



Girl Guides

Earth Day: *Pathfinders*

Sunday April 22, 2018





Pathfinders 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

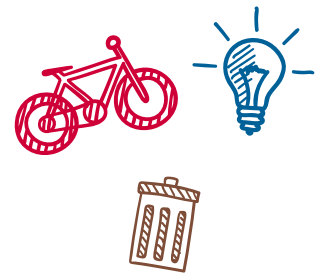


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Objectives and Outcomes

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: Pathfinders



(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 in balance.

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?
- How does the overuse of the Earth's resources by some affect the environment for everyone?
- Why is limiting our use and sharing Earth's resources necessary for protecting the Earth?





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 the 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:

Paper Towns

Ever wonder where your waste goes after it's been put to the curb for pickup? Sometimes the final destination is farther than you think. In this activity, you'll build paper towns and discover just how far away your scraps could end up.

Skills you'll build:

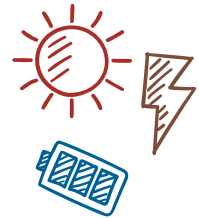
- Collaboration
- Critical Thinking
- Compassion

You will need:

- Masking tape
- Recycled paper, 10+ sheets per group
- Toilet paper and/or paper towel tubes, equal amounts per group
- Scissors, one pair per person
- Markers, enough for each group
- Tape, 1 or 2 rolls per group

Time it takes:

- 30 minutes



Before starting:

- Using masking tape and a ruler, create two square outlines on the floor on far sides of the room. One square will be for Town A and one for Town B. Each square should be about half a meter x half a meter.
- For large units, you can create a third square and give the group the same advantage as Town A. Alternately, you can create four squares and have two Town A's and two Town B's.

What to do:

1. Have everyone get into two (or more) equal-sized groups. Have groups go to their town squares and give each group their materials.
2. In your groups, you will be building paper towns. Come up with a name for your town. Together decide:
 - What places or spaces might you find in a town?
 - o Homes, school, hospital, town hall, food market, farms, parks
 - Which of these places is important to your health and safety?
 - Are there any places or spaces in towns that could be harmful to your health or safety?
 - o E.g., landfills, incinerators, highly trafficked roads, factories, farms that use large amounts of pesticides, etc.






3. Start building your town together, based on the decisions your group has made. Keep in mind:

- All scraps of paper, tape and other materials represent garbage.
- Garbage must stay within the perimeters of your town so you'll need to designate a place to keep your scraps.
- Someone will be the garbage collector. Throughout the activity, as scraps start to build up, the garbage collector will come and do garbage pickup. You can also request garbage pickup if you think it's needed.

4. As Town A's scraps build up, announce garbage pickup and bring their scraps to Town B to manage. As Town B's scraps build up, do not pick them up. If they request garbage pickup, explain that their town has been designated the garbage dump site for both Town A and Town B.

5. After a set amount of time, or once both towns have filled their space, have everyone stop building and take a look at the other town.



NOTE: Girls in Town B may become frustrated and develop strong negative feelings about the way garbage is being dumped. These feelings should be monitored, but are an important part of the experience. If the activity does evoke strong feelings, you may want to take a few moments to do some calming breathing or a mindfulness activity before moving on. The activity should only be stopped if the feelings impede the activity from progressing.

Stuff to talk about:

- Town B: How did it feel when you were given Town A's scraps to manage? How did you manage them? How did this impact the way you built the rest of your town? Do you think this was fair?
- Town A: Did you notice that your scraps had ended up in Town B? If so, how did it make you feel? Do you think this was fair?
- Garbage from one town or city is often shipped to another town, city or even country to be managed. Which communities do you think are most likely at risk of being affected?
- How else could waste be managed so that it's fairer for everyone?

Cross the Hazardous Waste Site



Fighting for eco-justice is a dirty job, but somebody has to do it! In this activity you'll advocate against a hazardous issue as you try to get your team to environmental safety.

Skills you'll build:

- Teamwork
- Problem Solving
- Social Awareness

You will need:

- Safety boards made from cardboard large enough to fit two people standing, one board less than one per pair (e.g., 12 people = 5 boards)
- Place markers to indicate start and finish lines, two markers per group

Time it takes:

- 25 minutes





What to do:

1. Come together and talk about:
 - What is hazardous waste?
 - What products do you know of that are considered hazardous?
 - Why do we need a place to keep hazardous waste?
2. Split everyone up into two groups and give the groups their safety boards.
3. When the game begins, your group will use your safety boards to get everyone across the hazardous waste site to a safe, healthy environment.
 - As soon as a board is placed on the hazardous waste, it must be used. If no one is standing on the board, someone will take it away.
 - If one of your feet touches the hazardous waste, you can no longer use that foot and must continue on one leg.
 - If both feet step into the waste you must start over.
 - If your group needs an additional board you can earn one back by describing one way hazardous waste could affect the environment. To guide your thinking, consider:
 - How does hazardous waste affect the air, water or soil?
 - How can this impact people, animals and plants?
4. Once both groups have crossed their hazardous waste sites, come together to debrief.



Stuff to talk about:

- Why are some communities affected by hazardous waste more than others?
- How might people advocate against hazardous waste in their communities?
- What can you do to reduce the amount of hazardous waste you create?



Eco-Fact:

- Hazardous wastes are toxic or poisonous substances that can harm people, animals and the environment. Examples of hazardous waste include cleaning and pest-control products, batteries, electronic parts and medical supplies.

Neighbourhood Environmental Health & Safety Audit



How does your neighbourhood fair when it comes to environmental health and safety? In this activity you'll take a walk around your neighbourhood to find out.





Skills you'll build:

- Observation
- Evaluative Thinking

You will need:

- Chart paper
- Marker
- Health and Safety Audit form (optional, pg. 14)
- Clipboards or notebooks for a flat surface (optional)
- Phone or camera (optional)

Time it takes:

- 20 minutes

What to do:

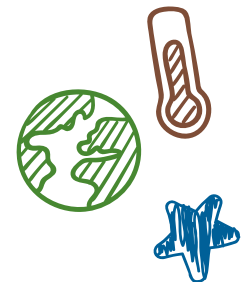
1. Using chart paper and a marker, brainstorm and record:
 - What comes to mind when you think of a safe and healthy environment?
 - What might make an environment unsafe or unhealthy?
2. Head outside for a walk around your neighbourhood.
 - If you choose the photo option, bring your phone or camera.
 - If you choose the non-photo option, bring a clipboard or notebook and a Health and Safety Audit form.
3. As you walk, look for things in your neighbourhood that promote the health and safety of the environment as well as things that pose a threat to the health and safety of the environment.
4. When you return from your walk, come together and share your observations.



NOTE: This activity can either be done by filling out the Health and Safety Audit Form (page 14) or by taking pictures. If you choose to take pictures, come up with a way to save or label them as either 'Promotes Health and Safety' or 'Threatens Health and Safety'.

Stuff to talk about:

- How does this neighborhood support the health and safety of the environment? How does this impact people?
- What are some of the challenges this neighbourhood faces in terms of environmental health and safety? How do these challenges impact people?
- How could the health and safety of this neighbourhood be improved?
- What can you do to promote greater health and safety in your neighbourhood?



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: Pack for a Hike

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
- Social Awareness
- Collaboration

You will need:

- Day Hike Packing List, one per group (pg. 15)
- Chart paper, two sheets per group
- Chart markers, at least one per group
- Masking tape

Time it takes:

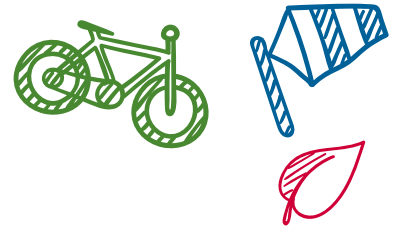
- 20 minutes

Before starting:

- Fill in one of the following at the top of each packing list (pg. 15); repeat as needed for large units
 - 12 items, one or more of each item per person
 - 8 items, one of each item per person
 - 4 items, one of each item for every other person

What to do:

1. Have everyone get into small groups.
2. Give each group a Day Hike Packing List, chart paper and a marker.
3. In your groups, work together to decide which items you would bring with you on a full day hike. You can only bring as many items as indicated at the top of your list. Keep in mind:
 - You'll arrive at the start of the hiking trail before sunrise. Each group can go off and do whatever activities you'd like along the trail, but everyone needs to meet back up at the end of the trail at 10:00pm.
 - Some activities you may choose to do along the trail include swimming, fishing, geocaching and building a campfire.
 - The weather forecast is calling for it to be 18° C and partly sunny with a 40% chance of rain showers.
4. If there's an item you want to bring that is not listed, you can add it to the list.
 - Make sure you do not exceed the number of items or the amount of each item you're allowed to bring.
5. On a sheet of chart paper, write each item and how many of that item you chose to bring.
6. Hang the packing list charts side by side for everyone to see.
7. Take a moment to review and compare everyone's packing lists.

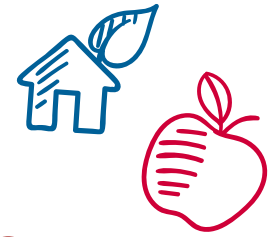




- Which items did groups have in common? Which items were different?

8. Give each group a new sheet of chart paper.

9. Work together to redistribute the items that you all selected in a way that's fair for each group.



Stuff to talk about:

- How might having fewer or greater options affect the way you think about your needs and wants?
- How does this activity reflect the way people's needs and wants are met around the world?
- What can we do to make sure that everyone has all of their needs met?

Upcycle Challenge

The number of ways you can re-purpose your recyclables will boggle your mind! In this activity, you'll race against the clock to come up with as many upcycling ideas as possible.

Skills you'll build:

- Creative Thinking
- Resourcefulness
- Collaboration

You will need:

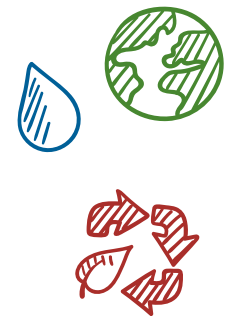
- 5-6 recyclable items such as:
 - o Toilet paper tube
 - o Kleenex box
 - o Jar
 - o Plastic container
 - o Plastic water bottle
 - o Egg carton
 - o Cookie box or case
- Sheets of scrap paper, three to four per group
- Pencils, one per group
- Chart paper and marker to keep score

Time it takes:

- 20 minutes

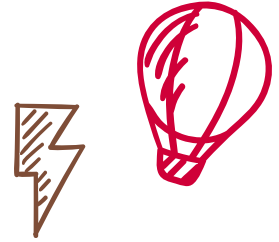
What to do:

1. Come together and talk about:
 - What's the difference between reducing, reusing and recycling?
 - What does it mean to upcycle?
2. Have everyone get into small groups. Give each group scrap paper and a pencil.
3. Together decide on an environmental team name and choose someone to be the writer for the group.
4. The person running the activity picks a recyclable item and holds it up for everyone to see.
5. For one minute, brainstorm and list as many usable ways to upcycle that item as possible.





- At the end of the round, take turns reading your lists aloud. If one or more of the other teams has the same idea written down, the item should be crossed off everyone's list.
- Count how many unique items you have remaining on your list. The group with the most items left on their list wins the point for that round.
- Keep score of each team's points on chart paper.
- Continue playing for as many rounds as you like. The team with the most points by the end of the last round wins the game.



Stuff to talk about:

- Why is recycling not necessarily the best solution for reducing waste?
- How does upcycling reduce the amount of waste you produce? How does it promote resource sharing? How does it protect the Earth?
- What else can you do to reduce your waste in order to protect and share resources?

Eco-Fact:

- Recycling reclaims and processes materials so that they can be used again for a different purpose.
- Upcycling means creatively reusing or transforming waste items into something new and valuable.

Fair Share of Filtered Water



(Modified from the Water Filter Activity from Engineers Without Borders Canada)

Clean water is critical for people's health and safety. In this activity, you'll discover that although access to clean water should be guaranteed to every person on Earth, some people get filtered out.

Skills you'll build:

- Communication
- Social Awareness

You will need:

- Water filter materials distribution sheet (pg. 16) – this resource will explain how to distribute the materials listed below
 - 4 plastic bottles
 - Dried barley, 6 cups
 - Rubber bands, 8
 - Coffee filters, 6
 - Tape, 1 roll
 - Funnels, 2 (or 2 sheets of paper to make funnels)
 - Jug of water mixed with 1 cup of soil
 - Clear bowl or cup for assessing water filtration
- Dried beans, 5 cups
- Corn meal, 6 cups
- Cotton balls, 6 cups
- Scissors, 4 pairs
- Measuring cups, 2

Time it takes:

- 20 minutes





Before starting:

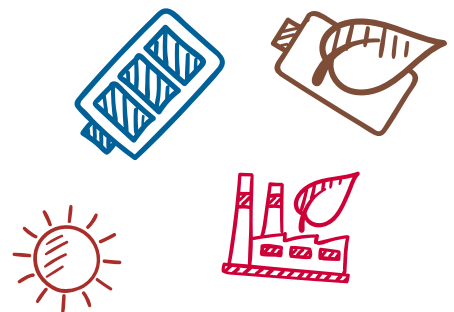
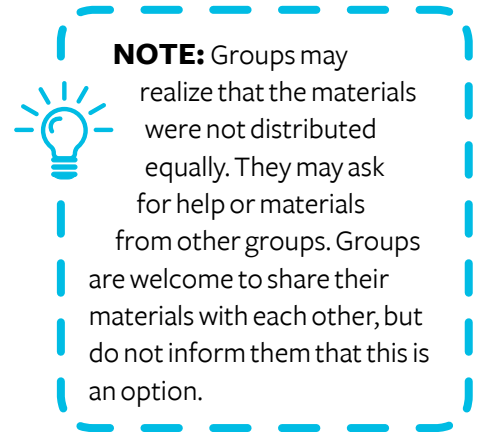
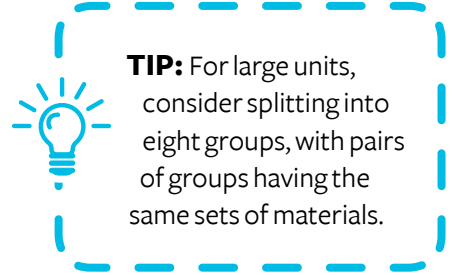
- Use the water filter materials distribution sheet (pg. 16) to prepare the materials for each of the four groups. Place them in four separate areas around the room.

What to do:

1. Come together and talk about:
 - Why is clean water important to people's health?
2. Have everyone get into four equal groups.
3. Give each group their materials.
4. You will have 15 minutes to build something that could filter water and make it clean to drink.
5. When time is up, come together to test each of the filters.
6. Be sure to empty the bowl or glass of filtered water after each group's turn.

Stuff to talk about:

- What advantages did groups have? What challenges did groups face? How does this relate to the difficulties some people face accessing clean water?
- Were you able to resolve or reduce challenges? How?
- What are some of the causes of unequal access to clean water? Who do you think is most affected?
- What can you do to support fair access to clean water?





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

Closing Activity: Stand for Justice

Through the Earth Day Instant Meeting you explored environmental issues and the importance of sharing the Earth's resources. What actions can you take as a unit to support a safe and healthy planet for everyone? In this activity you'll come up with ideas and take a unit pledge.

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. Come together and talk about:
 - What does ecological footprint refer to?
 - o Ecological footprint is a measure of human impact on the Earth. It is calculated by how much of the environment's resources we use to support our lifestyles.
 - How does your ecological footprint affect the environment?
 - How does it affect other people?
2. Create a pledge for what you can do both individually and as a unit to reduce your ecological footprint and protect the Earth. To guide your thinking, consider how you will:
 - Change the way you think about your needs and wants
 - Reduce your use of the Earth's resources
 - Rethink waste
 - Recycle, reuse and upcycle
 - Support environmental organizations
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?
- What else can you do at home, in school or in other places in your life to reduce your ecological footprint?





Health & Safety Audit

Promotes Health and Safety	Threatens Health and Safety





Day Hike Checklist

Group Name: _____

of items you can select _____

of each item per person _____

- | | | | |
|------------------------------|-----------------------------|----------------------|-------------------|
| 1. Trail map | 8. Swiss army knife | 15. Toilet paper | 22. Compass |
| 2. Sunscreen | 9. Water bottle | 16. Waste bag | 23. Fishing pole |
| 3. Food (snacks, sandwiches) | 10. Water filtration system | 17. Hand sanitizer | 24. Umbrella |
| 4. Sunglasses | 11. Hiking boots | 18. Cell phone | 25. Lighter fluid |
| 5. First aid kit | 12. Quick dry pants | 19. Power bank | 26. Swim gear |
| 6. Insect repellent | 13. Rain jacket | 20. Walkie-Talkie | 27. Flashlight |
| 7. Matches | 14. Bandana or buff | 21. Waterproof watch | |



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Water Filter Materials Distribution Sheet

Group 1:

- Plastic bottle
- Beans, 2 cups
- Barley, 4 cups
- Corn meal, 4 cups
- Rubber bands, 2
- Cotton balls, 3 handfuls
- Coffee filters, 4 filters
- Scissors, 2 pairs
- Tape
- Funnels, 2 (or 2 sheets of paper to make funnels)
- Measuring cup

Group 2:

- Plastic bottle
- Beans, 2 cups
- Barley, 2 cups
- Corn meal, 2 cups
- Rubber bands, 2
- Cotton balls, 2 handfuls
- Coffee filters, 1 filter
- Scissors, 1 pair
- Measuring cup

Group 3:

- Bottle
- Beans, 1 cup
- Rubber bands, 2
- Cotton balls, a few
- Coffee filters, 1 filter
- Scissors, 1 pair

Group 4:

- Bottle
- Rubber bands, 2
- Coffee filters, 1 filter
- Scissors, 1 pair

