



Girl Guides

Earth Day: Guides

Sunday April 22, 2018





Guides Earth Day Instant Meeting

This Earth Day, let's come together to protect our planet! Through this instant meeting, you'll learn about environmental justice and take action to make the Earth a safe and healthy place for everyone.

Earth Day programming should take you one meeting to complete. Mix and match activities that are interesting to you and your unit. They can be led by anyone. The Making a Difference crest is available to celebrate all your hard work.

For your meetings why not include:

- The starter activity
- 2-3 activities
- The closing activity

Share your experiences with us on social media using **#EarthDay** and the tags:



Girl Guides of Canada



@girlguidesofcan

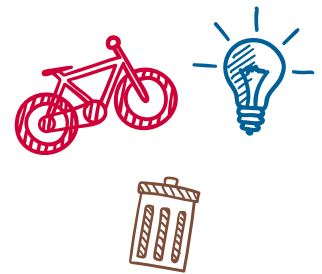


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Objectives and Outcomes

Objective:

- Explore ways to share the Earth and make it a safe and healthy place for everyone.



Outcomes:

You will:

- Develop the understanding that a healthy Earth supports healthy people
- Recognize the importance of sharing and protecting the Earth's resources



Look for the **OUTDOOR** icon throughout this instant meeting. This icon identifies activities that can easily be done outdoors with little or no modifications.



Look for the **TECH NEEDED** icon throughout this instant meeting. This icon identifies activities that work best with technology included.





≡ **BEGIN** the Instant Meeting with this Starter Activity ≡

Starter Activity – Earth Circle: Guides



(Modified from Yurt Circle activity from DuctTapeTeambuildingGames.com)

The future of the Earth lies in our hands. In this activity, you'll support each other and keep the Earth healthy for everyone.

Skills you'll build:

- Critical Thinking
- Teamwork

You will need:

- Rope, skipping rope or other webbing

Time it takes:

- 10 minutes

Before starting:

- Have everyone stand shoulder to shoulder in a line. The rope you use must be at least the same length as the line of girls. Make the rope into a circle, and tie both ends tightly into a double knot.

What to do:

1. Come together and talk about:
 - What resources do we depend on the Earth for?
 - What resources are being overused?
2. Place the rope circle on the ground.
3. Have everyone stand around the circle facing inwards. Grab the rope with both hands and hold it out straight in front of you.
4. Take one or two steps back at the same time to place tension on the rope.
5. Imagine that the circle of rope is the Earth. Work together so that everyone is pulling equally from the Earth in order to stay balanced.
6. On your count, with feet planted, slowly and at the same time have everyone lean back.
7. Once everyone is balanced, keep the tension on the rope and try coming into a seated position.
8. From a seated position, continue to pull at the rope with equal tension as you come back up together in a standing position.



TIPS:

- Watch the video to see how it's done! <https://www.youtube.com/watch?v=HNSsYqtWrTo>.
- To get the best experience, the activity should be done in a large group. However, if you don't have enough rope or webbing, try doing the activity one at a time in smaller groups. If you don't have any rope, try using hula hoops or another material you have on hand





Want more?

- For an added challenge try it one-handed!

Stuff to talk about:

- What would happen if some people pulled harder at the rope than everyone else? How does this reflect what happens when the Earth's resources are being used unequally?
- If everyone and everything on Earth is connected, what effect can our actions have on each other?
- How can working together help everyone to get the things they need?





CONTINUE your meeting by selecting one or two activities from each of the themes below.

Theme 1 - Healthy Earth, Healthy Us

The health of the Earth is affected by people and also affects people. When we pollute the Earth and use more of Earth's resources than we need, we harm the Earth and put our health and safety at risk. In these activities, you'll explore how keeping the Earth healthy can protect all of us.

Theme Activities:

Rethinking Needs & Wants

(Modified from "Needs & Wants" from the Canadian Catholic Organization for the Development of Peace, https://www.devp.org/sites/www.devp.org/files/documents/materials/needs_and_wants.pdf)

Everything we use comes from the Earth. Can the Earth support all of our needs and all of our wants? In this activity you'll discover how getting all of the things you need and want can affect others.

Skills you'll build:

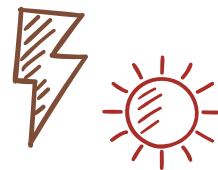
- Social Awareness
- Compassion
- Problem Solving

You will need:

- One bucket
- Small object such as pom pom balls
 - Enough pom pom balls for half the group to have six each and everyone else to have two each (a unit of 10 girls will need 40 pom pom balls)

Time it takes:

- 20 minutes



Before starting:

- Fill the bucket with the pom pom balls and place it in the middle of the room.

What to do:

1. As a group, reflect on these questions:
 - What are needs? What are wants?
 - Do you think the Earth can support every person's needs? What about every person's wants?
2. The bucket represents the Earth. The pom poms inside represent all the goods and items that we can use to meet our basic needs and wants.
3. Split into two groups. If there is an odd number, group two should take an extra member.
4. Group one will go first.
 - Together, decide on three basic needs.
 - Each group member will take three pom poms each from the bucket; one to meet each of your needs.





- Each group member will take three more pom poms from the bucket; one to meet three individual wants.
- As you take each want pom pom, tell everyone what that want is.
- It's okay if your want is the same as someone else's.

5. Now it's group two's turn.

- Together, decide on three basic needs.
- Take turns taking three pom poms each from the bucket; one to meet each of your needs.
- There will not be enough pom poms to meet the needs or wants of everyone in the second group.

6. Reflect on this question:

- How do you feel about the second group not having their basic needs met?

7. As a group, decide on a solution for how you will continue with the activity.



Stuff to talk about:

- Was the solution you chose more fair for everyone? How? Is there a better option still?
- Does the Earth have enough resources for everyone to live a safe and healthy life?
- What can you do in your everyday life to support others with getting the things they need?

Eco-Fact:

- The Earth provides enough resources for everyone to live a safe and healthy life, but if we meet all our wants before others have a chance to meet their needs, we use up more than our fair share of the Earth's resources.

Cookie Coal Mining

Coal has devastating effects on the environment. It's also the largest source of energy for electricity worldwide. Can we change our dependence on coal, or is that just how the cookie crumbles?

Skills you'll build:

- Observation
- Critical Thinking

You will need:

- Paper plates, preferably recycled from previous activities, one each
- Drawing supplies
- Chocolate chip cookies, one each (be mindful of food allergies)
- Round toothpicks, two each

Time it takes:

- 25 minutes

What to do:

1. As a group, share what you know:

- What is coal? Where does it come from? What is it used for?





2. Give everyone a plate, drawing supplies and a cookie.
3. On your plate, draw a town.
 - Include homes, public buildings, a shopping area, a farm, a park or forest, a body of water — whatever you like.
 - Leave room for your cookie. This is the mountain in your town.
4. Give everyone two toothpicks.
5. Imagine the chocolate chips are coal in your mountain. Keeping your cookie on the plate, use your toothpick to extract the coal from the mountain.
 - Leave the crumbs wherever they land and try not to brush them to the side.
6. Once you've removed most or all of the chocolate chips, look at your paper plate. Think about how coal mining has affected your town.
7. Walk around and take a look at the effects of coal mining on everyone else's towns.



Stuff to talk about:

- How can coal mining affect a town's ecosystems?
 - o Think about a town's waterways, wildlife, the health of its residents, etc.
- How do you know your actions affect the environment if you can't see their impact?
- Why is it important to think about the choices we make and the resources we use?



Eco-Fact:

- Coal is a brownish black sedimentary rock that comes from the Earth. It is considered a nonrenewable resource because it takes millions of years to form. Coal is used to create electricity and to make products like steel.
- Coal mining can have severe negative impacts on the environment including the destruction of mountains, forests, bodies of water and other habitats. It can contribute to air, water and land pollution which in turn can threaten the health and safety of living beings. It is also a major contributor to global warming.

Renewable Resource Tag



Nonrenewable resources exist in limited supply, while renewable resources replenish naturally over time. In this tag activity you'll discover that eventually nonrenewable resources run out, while renewable resources can keep the game going.





Skills you'll build:

- Critical Thinking
- Observation

You will need:

- Guide scarves (ties)
- Orange cones (optional to create boundaries for the play space)

Time it takes:

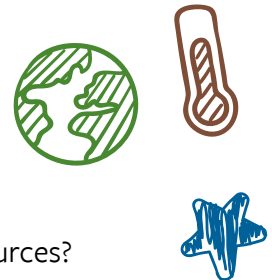
- 20 minutes

What to do:

1. Share what you know:
 - What are nonrenewable resources?
 - What are renewable resources?
2. Split everyone into two groups. Decide which groups will be the renewable and the nonrenewable resources.
 - Nonrenewable resources will wear their scarves around their necks.
 - Renewable resources won't wear their scarves.
3. When the game starts, try to tag players in the opposite group below the knee.
 - If a renewable tags a nonrenewable, freeze for ten seconds before heading back into the game. If you're tagged a second time, freeze for five seconds before reentering the game. If you're tagged a third time, you are out. Stand to the side of the play space.
 - If a nonrenewable tags a renewable resource, stop where you are and complete an active movement of your choice (e.g., jumping jacks or arm circles) five times to recharge and get back in the game.
4. The game ends when all the renewable resources have been tagged out.

Want more?

Switch groups and play again!



Stuff to talk about:

- Why is using renewable resources a better solution than nonrenewable resources?
- How can using nonrenewable resources harm the environment?
- What could happen if we rely on nonrenewable resources more than renewable resources?

Eco-Fact:

- Non-renewable resources exist in limited supply and cannot be replaced if they are used up, or cannot be replaced as quickly as they are used. Examples include coal, petroleum and natural gas.
- Renewable resources are things that can replenish naturally over time. Examples include solar energy, wind power and hydropower.





THEME 2 – Share & Protect

Every person on Earth has the right to a safe and healthy environment. In these activities, you will explore ways that you can protect the Earth and share resources in a way that's fair for everyone.

Theme Activities: Sort it Out



Garbage is a growing problem. How much can you reduce the amount of garbage you toss? In this activity you'll work together to sort disposed items and send fewer things to the landfill.

Skills you'll build:

- Evaluative thinking
- Collaboration
- Resourcefulness

You will need:

- Garbage bags, one per group
- The following items (in equal amounts) should be placed inside each garbage bag:
 - Garbage items (e.g. hot drink cups, chip bags, candy wrappers); to avoid messy items use printed images
 - Compost items (e.g. food products, napkins); to avoid creating food waste use printed images
 - Recyclables (e.g. plastic containers, cardboard containers, milk cartons)
 - Hazardous items (e.g. batteries, electronic parts, cleaning supplies)
 - Donation items (e.g. clothing and small appliances)
 - Reusable products (will be determined by groups)
- Paper to make drop-off signs, six sheets
- Marker
- Coloured dot stickers, enough for each group to have their own colour

Time it takes:

- 25 minutes



Before starting:

- Prepare materials for each group's garbage bag.
 - Any 'actual' items need to be thoroughly cleaned.
 - If you don't have actual items, printed images will work great.
- Create a sign for each of the following:
 - Landfill/incinerator
 - Compost facility
 - Recycling plant
 - Reusable
 - Donation centre
 - Hazardous waste disposal facility
- Put each sign in a separate spot around the meeting space. Put the landfill/incinerator sign in the centre of the meeting space.





What to do:

1. As a group, consider:
 - Where does garbage go after you throw it away? How can garbage harm the environment?
 - What else might you do with items you're done using?
2. Get into small groups and review the drop-off signs and locations around the meeting space.
3. Give each group a garbage bag and a set of coloured dot stickers.
4. Put one sticker on your group's garbage bag.
5. Work together to make your garbage bags as small as possible by removing things that don't need to go to the landfill.
 - Remove an item from the bag, put your group sticker on it and drop it off by the sign where you think it belongs.
 - When time is up (approximately 5-7 minutes), whatever is remaining in the garbage bag will go to the landfill.
6. As a large group, compare what's left in each team's garbage bag.
 - Should the items go to the landfill or can they go somewhere else?
7. Walk over to each drop-off location, and go through the items. Discuss whether any items could go somewhere else and why.
8. At the reusable drop-off, discuss some of the ideas for how the items there could be reused.



Stuff to talk about:

- Do you usually think about where your garbage or recycling goes when you throw it away? Why is it important to think about where your waste ends up?
- Are there any items in the garbage bag that you could avoid using in the first place? What could be used instead?
- Why is reducing waste important for protecting the environment?

Eco-Fact:

- Garbage goes to either a landfill where it's buried or to an incinerator where it's burned. It can cause pollution, harm plants and animals, and threaten people's health.





Built to Support

Robert Baden-Powell said, “The main question of life is not ‘what can I get?’ but ‘what can I give?’” In this activity, you’ll discover how everyone can achieve a common goal if we work together, consider each other’s needs and share.

Skills you’ll build:

- Teamwork
- Flexibility
- Problem Solving

You will need:

- Popsicle sticks, three per group
- Construction paper, one sheet per group
- One cup for every third group
- Paperclips, five per group
- Scissors, one pair per group
- Masking tape
- Ruler, one or more to share
- Marshmallows, one per group

Time it takes:

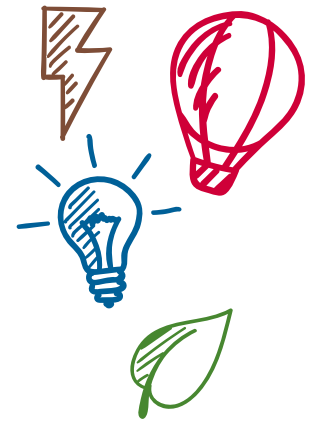
- 25 minutes

Before starting:

- Place all materials in the centre of the room for everyone to share.

What to do:

1. Have everyone get into small groups.
2. Using the materials at the centre of the room, build a structure that’s at least 10 centimeters in height and can support the weight of a marshmallow. In order to complete the task, your structure must be built using at least two of the construction materials, and every group’s structure should meet the criteria.
3. In your groups, take a few minutes to plan your design.
4. Select which materials you’re going to use, and start building your structure.
5. After a few minutes, check in with everyone:
 - Does every group have the materials they need to build their structures?
 - How can your groups support each other to ensure that everyone has the resources they need to achieve the common goal?
6. Continue building your structures. Make sure they reach the height requirement and can support the weight of a marshmallow.
7. Once everyone’s structures are built, come together.



Stuff to talk about:

- What did you need to do differently from your original plan to ensure that every group’s structure met the requirements?





- Why is it important to share limited resources with people around the world?
- How can you be flexible about the way you use resources to support others in getting the things they need?

Carry Your Message

Plastic bags are one of the most common types of litter worldwide. In this activity, you'll replace your plastic bags with a reusable cloth and share your message of environmental protection with the world.

Skills you'll build:

- Creativity
- Responsibility

You will need:

- Reusable cloth bags, one each
- Permanent markers
- Fabric paint
- Felt, buttons, sequins, and other decorative supplies
- Fabric glue or a hot glue gun
- Scissors

Time it takes:

- 20-25 minutes

What to do:

1. As a group, consider:
 - When do you use plastic bags?
 - What are some ways plastic bags are harmful?
2. Give everyone a cloth bag and decorating supplies.
3. Decorate your reusable cloth bag with a message you want to share about protecting the environment.
4. When you've finished making your bag, share your message with the rest of your unit.



TIP: Learn more about the harms of plastic bags here: <http://www.onegreenplanet.org/animalsandnature/whats-so-bad-about-plastic-bags/>

Stuff to talk about:

- If you do end up with a plastic bag, what are some things you can do or make with that bag?
- What else can you do to reduce the problem of plastic bag pollution?





≡ **CONCLUDE** the Instant Meeting with the following Closing Activity. ≡

Closing Activity: Stand for Justice - Guides

Through the Earth Day Instant Meeting you explored environmental issues and the importance of sharing the Earth's resources. What actions can you take now to support a safe and healthier planet for everyone?

Skills you'll build:

- Responsibility
- Initiative
- Determination

You will need:

- Large roll of paper, piece cut large enough to fit pledge and everyone's footprint
- Markers

Time it takes:

- 10 minutes

What to do:

1. As a group, consider:
 - How do your behaviours, including the resources you use, affect the environment?
 - How do your behaviours affect other people?
2. Create a pledge for what you can do both individually and as a unit to protect and share the Earth. Consider how you will:
 - Change the way you think about your needs and wants
 - Reduce your consumption
 - Rethink waste
 - Support the positive environmental actions of others
3. Once the pledge is complete, trace your footprint around the border of the pledge and sign your name in the middle.
4. Hang the pledge in your meeting space to remind you of your commitment to reducing your environmental impact and growing your social impact.

Stuff to talk about:

- How will you start implementing the pledge in your unit?
- Are there any changes you'll need to make?
- When will you start making those changes?
- How can you support each other to follow through with the pledge?

