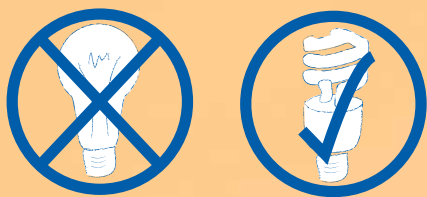
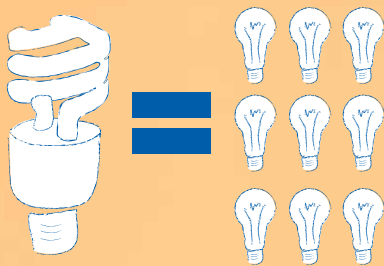


Program Activities for Younger Girls

Light up!*

Using energy-saving light bulbs is a simple and effective way to save energy and money. It should not be too hard to persuade your family to use energy-saving bulbs to replace old ones when they stop working. So what's next?

Design a poster to promote switching to energy saving light bulbs and display in your meeting place and local community. Email your poster design to your friends to encourage them to start using energy-saving light bulbs too.



call for contributions....

The March edition of The Waratah will be themed Cultural Diversity in acknowledgment of World Harmony Day.

If you have any Program ideas that you think would suit this theme and would like to see them published in these pages, then please email them through to communications@girlguides-nswact.org.au by February 3rd.

Creature Tales

We share our environment with thousands of different creatures, from tiny spiders to possums, even though we can't always see them!

Have your girls head outside to see if you can spot any of these creatures, or evidence of their existence:

- ants
- birds
- spiders
- cicadas or
- tracks in the dirt
- droppings
- feathers
- nibbled leaves

Next, try to spy the things a creature needs to survive:

- Nuts or seeds
- Pollen for bees
- Tall grasses, brush and trees to hide and nest in
- A source of water

Then using the evidence they have found, ask the girls to write a creative story involving a day in the life of a particular creature.

Whose Habitat?*

Stand in a circle with one person in the middle. This caller points to someone and calls **Earth**, **water** or **air**. The person must respond by saying the name of a living thing that lives in the named habitat, eg. **Earth** is called and the response might be **lion**. If the player hesitates, she must stand in the middle and become the caller. Run the activity until everyone has played, or stop after a set time.



Program Activities for all Ages

Biodiversity collage

Provide your girls with a template of a letter from the word 'biodiversity' (or substitute 'nature' for younger girls). At this stage don't tell them what the word actually is, but ask them to create a nature collage on their letter, by covering it with pictures of plants, animals and landscapes.

Once complete, ask the girls arrange all of their letters to make a word. What words can they create? Will they be able to make the word 'biodiversity'?

If they are having difficulty you may need to provide clues like starts with a 'b' ends with a 'y' and so on.

In Patrols, Guides use a dictionary to discover the meaning of the word 'biodiversity'. The word may need to be separated into individual parts, for example bio or biological, and diversity.

Tree Planting*

Organise a group tree planting or community vegetable garden in your area.

Ask your local council to help by identifying an area that would benefit from the trees or would be suitable for a vegetable garden.

If planting trees, seek expert advice on the best type of tree. Consider asking local businesses to donate the trees or vegetable seedlings, and invite local media to your planting ceremony.



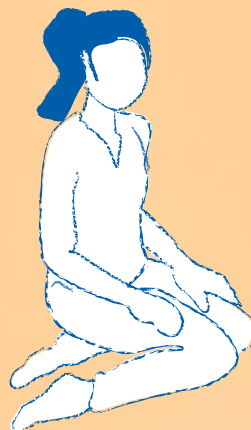
Guided nature meditation

Take your girls on a guided meditation involving nature — ask them to lie down or sit in a comfortable position, then talk them through a scene, describing what they can see, hear, feel, and smell.

For example, you could guide them on an imagined rainforest walk through lush green vegetation, hearing the calls of birds. When they hear the sound of water moving, have them follow it to arrive at a small waterfall, where they can listen to the water rushing over the rocks and feel the gentle spray of water on their skin. Sunlight is breaking through the canopy and dancing on the water creating a rainbow in front of the waterfall. Gradually bring them back from the visualisation into the present moment.

Then assign girls (as individuals or groups) a landscape, ecosystem, or region, and ask them to research what it looks, sounds, smells and feels like. For younger girls, options could include the ocean, the bush, or a river. For older girls you could ask them to research natural environments in particular regions, such as the focus countries for World Thinking Day.

Over the following weeks they can take turns to lead a guided meditation through their assigned region or landscape.



Papier Mâché*

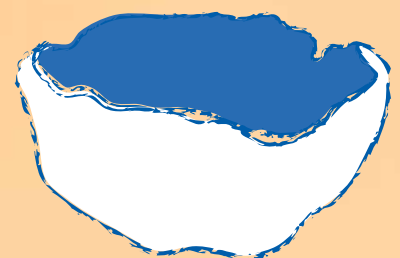
Papier mâché is a great way to recycle old newspaper, turning it into useful items. Bowls are the perfect way to begin, but older girls could get more adventurous with furniture items.

What you need:

- Plenty of old newspaper
- Flour
- Water
- Materials to create a frame or mould

Instructions:

- Create a frame for what you want to make using recycled materials, such as paper towel roll middles taped together to make legs, a flat piece of cardboard shaped to make a table top, wire to make frames
- For bowls, find something that gives the round shape you want, such as a football, an inflated balloon or another bowl. Cover this in cling film or waxed paper to stop the papier mâché sticking to the shape
- Make a thin paste using flour & water (if you heat this until it turns clear it is more effective) and tear newspaper into small strips
- Dip newspaper strips into the paste and smooth onto your frame.
- Build up a few layers then let it dry and test for strength, adding more papier mâché where necessary
- Paint a white base coat & decorate
- Finish with a few coats of varnish to protect it



Program Activities for all Ages

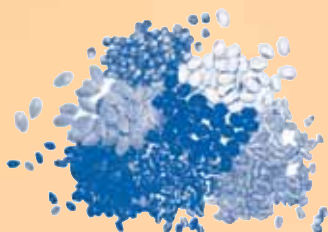
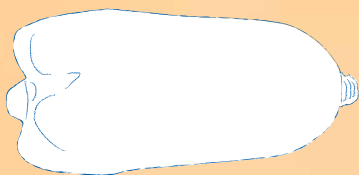
Terrarium

Water moves in a never-ending cycle, moving from sky to Earth and back to sky again. The water that we use today has been around since the beginning of the earth. The water we use has been precipitation and water vapour. It has travelled through rivers, oceans and even been consumed by other animals. This never-ending cycle is called the **Water Cycle**.

A terrarium is a closed container with a plant or plants inside. It is a miniature ecosystem: a model of a forest. It is easy to observe what happens in our terrariums because they are so small. In real life, it is hard to observe changes in our environment because it is so big.

What you'll need:

- Plastic 2 litre soda pop bottle with cap
- Very sharp scissors or craft knife
- Pebbles or gravel
- Potting mix or compost
- Seeds (fast growing seeds such as sunflowers or green beans are ideal)
- Water



How to make it:

- 1 Remove the label from the bottle. Save the cap
- 2 Rinse out the bottle and cap
- 3 Cut the bottle about halfway up
- 4 Fill the bottom 2.5cm (inch) of the bottle with pebbles or gravel
- 5 Add at least an inch of potting mix or compost
- 6 Lightly place dirt or potting soil in the base
- 7 Plant a few seeds in the dirt
- 8 Lightly water
- 9 Put the cap on the bottle
- 10 Cover the base with the top of the bottle. You might need to fiddle with it a bit to fit back inside the base
- 11 Find a spot that's well-lit but not in full sun eg a window sill that receives plenty of light
- 12 Watch them grow! Monitor water levels — they may need an occasional extra spritz in warm weather
- 13 When the plants are several inches high, re-pot them or plant them in your garden



Food Passport*

It's not just people who use lots of fossil fuels to get around. Lots of the food we eat has travelled a long way to end up on your plate; even something like an apple could have been grown in one country, washed in a second, packaged in a third then shipped to your local shop. Choosing locally produced foods with low "food miles" is a small action that can make a big difference to your impact on the environment.

Organise a local food picnic to celebrate World Thinking Day, where everyone brings a dish of locally sourced food to share. For younger girls, 'locally' can be defined as Australian. Older girls may be able to limit their definition to, for example, 100km by sourcing ingredients from local farmers market.

Nature crafts

Go for a short bushwalk, or even a walk around a local park or leafy street and ask the girls to collect as many craft-suitable items from the ground as possible — including pebbles and rocks, seed pods, pieces of bark, pine needles and twigs. (Alternately, you could ask the girls to bring these in with them).

Have additional items such as craft glue, googly eyes, beads, and perhaps wire to supplement the findings, and challenge the girls to create an animal.



Program Activities for Older Girls

Green Drama Debates*

Divide the group into teams of four or five. Groups should spread out around the meeting place. Each group is given an environmental situation then each group member makes up a character who might care about the situation. Two group Members start to debate the issue, acting in character. At any point, other group Members can shout "Freeze" and the two actors should freeze in their current pose. The person who shouted should then tap either actor on the shoulder and take up their pose (the previous actor goes and sits down) then starts the conversation again from the freeze point, but acting as their new character.

For example, the town is planning a rock festival in the local park. Some people can't wait, others are worried it will attract lots of cars, causing pollution, and will cause litter and damage to the park. Characters could include a teenager, dog walker, rockstar, local shopkeeper and doctor.

Stay at home, see the world*

Travelling by plane uses a lot more fossil fuels than other forms of transport, but that doesn't mean you can't explore the world. With Girl Guides and Girl Scouts in 145 countries, try one of these new ways to learn about their lives.

Pick one of the 145 countries where Girl Guiding/Girl Scouting goes on and put together an imagined travel diary of your perfect trip - one that doesn't rely on fossil fuels.

Clothing Swap party

Ask all the girls in your Unit to bring in a few items of clothing that are in good condition, but which they no longer wear. This could be a 'bring a friend' event to expand numbers if necessary.

This is a great way for girls to expand their wardrobes without increasing their carbon footprint by purchasing new items - and any items that don't find a new home can be given to charity.

Solar Cooker

using a windscreen sun shade

What you need:

- Reflective accordion-folding car sunshade
- Black pot
- Bucket or cardboard box
- Oven cooking bag
- Cake rack (or wire frame or grill)
- 12 cm of stick-on Velcro

Instructions

- 1 Lay the sunshade out with the notched side toward you
- 2 Cut the Velcro into three pieces, each about 4 cm long
- 3 Stick or sew one half of each piece, evenly spaced, onto the edge to the left of the notch. Attach the matching half of each piece onto the underneath size to the right of the notch, so that they fit together when the two sides are brought together to form a funnel. You can align the two pieces easily like this: Stick down one side of the Velcro, then press the two pieces of Velcro together, fold

- 4 Press the Velcro pieces together, and set the funnel on top of a bucket or a round or rectangular plastic wastebasket
- 5 Place a black pot on top of a square cake rack, placed inside a plastic baking bag. This is placed inside the funnel, so that the rack rests on the top edges of the bucket or wastebasket. Since the sunshade material is soft and flexible, the rack is necessary to support the pot. It also allows the sun's rays to shine down under the pot and reflect on all sides. If such a rack is not available, a wire frame could be made to work as well. **Note:** The flexible material will squash down around the sides of the rack

(re-produced from http://solarcooking.wikia.com/wiki/Windshield_Shade_Solar_Cooker)

* Activities that are marked with an asterisk (*) have been reproduced and adapted from the WAGGGS *World Thinking Day Activity Pack 2012*: <http://www.worldthinkingday.org/en/resources/document/view/22460>. You can find lots more great activity ideas in this publication.

