

# Activity pack



# Our Power, Our Planet

Since 1970, 22 April has marked the anniversary of Earth Day and the birth of the modern environmental movement. This year's theme is **'Our Power, Our Planet'**.

This activity pack was inspired by some of our past and current outdoor based challenge packs. Including our roaming and rambling and our past Feel Good in Nature partnership pack with the RSPB and outdoor challenge.

This pack includes indoor and outdoor activities that can be completed by young and adult members from any section. Some activities can also be adapted to be completed outside of unit meetings at school or at home.

**To collect the new Earth Day badge, we'd suggest completing 7 activities from this pack.**



# Indoor activities

-  Learn about the 7 wonders of the world! Which would you like to visit most?
-  Which animals are native to the area around you? Name 3 critters, creatures or insects...
-  Have a look at the lights in your home/unit meeting space. Are they energy saving LED's or watt-wasting halogen bulbs? If they are halogen bulbs, what can you do to replace them?
-  Lots of traditional paints are made using natural pigments. Collect some dirt, leaves and fallen flower petals and create your own watercolour paints! Be careful to only use fallen leaves and petals, not live ones.
-  Can you tell when packaging is recyclable? Learn about the different types of plastic and how to responsibly sort your recycling.
-  Think about reducing food waste when making meals. Hold a competition to see who can make a delicious sandwich with the least amount of food waste leftover!
-  Every year we produce over 90 million tonnes of textile waste. Host a swapping event in your unit or take part in a jumble sale! There's new life in everything...

# Outdoor activities



Go on a rainbow walk! Starting with red, walk until you find something with the next colour. It's a great way to explore a new area or make an familiar one more exciting!



Do you know how to cycle? Cycling is a great way to keep moving and is also great for the environment. Learn to cycle or pick up another emission-free form of transport like skateboarding or rollerblading!



Sit outside and watch the clouds float by. Find out the names of different types of cloud formations and how they form.



Collect rainwater to water your houseplants! Collecting rainwater is a great way to reduce water usage in your meeting space or at home.



Learn about the native flora and fauna in your area. Can you identify 5 native and non-native plants? Additionally, if possible, why not sow some native seeds in time for them to bloom in summer!



Living sustainably includes supporting local farmers and businesses. Visit a farm or farm shop that sells local produce and learn about where your food is from!



# Girlguiding Anglia

