

Champions



 Girlguiding
LaSER

Sustainability Challenge Pack

What is this pack about?

The LaSER Champions are very passionate about sustainability. We wanted to create this pack to show you things you could do to be more sustainable, as well as to inspire others to take positive action to help the environment. You can do this pack as a unit or individually.

How to use this pack?

This pack is designed to make it achievable within unit meeting time, or across multiple evenings. Alternatively, you could choose to work on this pack in your personal time. To complete the challenge pack and earn your badge, you must complete a minimum of 5 challenges of your choice. There are a total of 17 challenges, how many can you complete? This pack has challenges aimed towards Guides, Rangers and Inspire. When choosing which ones to do, try and choose some that will challenge you.

Who are the LaSER Champions?

The Girlguiding LaSER champions are a group of 16-25 year olds who ensure girl-led advocacy and campaigning is at the heart of what we do. We create, plan and deliver campaigns about issues we feel passionate about. The LaSER Champions are always looking for new recruits. If you're interested in joining us, please [click here](#).

Why is sustainability important to us?

Sustainability is important to us because we all care deeply for the environment around us. We feel it is important to take care of both our local and wider environment and believe that there are many different things we can do that would reduce the negative impact we are having on our environment. Some people may say that one person cannot make a difference on their own, but we believe that even one person making small changes to their lifestyle could contribute to a positive impact on the environment.

How to order your badges

Badges will be available to order via our [online shop](#) when they have been created.

Make a tote

Using unwanted or unused material, such as an old pillowcase, you can make a perfect new tote bag.

[Check out this template](#) by MORSBAGS if you need help with where to start to sew a bag!

They even have a bag template for a wheelchair bag! [Check it out here.](#)

On the MORSBAGS's website you can get a label to attach to the bags for 5p!

MORSBAGS are made to be given to others, to cut down the use of plastic bags and stop unused fabric going to landfill.

Stretch a meal

When you are next shopping, think about how long the food you are buying is going to last you. How many meals can you make out of a loaf of bread or bag of pasta for example. Buy a food item of your choice and plan how you will make best use of it over a week.

Then reflect on the following questions: Was it easy to stick to this plan? Did you make more or fewer meals than you expected? How did this plan impact on your food waste? Share your plan and evaluation with someone in your unit.

You might choose to repeat the process using different recipe ideas or testing if you can make it last even longer.



What you'll need

- fabric
- sewing needles
- thread
- sewing machine (optional)

A green thumb promise

Work with a partner or as part of patrol to research a topic related to sustainability of your choice.

Once you've finished your research, work together to make a short video (no longer than 5 minutes) or design a poster for your meeting space with some facts and ways you can be more sustainable.

Inspire others in your unit to join you in a sustainability pact.

You can do this with anything you feel passionate about, but we recommend choosing something that has a change you can all make, such as having reusable bottles or bags or recycling for example.

Champ MP's

Have a look into what the government have planned as part of efforts to be more sustainable, such as changing fuel to E10 to reduce emissions, trying to work towards changing all cars to electric by 2030 and many others.

Find something they are currently discussing, and write to your local MP to try and encourage them to bring it up in parliament and express your views on why it is important. If you have an idea that's not being discussed, write them a letter about your idea! You never know, they might love your idea!

The global goals

Do you know what the global goals are? They are the 17 goals which are the guide to a more sustainable future. They are aimed to all be met by 2030, in 8 years time!

Have a look into the 17 goals, and make a poster or something else to show what they are.

For an extra challenge, can you find something that YOU can do to support your preferred ones?

Plastic waste waste

Dive into research about how and why plastic can be dangerous for the environment. Within your unit talk about ways that you could all reduce your plastic use.

Over the week try to make a habit of reducing waste and talk about how it went at your next meeting. Which ways do you hope to be continuing to use? Do you recommend any to the rest of your unit after trying them?

Do another record for a second week and see if there are any positive changes you can make to significantly reduce the amount of waste.

'can' create

A lot of products come in cans or tins, whether it's a drink from a shop or some peas for dinner. There are a lot of ways we can reuse these! You could use them for storage, but a drinks can isn't the best looking so here are some ways you can make it better!

First of all you are going to need a can opener. Cut the top off, so it will look like a cup. Once you're done with this you need to take some sandpaper and file down the edge so it's not so sharp.

You can choose to leave the tin in its original design or you can try being creative and giving it a makeover! You could do this by painting it or covering it in stickers for example.

Now you can start using it for a pen pot, makeup brush pot, or if you have loads you could use them to organise your draws!

Once you have finished, it would be great if you can share your finished product with others. See if they can do the same or can they come up with another useful way to recycle finished cans and tins.

What you'll need

- cans
- can opener
- sand paper or file
- paint
- hot glue or super glue

Champs after dark

Turning off lights and power when you're not using them helps reduce your carbon emissions and other harmful gasses. Hold an inspire meeting with as many lights off and using as little power as possible.

You can bring some torches and maybe some blankets and have a relaxed session or if you have an outdoor space you could even go stargazing. If you're inside, show everyone where the bathroom light is so that you can turn it off and on when you need to use the room, or any other rooms they might need.

Spend the whole evening having fun, reducing your carbon footprints and learning useful skills with the lights turned off to reflect on just how much can be achieved even without the lights on when they're not always needed.

Building a bug hotel

Making a bug hotel not only provides shelter and safety to important wildlife but also can be an effective way to make use of garden waste.

Do some research into different styles of bug hotels and try to create one of your own. [See an example here, from the RSPB.](#)

What you'll need

- soil
- leaves or flowers
- twigs or bark
- bricks
- corrugated card

Make paper

Do you know how much paper you use every day? Save all scrap paper for a week and remake it into some fresh sheets!

- Start by tearing up the paper into small pieces, these will need to be quite small.
- If you're not using a blender, leave the torn pieces of paper to soak in water until it turns into a pulp.
- It might take a while although you could blend it to speed up this process.
- While it's soaking, take an old pair of tights and stretch it over a an old photo frame.
- Once the paper is a pulp, mix it in some water and dip the photo frame into it and collect a thin layer of the pulp.
- Lay the frame flat and with a sponge or some old fabric soak up the excess water.
- Then put the frame upside down to take the sheet out and leave the sheet to dry while you make more.

Planting

Have a go at planting some seeds! Try and grow some fruit or veg so that once you're done you can use your grown produce as part of a meal or tasty snack.

Discuss with your unit or family what resources you have available to make a reasonable decision about what you should grow. You can grow something such as cress with very few resources and space or if you have access to an allotment, you could try and grow something such as carrots or potatoes.

What you'll need

- Paper
- Tights
- Old photo frame
- sponge/old fabric
- Blender (optional)

[Check out this video](#) to see how to do it. They have included extra steps such as using an iron, though this isn't a necessity.

Litter picking

As a unit do research to work out where is one of the most littered areas within your local environment.

Work with your patrol to complete a litter pick and see how much rubbish you are able to collect. If you see anything sharp then do not pick it up and inform an adult.

After your litter pick, reflect on how much litter you found and whether there is anything that can be done to reduce the amount of litter. This could involve writing to your local council to request more bins or designing posters that remind people to make use of the existing bins.

Bring and swap event

Things that you might not want anymore might be really useful to someone else. Organise a bring and swap event where people bring their unwanted things and get to swap them for somebody else's unwanted things.

This event could be for a small group of friends or could be organised between an entire unit. Do what you can to have the biggest impact. This could be bringing and swapping books, clothes, toys or a variety!

Any excess items could be saved for another event or be donated to a local charity.

Recycled Catwalk

Become the next big fashion star with things you already have. Get some old magazines, newsletters and anything similar.

On your own or as a group style an outfit however you like and once your unit are ready to walk the runway!

Community garden

Have a look and see if you can find some community gardens near you to volunteer at for a while! Bring some nature to everyone.

You could be doing things like planting, some tidying up or just helping out with some general gardening. Try reaching out to the local council to see where your nearest is.

Sustainable shoppers

Locate and visit your closest zero waste shop, (or similar) and choose a minimum of 5 products within the shop. Complete an analysis on whether you think the pros outweigh the cons of buying from zero waste shops. Share your findings with people from your unit.

If you don't have a zero waste store nearby, have a look on one's website or find some zero waste products in other shops.

'Inspire' a Recipe book

Current research suggests that people can work towards being more sustainable by having more plant based meals as part of their diets. Is a plant based dinner something that you could incorporate on a weekly basis?

Do some research to find a recipe that demonstrates how to make one of your favourite meals completely plant based whether that be a macaroni cheese dish, a burger or tacos, the possibilities are endless!

Once you've found some different recipes put them together in a recipe book! Share some of these with your friends, inspire unit or family. Be as creative as you can!