1 | Topic sentence | ☐ | For example, you can use your old shirts and T-shirts to make a cushion. Another example is to use an old pair of shoes or boots as flower pots.

2 | The ideas | ☐ | There are so many interesting things we can do with our rubbish – it's a shame to waste it!

3 | conclude the article | ☐ | Upcycling means turning rubbish into something useful or beautiful.