



Girl Guides

Earth Day: *Rangers*

Sunday April 22, 2018





Rangers 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

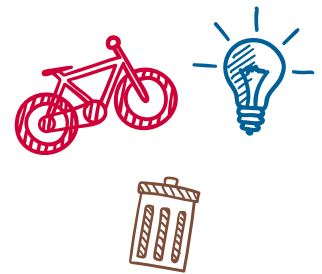


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Objectives and Outcomes

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: Rangers



(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?
 - How are resources used unequally around the world?
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 on the rope at the duct tape than everyone else? How does this reflect what happens when the Earth's resources are being used unequally?
- Why do you think the Earth's resources are used and distributed unequally?
- Why is limiting our use and sharing the 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 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:

Toxic Transport



The road to environmental justice is not always straight, especially when it comes to transporting dangerous materials. In this activity, you'll race to transport a hazardous substance as quickly and safely as possible, and consider the impacts that such transportation can have on the environment over time.

Skills you'll build:

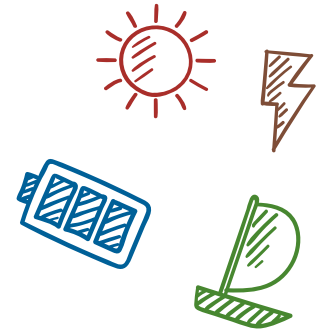
- Social Awareness
- Teamwork
- Critical Thinking

You will need:

- Buckets, 4
- Paper towel tubes, 8-12 per group
 - Construction paper can also be used to make tubes
- Duct tape, 2 rolls
- Scissors, 4 pairs
- Measuring cups (or cups with a spout), 2
- Dish soap
- Water
- Ruler

Time it takes:

- 20 minutes



Before starting:

- Add about half a cup of dish soap to two of the buckets. Then add about 10 centimeters of water to both buckets.
- Place the buckets of soapy water on the ground parallel to each other to create each group's starting line.
- Place each empty bucket 2-3 meters away from the buckets of water to create each group's finish line.
- Place each group's materials (equal amounts of paper towel tubes and/or construction paper, one roll of duct tape, one pair of scissors and one measuring cup) behind their water buckets.

What to do:

1. Together share your knowledge about hazardous substances, including which are transported and how this is done.





2. Get into two groups and stand next to your group's water bucket.
3. Imagine you are transporting a hazardous substance from one place to another. Using your materials, build a transport system to move the soapy water to the empty bucket.
4. Race to see which group finishes transporting their substance first.
5. When one of the teams finishes transporting their substance, use the ruler to measure and compare how much of the substance actually made it into each team's finish line bucket.
6. Look around and share your observations and ideas on how much soapy water both groups lost in transit and why.



Stuff to talk about:

- What might the long-term impacts of transporting hazardous substances be on the environment?
- Why is it difficult to recover from the effects of a leak or spill?
- Who determines whether the benefits of transporting hazardous substances outweigh the potential risks or negative impacts? How is that decision made?
- What do you think the best options are for transporting hazardous substances? What other solutions might be worth exploring and/or innovating?



Stake in the Forest

When it comes to the clearing of forests, many different groups have different opinions. In this roleplay exercise, you'll share varied perspectives of stakeholder groups as you examine the issue of deforestation.

Skills you'll build:

- Communication
- Social Awareness
- Observation

You will need:

- Cups, 30
- Chart paper
- Marker
- Index cards, one per group
- Timer (phone or other)
- Paper, a couple sheets per group
- Pencils, one per group

Time it takes:

- 20-25 minutes





Before Starting:

- Place cups upside down in the centre of the room to represent a forest.
- Using the chart below, list the stakeholder groups on chart paper. Do not write the amount of time each group gets to discuss their position.

STAKEHOLDER	DISCUSSION TIME
A large transnational agricultural company	6 minutes
Federal government	5 minutes
Local government	3 minutes
Scientists studying the forest	3 minutes
Environmental activists	2.5 minutes
Local residents	2.5 minutes
Unemployed members of the surrounding community	2.5 minutes
Indigenous people living in the area	2 minutes
Children and youth of the surrounding community	1 minute

What to do:

1. Come together and share what you know:
 - What are the major reasons for deforestation?
 - What are stakeholders?
 - o Stakeholders are people or groups who have an interest in something that could affect them.
 - Who do you think some of the stakeholders of deforestation might be?
2. Get into small groups. Give each group paper and a pencil.
3. Imagine the cups in the centre of the room are a forest. Each cup represents about 24 football fields of trees.
4. With your group you will be attending a stakeholders' meeting to discuss whether a local forest should be cleared.
5. As a group, look at the chart of stakeholders and decide which group you want to be.
 - Not all stakeholders need to be represented.
6. Take one minute to discuss what position your stakeholder group will take, either for or against clearing the forest.
7. Give each group an index card with their amount of time, paper and a pencil.
 - This is how much time your group will have to come up with and list reasons for your position.
 - Don't let the other groups see your time card.

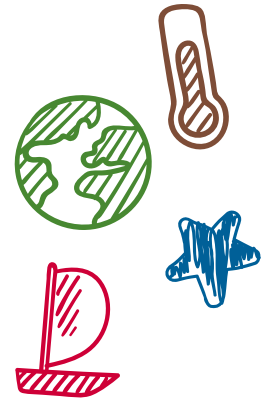




- Set a timer for your group and list your points on your paper.
 - When your time is up, drop your pencil.
8. Wait for all the groups to finish. Then reflect:
- Why do you think the amount of time you had to discuss your positions differed?
 - How does this reflect an imbalance of power among stakeholder groups?

9. Have each group read their points aloud.

10. Once each group has presented their case, work together to identify the strongest, most valid points from each group of stakeholders. Reflect on how difficult it would be to find a compromise that satisfies each group.



Stuff to talk about:

- Why might the cases made for deforestation seem louder than those made for conserving and protecting forests?
- Which stakeholder groups were not represented at all? What is the impact of not hearing from those groups? Does anyone speak on behalf of those groups?
- What might the long-term impacts of deforestation be for particular individuals? What might the long-term impacts be for the planet?
- What can you do on an individual level to protect forests?

Eco-Fact:

- According to the World Wildlife Fund, about 46-58 thousand square miles of forest are lost each year. That's equivalent to about 48 football fields every minute. If you removed the cups from the centre of the room at the same rate, how long would it take for them to be cleared?

Neighbourhood Environmental Health & Safety Audit - Rangers



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
- Social Awareness

You will need:

- Chart paper, marker
- Health and Safety Audit form (optional, pg.15)
- Clipboards or notebooks for a flat surface (optional)
- Phone or camera (optional)

Time it takes:

- 20 minutes





What to do:

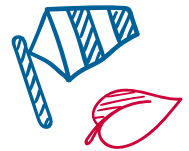
- Using chart paper and a marker, brainstorm and record:
 - What comes to mind when you think of a safe and healthy environment?
 - What might make an environment unsafe or unhealthy?
- Head outside for a walk around your neighbourhood.
 - If you choose the photo option, bring your phone or camera.
 - If you choose the non-photo option, bring a clipboard or notebook and a health and safety audit form (pg.15).
- 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.
- When you return from your walk, come together and share your observations



NOTE: This activity can either be done by filling out the neighbourhood health and safety audit form 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:

- What types of things could promote the health and safety of people while also harming the natural environment? What can you do to reduce harm to the natural environment?
- What can you do to promote greater health and safety in your neighbourhood?
- How can you bring your findings, thoughts and ideas to the attention of local decision makers?



Want more?

- Draft a letter with your findings, thoughts and ideas to members of local government.

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: Upcycled Innovations Challenge

Around the world, people are coming up with incredible ways of giving new life to used materials. In this activity, you'll put your own innovation to the test as you develop ideas to reduce waste and conserve materials.





Skills you'll build:

- Imagination
- Collaboration
- Resourcefulness

You will need:

- Upcycled innovations list (pg. 16)
- Recycled items made from the following materials:
 - Cardboard - toilet paper tube, egg carton, cookie case
 - Glass - jar, bottle
 - Plastic - container, bag, bottle
 - Rubber - rubber band, cord, bike tire
- Sheets of paper, three to four per group
- Colouring supplies
- Scissors, a couple pairs per group
- Tape, one roll per group

Time it takes:

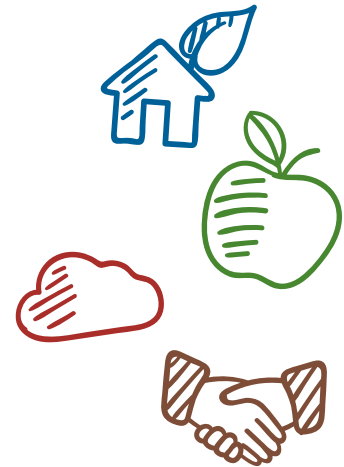
- 25 minutes

Before starting:

- Lay the items on a table where everyone can see them.

What to do:

1. As a group, consider:
 - What are the positives and negatives of recycling?
 - What is upcycling? How is it different from recycling?
2. Review the upcycled innovations list (pg. 16) for examples of how commonly disposed items have been upcycled into completely new products all around the world.
3. Have everyone get into small groups.
 - Give each group paper and colouring supplies.
4. In your group, choose one of the recycled items or come up with another commonly disposed of item. Decide whether you will:
 - Design a completely new product made from that item or materialOR
 - Come up with a better way the item could be manufactured (using a different material or different process) to have less of an environmental impact
5. To guide your thinking, consider:
 - What problem(s) does the original item cause, either in manufacturing or when it is disposed of?
 - Who is affected by this problem(s)?
 - What product or idea could address this problem?
 - Who could this product or idea benefit?

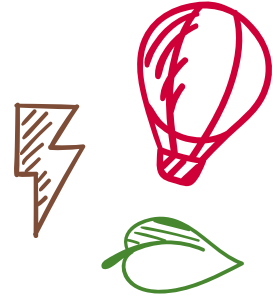




6. Once your group has settled on an idea, develop a prototype.
 - You can draw your idea on paper, or use recycled materials to create a model of your product or solution.
7. When everyone has finished, take turns presenting your innovations.

Stuff to talk about:

- Why is it important to find alternative ways of reusing disposed materials?
- How can you reduce the amount of recycling and waste you produce?
- What else can you do in your day-to-day life to support resource conservation?



Fast Fashion Showdown

With the rise of fast fashion, the cost of clothing may have decreased, but the environmental costs are continually growing. In this activity, you'll learn about the effects of the fast fashion industry and discover ways to support a more sustainable fashion industry.

Skills you'll build:

- Critical Thinking
- Collaboration
- Responsibility

You will need:

- Large bin(s) for donated clothing and accessories
- The Price is Right – Fast Fashion Edition (pg 17)
- Response cards, one set per team (pg 18)
- Scissors
- Chart paper and marker to keep score
- Clothing and accessory items you're willing to part with – at least one item brought in per person as able

Time it takes:

- 30 minutes

Before starting:

- To prepare, have everyone bring in clothing and accessories they no longer wear.
- Have everyone drop their clothing or accessories in a bin at the start of the meeting.
- Lay the clothing and accessories out in a place that's easy for everyone to see.
- Cut out a set of response cards for each team.



NOTE: Clothing should be clean and in good condition. Accessories, such as shoes, handbags or scarves should be gently worn.

Be sensitive to the possibility that girls in your unit may not have an item to bring in and that contributions are optional.





What to do:

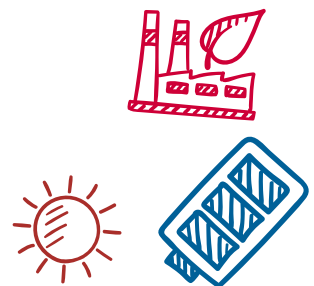
1. Share your ideas:
 - What is fast fashion?
 - o Fast fashion refers to fashion retailers turning over new items very quickly and for a cheap price.
 - How does the fast production of clothing influence fashion trends?
 - How has fast fashion changed the way we think about clothes? How does this relate to the way we think about our needs and wants?
2. Think about why you chose the items you brought in and whether the fast fashion industry may have influenced your decision to purchase or get rid of these items.
3. Have everyone get into two or three teams.
 - Choose team names.
 - Give each team a set of response cards.
4. Play the Price is Right – Fast Fashion Edition.
 - Choose someone to be the game show host who will read each question aloud.
 - o You can also take turns filling this role.
 - After you hear each question, discuss with your group whether you think the amount stated is lower, higher or correct for the statement read.
 - To avoid influencing the other team's answers, show the host your answer using the response cards.
 - The game show host will keep score of each team's points on the chart paper.
 - Have each group share their responses to the bonus questions and add the additional points.
 - Calculate each team's total points to determine which group got the highest score.
5. Think about the items you brought in and what you learned from the game. As a group, decide what you want to do with these items to prevent them from ending up in a landfill.

Stuff to talk about:

- How can you think about fashion in more sustainable ways? What else can you do to create less fashion waste?
- What skills or opportunities might there be around the development of more sustainable fashion?

ReVisualize Environmental Justice

Art can be used as a powerful tool to inform about environmental issues and inspire environmental activism. In this activity, you'll use recycled materials to send your message about environmental justice.





Skills you'll build:

- Collaboration
- Creativity

You will need:

- Banner paper
- Scissors, enough pairs to share
- Various recycled items (plastic bottles, containers, cans, paper products, etc.)
- Paint supplies
- Permanent coloured markers
- Hot glue guns, a few to share
- Hot glue sticks

Time it takes:

- 30 minutes

Before starting:

- Lay the recycled materials and art supplies in a place that's easy for everyone to access.

What to do:

1. Brainstorm environmental issues that are caused by human activity. As you think of an issue, consider:
 - What are the causes of this issue?
 - Who does this issue affect and how?
 - What can be done to stop or prevent this issue?
2. Either in groups or as a unit, choose an environment-related issue you want to focus on and how you want to represent your environmental message visually.
3. Work together and use the supplies to transform recycled materials. Your art piece can take any form you like.
4. When you're finished, take a moment to reflect on your piece. If you worked in groups, have a gallery walk to finish.



TIP: Looking for inspiration? Check out these art pieces with a powerful environmental message: <https://www.hongkiat.com/blog/public-awareness-artwork/>

Stuff to talk about:

- How can art be used as a tool for change? How is art different from other forms of activism?
- What are some of the different ways your piece could be interpreted?
- How can you use your art piece to inform and inspire others?





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

Closing Activity: Next Eco Steps



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

Skills you'll build:

- Responsibility
- Initiative
- Determination

You will need:

- Paper, one sheet each
- Pens or pencils, one each

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 can reducing ecological footprint make a positive impact on the Earth?
 - Where in your life is your ecological footprint largest?
2. Challenge yourself to make changes in your everyday life.
 - Come up with a list of ways you can reduce your ecological footprint.
 - Decide where you'll keep the list so that you can reflect on it moving forward.
3. Take turns sharing one thing on your list with the rest of the group.

Stuff to talk about:

- How will you hold yourself accountable to the changes you're planning to make? How can you support each other to follow through?
- How can you challenge others to reduce their ecological footprints?
- What can you do to educate and support others so that they may make positive environmental changes in their lives?










Health & Safety Audit

Promotes Health and Safety	Threatens Health and Safety





Upcycled Innovations

	<p>GUMDROP Ltd in the UK is the first company in the world to recycle and process used chewing gum. Specifically, they use gum to manufacture ‘Gumdrop’ and ‘Gumdrop on-the-go’ which are pink receptacles designed for the disposal of waste chewing gum. The company also collaborates with manufacturers and companies around the world to make products from recycled and processed chewing gum. http://gumdropltd.com/</p>
	<p>BUREO is a Chilean company that makes skateboards from recycled fishing nets. Their recycling program, Net Positiva, provides fishing net collection points to keep plastic fishing nets out of the ocean. Not only do their programs prevent harmful materials from entering the ocean, but they also protect wildlife, support local fishing communities through financial incentives, and support a fun, healthy hobby. https://bureo.co/</p>
	<p>SOLEREBELS is an Ethiopian footwear company that crafts shoes made from recycled tires and other local, non-traditional materials. Since the shoes are all handcrafted, they require little technology and zero carbon to produce. The company has also created lots of employment opportunities for members of the community. soleRebels is the first footwear brand to be fair-trade certified by the World Fair Trade Organization. https://www.solerebels.com/</p>
	<p>LOOPTWORKS is an American fashion company that uses textile waste to create clothing, bags and accessories. Their sustainable, eco-friendly products prevent materials from ending up in landfills and incinerators. The company’s motto is “Use only what already exists.” https://www.looptworks.com/</p>
	<p>TERRACYCLE is considered a global leader in recycling. They offer a range of free recycling programs as well as recycling solutions for almost every form of waste. Some of their innovative approaches to upcycling have included sewing juice pouches into backpacks, creating shower curtains out of granola wrappers, and turning used pens into new pens. https://www.terracycle.com/en-US</p>





The Price is Right - Fast Fashion Edition

1. Each year over 80 billion pieces of clothing are produced ANNUALLY worldwide.

CORRECT

2. From 2002 to 2015, clothing sales increased from \$1 trillion a year to \$1.5 trillion a year.

HIGHER – clothing sales increased from \$1 trillion a year to \$1.8 trillion a year. By 2025, clothing sales are projected to rise to \$2.1 trillion. Increased clothing sales means increased production of clothing.

3. In North America, 75% of our apparel ends up in landfills.

HIGHER – 85% ends up in landfills. That's over 10.5 million tonnes of clothing.

4. According to the U.S. Environmental Protection Agency (EPA), textile waste takes up nearly 3% of all landfill space.

HIGHER – According to the EPA, textile waste takes up nearly 5% of all landfill space.

5. The purchase and use of clothing, including manufacturing and transporting as well as washing, drying and ironing, contributes about 3% of global production CO₂ emissions a year.

CORRECT – The purchase and use of clothing contributes about 3% of global production CO₂ emissions a year. As a result, the textile industry is considered one of the most polluting industries in the world.

6. Polyester, which is cheap and readily available but also harmful to the environment, is now used in 70% of our garments.

LOWER – Polyester is now used in 60% of our garments. Between 2000 to 2016, the amount of polyester used in clothing increased 157%. Polyester is not easily degradable, and when polyester garments are washed, synthetic microfibres are released and eventually make

their way into rivers and seas, where they can take decades to degrade. These microfibres also affect the aquatic environment from changing feeding activity to carrying invasive bacteria that can also be harmful to humans.

7. It takes 270 litres of water to make a T-shirt.

HIGHER - It takes about 2,700 litres of water just to make one t-shirt. That's the amount of water the average person drinks in 900 days.

8. Estimates suggest that as much as 95% of the clothes thrown out with domestic waste could be used again, whether by rewearing, reusing or recycling.

CORRECT

9. Doubling the life of clothing from one year to two years could reduce greenhouse gas emissions over the year by 32%.

LOWER – Doubling the life of clothing could reduce emissions by 24%

BONUS!

You have one minute to come up with as many social and environmental costs of fast fashion as possible. You will earn one point for each correct response.

EXAMPLES INCLUDE:

- Low labour wages to maintain reduced costs for consumers
- Poor working conditions and regulations
- Child labour
- Hazardous chemicals used to make clothing are poisonous to rivers and other waterways
- High CO₂ emissions
- Depletion of the world's resources such as water and land
- Clothing exported to other countries harms their local textile industries





HIGHER



LOWER



CORRECT

