

A DAY IN THE LIFE OF THE MÜLLER FAMILY

The Müller family: Anna and Tom with their two kids, Mia (10) and Jonas (13) live in a medium-sized town. Their day looks like this:

Morning Rush

The alarm goes off at 6:30. Anna and Tom are in a hurry, so they skip breakfast at home and grab takeaway coffees in disposable cups from the café on the way to work.

Mia and Jonas pack their school snacks — wrapped in cling film with single-use juice boxes. At the same time, Tom puts on a load of laundry, setting the machine to 60°C by habit, even though the clothes aren't that dirty.

Afternoon Errands

After work, Anna picks up the kids from school. Instead of walking, they take the car to the supermarket, even though it's only a 10-minute walk away. They just need "a few things" but end up leaving with several plastic bags full of groceries.

While tidying up, Mia finds a pile of clothes that no longer fit. Anna sighs and throws them into the bin — there's no time to think of what else to do with them.

Evening at Home

Dinner is spaghetti bolognese. As usual, there's a lot of food left over, but no one feels like saving it for the next day — so it all goes into the trash. Along with the leftovers go vegetable peels and eggshells from cooking.

Later, the family watches TV together. Lights are left on in the kitchen and bedrooms, and Jonas leaves his computer running all evening. When it's time to clean up, Anna uses single-use wipes and strong chemical cleaners because "it's just quicker."

In groups, identify

1. Which habits are unsustainable in the Müllers' routine.
2. How the family could act differently using the principles of the circular economy: *Reduce, Reuse, Recycle, Compost, Rethink, Refuse, Refill, Share*