Raven Episode 3: The 3Rs (6:26 minutes)

Dr. Jamie and Re the Raven show how the “3Rs”, recycling, reuse, and reduce, can help conserve our natural resources instead of sending everything to the landfill.

Resources and the Raven Episode 4: Reimagine (8:21 minutes)

Re the Raven shares her favorite Re word, reimagine, with Dr. Jamie. Together they discuss the power of the word “why?” and how small eco-challenges can make a big difference.



Earth Choices (4th-5th grade)

Part 1: Natural Resources (3:47 minutes)

Join Nicole from Metro as she discusses natural resources and how they are important to us and a local indigenous community. Learn the different between renewable and non-renewable resources.

Part 2: The Story of Deyonce (7:49 minutes)

Join Nicole from Metro as she shares a story about Deyonce and her daily routine. Listen closely and find the natural resources hidden in our homes and daily actions. How can Deyonce approach her day a bit differently to conserve natural resources?

Part 3: Eco-footprint (8:33 minutes)

Join Nicole from Metro as she introduces an Eco-footprint. Learn about our impact and discover ways we can shrink our eco-footprint right in our homes and schools.



Waste Management and the Compost Cycle (4th-7th grade)

Part 1: Let's talk about trash (11:29 minutes)

Join Dr. Jamie to discuss the history of solid waste management from ancient middens to modern landfills. Explore the science behind the creation of a landfill that is safe for humans and the environment.

Part 2: Feed yourself, not the garbage can (11:11 minutes)

Explore the life cycle of the food we eat with Dr. Jamie and identify the natural resources that go into the process. Since food is so important to use, learn simple eco-actions that we can do to reduce food waste in our homes.

Part 3: Decomposers and the compost cycle (9:32 minutes)

Dr. Jamie explores different ways to recycle food scraps in our region and demonstrates how a home compost bins works. Learn about the important role that decomposers play in our environment and who are the stars of a worm bin.

Part 4: Worm challenge (5:46 minutes)

Test your observation skills to figure out differences between the head and the tail of the red wiggler worm. Halfway through the presentation you can pause to write down your ideas before Dr. Jamie helps by pointing out the highlights of worm anatomy.



Middle and high school education

Climate Change

Part 1: Climate basics (12:39 minutes)

Join Lake from Metro's outreach team to explore the basics of climate change using graphs and observations to understand how human activity is altering our planet.

Part 2: Living with stuff (9:05 minutes)

Join Ken and a panel of youth interns from Metro's outreach team to explore the connections between our stuff, consumer culture, fossil fuel use, and global climate disruption.

Part 3: Making a t-shirt (19:24 minutes)

Ken will show a series of short videos that follow the making of a t-shirt. You'll see the world behind our clothes and learn where the most carbon dioxide is produced in the process.

Part 4: Earthrise (7:38 minutes)

Lake will share a poem by Youth Poet Laureate Amanda Gorman. You'll have time to reflect and consider your personal reasons for wanting to see climate action.

Part 5: Climate justice (5:21 minutes)

Join Lake to explore the concept of climate justice and learn about 13 climate justice advocates making a difference in their communities.

Part 6: Drawdown (13:10 minutes)

Ken will guide you through Project Drawdown to analyze some impactful ways to reduce greenhouse gas emissions at home and in your community.

Part 7: The time is now – taking action! (9:43 minutes)

Lake and Ken team up to help you brainstorm opportunities to make real difference, take a pledge for climate action, and learn about local organizations connecting youth to activism.



Secret Life of Our Stuff

Part 1: Welcome to trash! (5:07 minutes)

Join Lake from Metro's outreach team to explore how much trash is generated in the Greater Portland region each day and learn where it goes when it leaves the city.

Part 2: The secret revealed (12:20 minutes)

Join Ken from Metro's outreach team to explore the lifecycle of our stuff from production to disposal, learn where the most environmental damage takes place, and understand how recycling and reuse matter.

Part 3: What CAN go in the recycling? (13:24 minutes)

Lake will present you with 36 common household items like shampoo bottles, paper drink cups, and snack wrappers and your job is to decide which items CAN go in home recycling.



Community and family education

Beyond the trash can: virtual tour of Metro Central Transfer Station (11:53 minutes)

You help your family member take the trash out to your dumpster or curb, but then ... what happens next? Join Nicole on a tour of Metro Central Transfer Station to find out what happens to trash, food waste and recyclables when they leave your home.

A day at Metro: Household Hazardous Waste (9:10 minutes)

Take a look behind the scenes at both Metro Central and South Transfer Station's Household Hazardous Waste collection sites.

A day at Metro: MetroPaint (5:23 minutes)

Take a look behind the scenes at the MetroPaint Swan Island facility. They collect old latex paint and recycle it into an inexpensive alternative to new paint!



Metro Minutes

Episode 1: Where does my garbage go? (1:38 minutes)

Join Kamyra as she finds out where her garbage goes after it leaves her home.

Episode 2: What is your DOT? (1:02 minutes)

Kamyra starts thinking about what is her “Do One Thing” challenge.

Episode 3: Cardboard fun (1:20 minutes)

Kamyra and her Dad work together to brainstorm cardboard reuse ideas.

Episode 4: Worms! (2:18 minutes)

Kamyra’s family learns how to build a healthy home compost bin.

Episode 5: Water bottle (2:05 minutes)

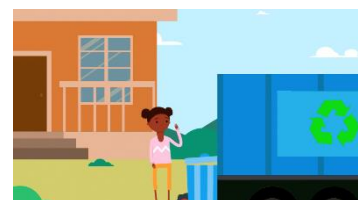
Kamyra and her friend, Alicia, find a way to reduce their use of plastic water bottles.

Episode 6: Donations (2:17 minutes)

Join Kamyra and her community to find out different ways they can reuse items through donations.

Episode 7: Community care (2:06 minutes)

Kamyra’s community comes together to pick up garbage in their local park.



Recycle or Not

Recycle or Not game for kids (6:08 minutes)

Help RoN the Raccoon and his stepbrother, T. Rex, sort items that can be recycled at home from items that need to go in the trash. Together we can recycle right by playing the life-action Recycle or Not game!



Juego para Niños “Reciclar o No” (6:02 minutos)

Ayude a RoN el Mapache y su hermanastro, T. Rex, a clasificar los artículos que se pueden reciclar en casa de los que deben ir a la basura. Juntos podemos reciclar correctamente jugando el juego de acción en vivo Reciclar o No.

Environmental Champions: Eduardo Cruz Torres (3:20 minutes)

Local resident and artist Eduardo Cruz Torres invites us into his world, where his passion for culture and art are inextricably linked to natural resource conservation.

Recycling tips: food packaging in the kitchen (5:59 minutes)

Learn with ease how to recycle as you cook! Quick tips and tricks to help guide your decisions packaging as you prepare meals at home.

Cocinando y reciclando en familia (5:07 minutos)

Aprenda a reciclar en casa. Consejos básicos para ayudarlo a reciclar adecuadamente en casa



Puppet shows

Compost City puppet show (17:33 minutes)

Join Edworm and friends as they travel deep into a compost pile to see how bugs and bacteria "break it down." Students will see how compost can help plants such as the sunflower grow and how composting can reduce the amount of waste sent to landfills.

Kenji and the 3Rs puppet show (20:07 minutes)

As Kenji and his dog, Charlie, tussle with a bag of trash, everyday items come to life and teach Kenji about natural resources and the benefits of reducing waste, reusing items and recycling materials.



DIY Reuse Projects

DIY fish puppet activity (7:06 minutes)

Join Kelly from [KC Puppetree](#) and learn how to make a fish puppet using materials from a laundry detergent container!

DIY cat and dog puppet activity (5:32 minutes)

Join Kelly and learn how to make a cat and dog puppet using materials from a toilet paper roll!

Community-based eco-action

Eco-idea to eco-success: What is an eco-action? (6:48 minutes)

Have you noticed an environmental problem in your community and want to fix it? Learn more about how to take your eco-idea and turn it into an eco-action!

Eco-idea to eco-success: Steps to eco-success (9:01 minutes)

Sometimes an eco-action can get stuck in the middle. By following the community-based eco-action steps, you can better move your eco-idea to eco-success.



Healthy home and yard online learning

Healthy home education

Household Hazardous Waste Webinar (35:03 minutes)

In this webinar, Metro's solid waste education experts will help you identify what chemical products may be hazardous waste in your home and how to dispose of them safely. Join us to learn more about how to package up your hazardous waste as well as tips and resources to share with your community.



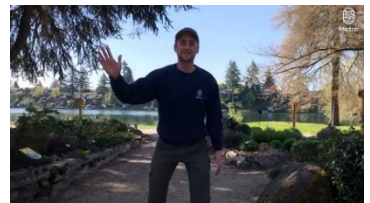
Indoor air quality & sanitizing safely webinar (26:24 minutes)

Discover how to tackle germs at home without compromising indoor air quality. Disinfection is a crucial step to containing the spread of viruses. But some disinfectants can lower air quality and harm our immune system if not used properly.

Natural gardening

Composting with worms (2:47 minutes)

Discover tips for creating your own worm bin at home. Find out what should and shouldn't go in a worm bin. Learn about the benefits of using compost in your garden.



Cleaning and storing mason bee cocoons for the winter (5:01 minutes)

Bees and butterflies are important pollinators for flowers and food. We can attract them to our gardens by growing native flowers, and protect them by gardening without pesticides. Adding bee blocks to your garden will provide a home for many gentle native bees, like Mason bees. It is important every year to clean the bee blocks and bee cocoons in the bee blocks, to prevent bacteria and mite infestations that can harm the bees. This video provides step by step instructions for cleaning the bee cocoons in the fall.

Saving bean seeds (2:33 minutes)

Learn about tools and tips for collecting and saving bean seeds. Save money, by growing healthy, pesticide-free vegetables and herbs from seeds collected in your garden.

Saving tomato seeds (4:26 minutes)

Learn about tools and tips for collecting and saving tomato seeds. Save money, by growing healthy, pesticide-free vegetables and herbs from seeds collected in your garden.

Springtime Native Plant Tour (4:01 minutes)

The Blue Lake Natural Discovery Garden in Fairview is home to over 85 different plant species native to Oregon! Join Natural Gardening Educator Jacob as he introduces you to some native plants that are looking fabulous in early springtime.

Pollinating Tomatoes with an Electric Toothbrush (1:14 minutes)

Bees are great pollinators, but sometimes they need help. Learn tips to increase pollination in your tomatoes using an electric toothbrush.

Restore a Lawn by Overseeding (1:38 minutes)

Got moss and weeds in your lawn? Overtime, lawns thin and form bare spots allowing weeds and moss to fill in. This can be prevented by annually overseeding the lawn with grass seed to fill in the thinning and bare spots. This video provides step by step instruction for overseeding the lawn and removing moss and weeds without unhealthy lawn chemicals like weed-n-feed.

Raising Mason Bees (2:22 minutes)

Creating and maintaining habitat for mason bees will help pollinate your early-season food crops and flowers – but they're also just really amazing to observe! Join Natural Gardening Educator Jacob Rose as he shares his three top tips for raising mason bees. Always remember to avoid using pesticides in the garden to help keep mason bees and other pollinators safe!



Controlling Aphids on Roses (2:21 minutes)

Controlling aphids on roses certainly doesn't mean you have to buy harmful pesticides! Natural Gardening Educator Jacob Rose shows how to manage aphids manually or using neem oil which is certified for use in organic gardens. Whenever applying pesticides, even those for organic gardening, follow label instructions and use appropriate personal protective equipment. Avoid using neem oil near water bodies due to its aquatic toxicity.

Natural Lawn Care Webinar (31:47 minutes)

Create and maintain a healthy and beautiful lawn that is safe for the whole family. This webinar, led by Metro's Natural Gardening expert Paul Sanford, provides tips for rejuvenating your lawn without using harmful chemicals like weed-and-feed, when and how much to irrigate, best mowing practices and which grass species works best in the Pacific Northwest.



Building a Raised Bed Planter (4:41 minutes)

Growing in a raised bed is a great way to start growing your own food! Natural Gardening Educator Jacob Rose shows how to construct a simple 2'x2' raised bed from leftover boards. As a bonus, he shows how to keep burrowing pests out of your veggies!

Managing Weeds Naturally (5:57 minutes)

Controlling weeds doesn't have to rely on toxic herbicides like Weed & Feed or Round Up! Natural Gardening Educator Jacob Rose shows how to manage three common weeds that you might find in the garden as well as four tips for preventing those weeds from popping up in the first place.

Repotting Houseplants (8:23 minutes)

Spring is the best time to give houseplants a little more room to grow! Natural Gardening Educator Jacob Rose explains how to tell if you should up-pot your plant, what size pot to use, and how to repot by demonstrating with his fiddle leaved fig. He also shares from top tips for houseplant success!

Creating a Backyard Habitat (3:05 minutes)

Curious about starting a backyard habitat for both animals and humans to enjoy? Natural Gardening Educator Jacob shares tips for planting design as well as for welcoming wildlife!



Maintaining Hand Pruners (6:19 minutes)

Grab your hand pruners and follow along! Natural Gardening Educator Jacob shows you how to clean and sharpen your pruners in preparation for winter garden tasks!

Pruning Tools and Tips (2:31 minutes)

Learn about common pruning tools and tips to maintain your plants in a healthy and safe way. Proper pruning can encourage growth in a plant and help it fight off disease, while improper pruning can harm it. This video provides guidance for choosing the right tool for your next pruning job.

Planting for Fall (3:35 minutes)

Growing delicious produce for yourself and your community doesn't stop in the summer! Natural Gardening Educator Jacob shows you how to keep the harvest going well into the early spring months.



Fall Gardening Webinar (1 hour 16 minutes)

Join us to learn about fall crops (with a special focus on small spaces) and landscaping tasks such as grass care, pruning, and planting indigenous plants to the region. This webinar is intermediate level.

Saving seeds – cucumbers (4:17 minutes)

Learn about tools and tips for collecting and saving cucumber seeds. Save money by growing healthy, pesticide-free vegetables and herbs from seeds collected in your garden.

Saving seeds – basil (3:19 minutes)

Learn about tools and tips for collecting and saving cucumber seeds. Save money by growing healthy, pesticide-free vegetables and herbs from seeds collected in your garden.

Repotting tomato starts (1:52 minutes)

Boost the production and health of your tomatoes, by planting them deeper in the soil when transplanting. Learn tips to growing your tomatoes organically.

Jardinería natural

Restaurar el pasto al resembrar (1:49 minutos)

Con el paso del tiempo el pasto se pone fino y crecen musgo y malezas. Si resembras el pasto anualmente durante la primavera u otoño, crearas un pasto más denso.

Polinizando tomates con un cepillo de dientes eléctrico (1:23 minutos)

Polinizando tomates con un cepillo de dientes eléctrico y consejos para cultivar tomates saludables y deliciosos.

Planta Nativas para Polinizadores y Colores (36:16 minutos)

Descubra cómo atraer a los colibríes, mariposas, abejas y otros animalitos a su barrio. Aprenda por qué es tan importante proveer una selección de plantas que tienen su origen en esta zona para polinizadores. Conozca las mejores plantas nativas para llenar su espacio con flores y colores-ya sea en jardín grande o balconcito.

La Calidad del Aire Interior y Desinfección Segura (32:11 minutos)

Descubra cómo combatir los gérmenes en casa sin comprometer la calidad del aire interior. La desinfección es un paso crucial para contener la propagación de virus. Pero algunos desinfectantes pueden la calidad del aire y dañar nuestro Sistema inmunológico si no se usan adecuadamente.



Cómo Hacer Composta (41:02 minutos)

¡Venga a conocer un poquito sobre cómo hacer la composta! Educador de jardinería Jacob les enseña sobre las propiedades buenísimas que tiene para su jardín y el rol que tienen animalitos y microorganismos. Al final, los jardineros de Centro Cultural del Condado de Washington les muestra su proceso de elaboración de la composta.

Jardinería para el Otoño (49:06 minutos)

Únase a nosotros para aprender sobre los cultivos de otoño (con un enfoque especial en los espacios pequeños) y las áreas de landscaping como el cuidado del zacate, la poda y la plantación de plantas indígenas a la región. El seminario web es de nivel intermedio.



Como Cultivar la Albahaca (1:56 minutos)

¡Únase a una educadora de Growing Gardens para aprender cómo cultivar la albahaca! Carolina Barroso la muestra por qué es tan importante podar frecuentemente para producir más hojas deliciosas.

Residuos Peligrosos Domésticos (37:10 minutos)

En este seminario web, los expertos en educación de desechos sólidos de Metro lo ayudarán a identificar qué productos químicos pueden ser desechos peligrosos en su hogar y cómo desecharlos de manera segura. Únase a nosotros para obtener más información sobre cómo empaquetar sus desechos peligrosos, así como consejos y recursos para compartir con su comunidad.

Consejos para Limpieza Saludable (24:09 minutos)

Hacer sus propios limpiadores ecológicos es fácil y seguro para su familia. En esta presentación, destacaremos recetas fáciles que puede hacer en casa que le ahorrarán dinero.

