


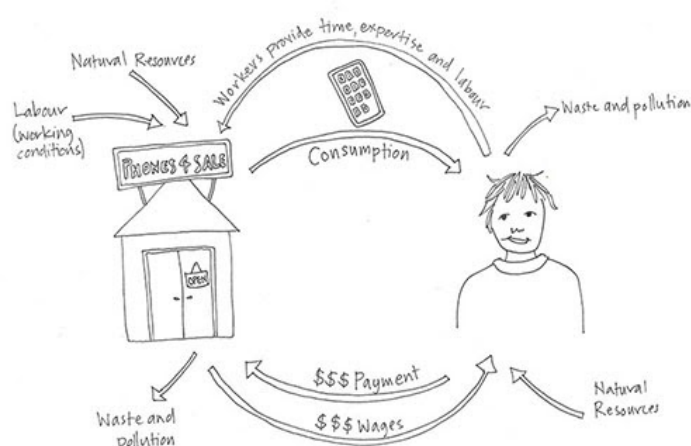
The True Cost of Consumption

<p>Challenge Area</p>	 <p>PERSONAL GROWTH</p>
-----------------------	--

We often only think about the cost of things we buy in terms of the money we had to pay for them. In this activity, you'll learn about the less obvious costs of the things we buy and consider their true cost to not just your (or your parents' bank account), but to the world.

Instructions

- Choose an item from the list below.
 - Sneakers
 - Chocolate
 - Jeans
 - Coffee
 - Sunglasses
- Think about the steps which take place to produce these items from scratch and get them onto the shelves of the shops you purchase them from. Who or what is involved?
- Are there any social, economic or environmental impacts/costs associated with producing the item? What are they? How about the impacts/costs of consuming or using the item itself?
- Create an infographic describing these impacts/costs. Below is an example.



Reflection

This activity encouraged you to think critically about the processes and costs associated with producing and consuming an item/product. Does this exercise change the way you see the lifecycle of a product? The three main players in our economy are households (i.e. us!), businesses and governments. What role do you think each group should play in reducing the true cost of the items/products we consume?

Toilet Rolls Mini Garden

Challenge Area	 <p>OUTDOORS</p>
----------------	---

Have you always dreamt about growing your own mini-garden, or are you just curious about the circle of growth, blooming and vegetation of your own seeds? Create your own mini garden using a few toilet rolls!

What you will need

- Toilet rolls
- Paper
- Stapler
- Sticky tape
- Potting mix
- Fruit or vegetable seeds

Instructions

1. Collect a few toilet rolls (planning ahead needed!): 6 rolls for smaller bunch, and 11-12 for larger version.
2. Seal one end of each roll with a piece of paper – they will become the bottom of your mini roll pots.
3. Put them vertically (bottoms down!) and staple them together, forming the shape of your future garden (be creative as you can shape it into circle, triangle, or square). Tape around the whole 'construction' with sticky tape.
4. Bring it out on your backyard and fill every roll with the pot mix.
5. Plant your favourite seeds. You can experiment with the seeds from your own food, like cucumbers, melons, tomatoes, mandarins, apples or any other of your choice.
6. Water gently, adding more pot mix as the soil settles down.
7. Don't forget to water your mini garden regularly, also making sure that your plants are getting not too much (or not too little!) of the sunlight.
8. Enjoy watching your seeds grow and take some photos to document their growth!

More Information

With the use of the cardboard sheet pulled underneath of your mini-garden, you can move your garden around and choose the best place for your plants to grow, or even bring it indoor in case of nasty weather (in the garage, for example).

You may also want to plant your mini-garden making it more permanent – bear in mind that the paper is sustainable and degrades with the time. Don't forget to remove the sticky tape around your rolls – it will not be that friendly to the soil!

Reflection

What did you like best about creating a mini garden? Now that you've finished the activity, would you like to try planting something else? What would you like to learn next about gardening?



Sustainable Cities

Challenge Area	 COMMUNITY
----------------	--

The UN Sustainable Development Goals (SDGs) are the blueprint to achieve a better and more sustainable future for all. They aim to address the global challenges we face, including poverty, inequality, environmental degradation, peace and justice. SDG 13: Climate Action focuses on actions to combat climate change and its impacts on cities and the world. This activity encourages you to think about and design your own sustainable city with different elements that work together to proactively address climate change issues.

Instructions

1. Think about the biggest environmental problems facing cities today, including the community you live in. What about air quality or pollution? Open space and parks for kids to play in? Make a list, and brainstorm other environmental issues.
2. Imagine that you are an environmental engineer and create a city that pays attention to climate change issues. You might want to include things like low-emission buildings or mass transit systems.
3. Be sure to think about a variety of populations, such as those systematically denied access to decent housing, education, and air quality. What would your city do for those communities? Also think about the environment around your city—do you need to make a plan for coastal flooding, forest fires, or drought?
4. Design what your city would look like on paper.

Reflection

Now that you have taken the time to design a city which actively combats climate change, ask yourself these questions:

- Was it difficult for you to design the city? Why or why not?
- Did you learn anything new about climate change issues?
- Did anything you discovered while doing this activity surprise you?
- How can you use what you've done for this activity to take action for climate change in your own community?

After you have considered these questions, share your design with your Project Patrol, friends, or family members, and encourage them to think about how they can take action for climate change too.



Sticky Note Comics

Challenge Area	 <p>CREATIVE</p>
----------------	---

A flip book is a simple form of animation consisting of a series of drawings, or photographs, that when "flipped" through by the viewer appear to create the illusion of motion. When each page is viewed separately, the characters or designs stand still. But when the viewer flips through the pages with their thumb, the characters and designs seem to come to life before their very eyes.

The principle behind this is the "persistence of vision." Each picture has a subtle difference from the previous. As the user flips through the book at a fast rate, the users eye catches the change and the brain interprets it as motion. If a user flips through book slowly, they will barely be able to see the changes.

Design your own Scouts comic story by creating your very own sticky note flip book!

What you will need

- Sticky note pad
- Pencils, pens, markers

Instructions

1. Think of a topic or idea for your own flip book comic. Is there a particular Scouting experience you can turn into a short story - for example, packing your bag for a hike? Think about how the motion will start, and how it will end.
2. Sketch up a story board outlining your different flip book frames. This will help you plan how your comic will work and how to incorporate motion.
3. Grab your sticky note pad and rotate it so the adhesive/sticky section is on the left-hand side of the square.
4. Flip your sticky note pad back to front, so that the bottom/last sticky note is at the top of the pile (this will be the first image in your flip book). Number the corner of each sticky note from 1 to however many frames your comic will have.
5. Flip your sticky note pad back the right way up. The numbers you have written on each sticky note should now be at the back of each one.
6. Flick through to the paper labelled '1' (the bottom/last in the pile). Using a pencil, draw your first image/frame on this sticky note.

7. Draw the next image on Paper 2. Remember that the changes from each frame should only be slight – this will create a smooth motion between the pages. If you draw your image exactly the same as Paper 1 there will be no motion, and if you draw it with a big change there will be choppy motion.
8. Repeat the process until you've drawn all frames in your comic, working your way towards the top sticky note in your note pad. The final image of the book will be the top note in your sticky note pad.
9. Hold the sticky note pad in your hand, and gently flip through the papers to see your comic come to life!

Reflection

What were the main challenges you experienced when creating your flip book? How did you address them?

Fitness Dice

Challenge Area	 <p>WELLNESS</p>
----------------	---

Physical exercise is fantastic for your overall wellbeing. This activity involves making your own fitness dice, offering a fun and effective way to get a workout at home or on the go! Simply roll the dice to generate a workout routine. With tens of possible combinations and options for making exercises easier or more challenging, this is a great way to keep your workouts fresh and exciting!

What you'll need

- [Blank dice template \(2 dice required\)](#)
- A pen or marker
- Scissors
- Glue stick or sticky tape
- Exercise gear – sneakers and comfortable clothing

Instructions

1. Download and print copies of the dice template [here](#).
2. On one template, write down six different exercises on each side. Some examples include arm circles, squats, jumping jacks, push ups, boxing jabs, toe touches, running on the spot, lunges and sit ups.
3. On the other template, write down six different numbers, symbolising the number of repetitions to do. You can choose to go up by twos, fives or even tens!
4. If you'd like to, you can choose to colour in one dice so you can differentiate between them.
5. Cut out the templates, fold along the lines and glue the dice together.
6. Roll the dice to find out what exercise you'll be doing, and how many times you will do it.
7. Continue for five to ten rolls to create your own fitness routine!

Reflection

This activity was a great chance to be active. Did you enjoy it? How did your body feel before, during, and after completing your workout? Why is it important to be active? How could you make your next workout even more fun, and what other ways can you stay active? This activity was also a good chance to value the outdoors. Was it nice to be outside? Do you prefer exercising outdoors or indoors? Why?