

Girlguiding East Yorkshire

Greener Guiding Challenge



A Guide respects all living things and takes care of the world around her.

The challenge can be completed by groups or individuals and is open to young members in all sections, leaders and Trefoil Guild members.

Complete at least two challenges from the Reduce section, at least one challenge from each of the Reuse and Recycle sections, **and also** the Make Your Guiding Greener challenge.

As with all Girlguiding activities, members make their own choices, and take any necessary actions to make the activity safe.

Reduce

Help save the planet and improve life for future generations by reducing your consumption of valuable limited resources and taking action against the pollution their use can cause.

- How much water do you use for everyday activities such as showering, bathing and cleaning your teeth, flushing toilets, washing clothes and dishes, and watering plants and gardens? Think of ways you could reduce the amount of water you use and try one or more of them out for at least a week.
- Hold a unit meeting in the dark (no electricity to be used), or find out about Earth Hour, and plan what you'll do for it in 2020
- Where it's safe to do so, walk or cycle instead of travelling by car for at least a week. It's good for us as well as the planet.
- Save air miles by growing your own vegetables and flowers. Look at labels on food items to see how far they have travelled - could you grow one or two of the items?

- Trees absorb carbon dioxide and other potentially harmful gases from the atmosphere and produce oxygen. Help improve the quality of the air we breathe by planting a tree.
- Organise or take part in a litter pick or beach tidy (and don't drop litter either!)
- Think about how much time you spend each week using electronic entertainment (TV, radio, PCs, laptops, smart phones, games stations etc.) Cut down on the time you spend by an amount of your choice (say 10%) for a week and share with your group what you did with the extra time you had - may be read a book, go for a walk, talk to friends.
- With your group campaign for reduction in, for example, single-use plastics.
- Many crayons are made from oil, and some markers and glues contain chemicals such as toluene or ethanol. Use beeswax crayons and water-based paints, markers and glue, and don't waste art materials.
- Styrofoam is a kind of plastic. Refuse to use Styrofoam products such as plates, cups and egg boxes - and explain why!
- Your own idea

Reuse

Finished with something? Before you throw it away think about whether it can be reused or put to a new use by you or someone else.

- Get together with your friends and hold a 'swapathon' of books, clothes or toys.
- Look into charities who will take unwanted articles such as clothes, spectacles, computers and mobile phones and distribute them to people in need. Organise a collection.
- Think of as many ways as you can to reuse an empty plastic bottle or glass jar. Try one or more of them out.
- Create a rag-bag - old torn clothes and other cloth items can be used for messy chores or art projects.

- Take a survey in your house of all the things that run on batteries, and how many batteries are in them. Talk to your parents about (or if it's up to you consider) getting rechargeable batteries and a recharger.
- Your own idea

Recycle

Make a new item from something unwanted or, where possible, send it to be broken down and recycled.

- Try upcycling - turn old clothing into a new garment or accessory, recycle a plastic bag and old newspaper to make a camp sitter, turn old greetings cards into storage or gift boxes, make bird feeders from used milk cartons, create lanterns or stoves from old cans. The only limit is your imagination.
- Research recipes and design a tasty meal from left-overs. If you have the opportunity, try making it.
- Organise a collection of recyclable items such as batteries or used printer cartridges and take or send them to a recycling point.
- Become your family recycling queen. Find out how your local council likes refuse to be divided and make it your mission to have everything disposed of in the correct bin with as little as possible going into general waste for landfill or burning.
- Look for ways to *precycle* - buy things that come in packages that can be recycled or already have been; if you're using glitter, get the biodegradable kind; or...
- Your own idea

Make Your Guiding Greener

- As a group/unit decide on something you could do make your guiding more environmentally friendly and carry it out for at least one term.
If possible, share what you are doing with others in some way - website, social media, church or community hall notice board

Badge Order Form



Thank you for taking part in the Greener Guiding Challenge.

To order your badges please complete this form and send it together with your payment to:

Dr Helen Halkon
35 Queens Way
Cottingham
HU16 4EJ

Name	
Unit	
Address	
Email	
Telephone	
Number of badges required (£1.00 each)	
Postage and packing 1 - 5 badges £1.00 6 - 20 badges £1.50 21 - 50 badges £2.00	
Total Cost	

Please make cheques payable to 'The Guide Association Guideacres'.