

## \* REMEMBER

DO NOT DO ANY OF THESE TASKS MARKED WITH A STAR WITHOUT YOUR GUARDIAN'S PERMISSION

Complete all 4 tasks to earn your badge



## Key message for Leaders

There are resources for each of the activities suggested and more information at [www.sustainable-silchester.org/badge](http://www.sustainable-silchester.org/badge)



## Key message to Girls

Around one-third of the carbon dioxide we generate is in the things that we buy (goods and services). You can reduce your impact by only buying things that you really need, reusing where possible, and recycling when something is no longer required.



## Sustainable Food



The most sustainable food is locally grown and plant-based. Do one thing to make your food more sustainable.

### You could:

- Cook and eat a vegetarian meal
- Grow something that you can eat
- Find out what fruit and vegetables are in season, and make a poster

### What I did:

---

---

---

---



## Key message to Girls

In Britain, each person creates on average 3 tonnes of carbon dioxide per year from the food and drink that they consume.

This is made up of the energy used by farmers to grow the food, the transport needed to get the food and drink to the shops, processing and packaging. You can reduce your impact by eating locally grown food, eating food when it's in season and eating more fruit and vegetables.

## 2

## Reduce, Reuse & Recycle



The less new stuff we can use, the more sustainable we can be. Can you do one thing to reduce the amount of new things that you use?

### You could:

- Think about what your unit throws away each week. What can you do to reduce or recycle?
- Have a toy swap, or second hand sale.
- Have fun making things out of "rubbish"! How about a marble run, a boat or some jewellery?

### What I did:

---

---

---

---



## \* REMEMBER

DO NOT DO ANY OF THESE TASKS MARKED WITH A STAR WITHOUT YOUR GUARDIAN'S PERMISSION



### Environment

3

We rely on bees and other insects to pollinate our crops so that we can grow food. They are also a source of food for birds and small mammals. We can help them survive and their numbers grow by providing them with food and shelter.

#### You could:

- Make a bird feeder out of a recycled plastic bottle
- Make a bug hotel\*
- Plant some bee-friendly plants\*
- Create a small pond\*

#### What I did:

---

---

---

---



## Key message to Girls

Transport accounts for around one-fifth of global carbon dioxide as well as other pollution. Whilst some modes of transport are quicker than others, they have a greater impact on the environment and may be more expensive. Can you cut down your impact by walking or cycling for short trips, by car-sharing, or by taking public transport?

4

### Transport



Moving people around produces a lot of carbon dioxide. You can reduce your impact by walking or cycling where you can, taking public transport or sharing lifts. What one thing have you done to make your travel more sustainable?

#### You could:

- Walk or cycle to places (if possible)\*
- Make a trip on a bus or train, instead of using the car\*
- Share a lift with your friends\*

#### What I did:

---

---

---

---

## Key message to Girls

We rely on bees and other insects to pollinate our crops so that we can grow food. They also provide food for birds. However, the number of insects, birds and hedgehogs in The UK are all falling. We can help them survive and grow by providing them with food or shelter.



It's also important to cut down energy use at home. You can help by:

- Turning off lights in empty rooms
- Not leaving electrical items on standby overnight
- Putting on a jumper if you are cold, rather than turning up the heating

Have you done something in every section?  
Well done! You are well on your way.  
Now make a poster, and tell your unit what you have done and how it has helped you to be more Sustainable.

## \* REMEMBER

DO NOT DO ANY OF THESE TASKS MARKED WITH A STAR WITHOUT YOUR GUARDIAN'S PERMISSION