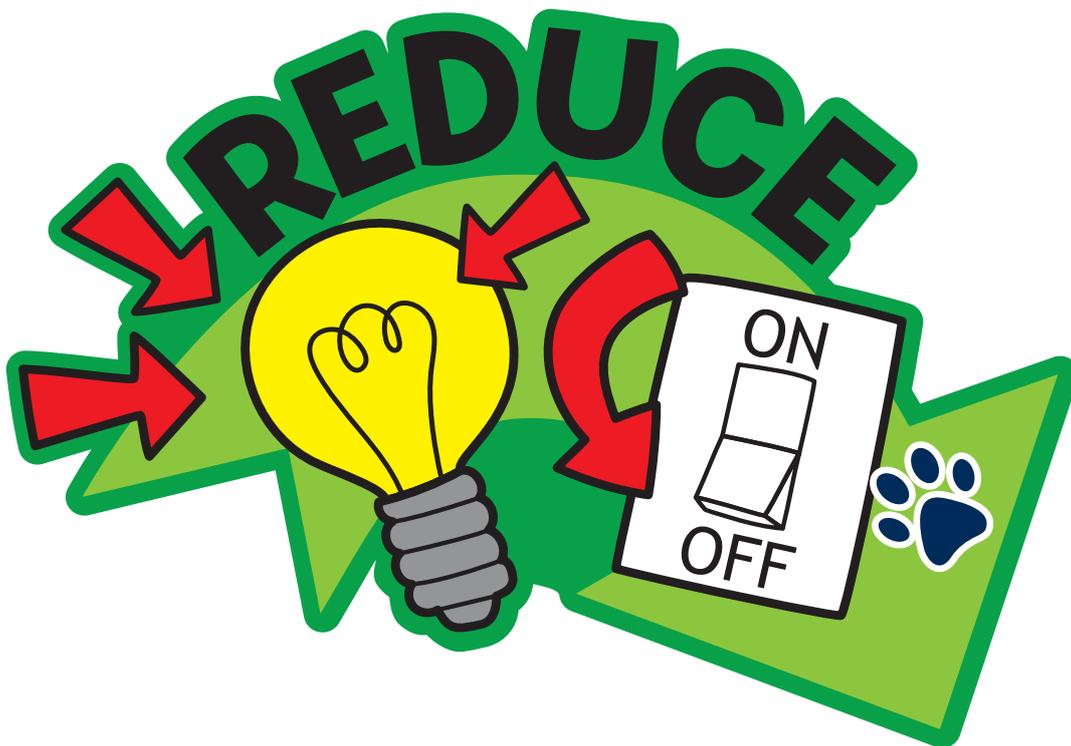


Reduce Challenge

Part of the Recycling Collection



Switch off the lights and start making plastic-free swaps as we make waves and reduce our impact on the world around us!

The first in the recycling collection (and created in collaboration with Sisters Against Plastic and Victoria Staras) the Reduce Challenge packs in 40+ programme ideas to get you reducing your waste (of the rubbish sort) and your impact on the world. Proceeds from this badge go towards helping Scouts and Guides from across the UK take part in lots of adventures via The Pawprint Trust. Thank you for your support!

Suggested challenges for different age groups:

- 5-7 Years : Complete 1 challenge from each of the 4 sections.
- 7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.
- 11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.
- 14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.
- 18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

For even more programme ideas check out our 'Reduce' board over on www.Pinterest.com/PawprintBadges

Once completed head to the website to get your paws on your badges!

www.PawprintBadges.co.uk

Craft

- Design plastic free packaging for your favourite sweets.
- Using renewable energy can help us reduce our impact on the environment. Make a 'wind turbine' pin wheel.
- Make your own bunting as an alternative to balloons for a celebration. You could even recycle wrapping paper to make your bunting bright!

For Leaders...

You can make this activity easier for little ones by using a hole punch to make holes in the top of each bunting triangle. Threading string through the holes is a great fine motor skill activity. For older ones use recycled ribbons from birthdays past and if you're feeling super creative recycle old clothes and sew your bunting with a sewing machine.

- Make washing powder using conkers!

What?

Yes this really is possible! Those things you play with in the playground...you can wash your clothes in them too. There are plenty of instructions online and you can also check out the Sustainable(ish) podcast [Episode 30] to hear Mary and Teresa (Sister's Against Plastic) talk about their experiences!

- Reduce your use of plastic food bags and make your own bees wax food wraps from old clothes.
- Have a plastic free pamper and mix up your own, natural face masks.
- Get creative with a sewing machine and make your own reusable cotton cloths and face pads.
- Mix your own plastic free toothpaste using coconut oil, baking soda (bicarbonate of soda) and peppermint oil! Was it just as good?
- Make a liquid hand soap from a soap bar.
- Sew your own reusable veg bags from old clothes.
- Create your own plastic free party bags.
- Make your own water filter with rocks, sand, charcoal, cloth and a couple of reused pop bottles.



Food

- Take part in #MeatFreeMonday and cut our meat for the day. Try and take part each week and have one/two days meat free.
- Visit a local zero-waste shop or find out where your local greengrocers is and take a trip there to find out where your food comes from.
- Take part in a supermarket sweep to try and make a zero waste or plastic free meal.

For Leaders...

You could work in teams to create a full menu: breakfast, lunch and dinner. Can you shop without buying anything wrapped in plastic? How hard is it? What were the biggest challenges?

- Make plastic free biscuits...can you find ingredients that aren't in plastic packaging?
- Make your own ice lollies in reusable moulds OR get creative and make your own moulds from recycled yoghurt pots, etc.

Top Tip!

Make sure your yoghurt pots are empty and have been cleaned before being reused. Sisters Against Plastic agree that plastic moulds are ok as long as they are reusable!

- Forage for natural foods and make something, ie. nettle tea. REMEMBER! Only pick and eat things you know are 100% safe!
- Can you find plastic free sweets? Where can you get them from? OR can you have a go at making your own?
- What do you put in a lunch box? Can you make a plastic free packed lunch? What swaps will you have to make?
- Set up your own plastic free shopping collective.
- Use a website like olioex.com to start exchanging unwanted food instead of letting it go to waste.
- Grow your own fruit and veg.
- Make your own bread from scratch.



Games

- Play a game of plastic free SNAP! Download the resource for this new twist on an old favourite from our website.
- Play a game of blow football using metal straws instead of plastic!
- Complete the charity shop challenge.

What?

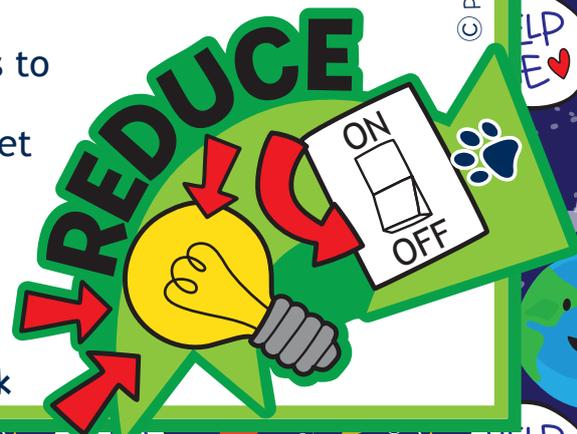
Shop for an occasion in a charity shop. Your occasion could be an interview, ball or sports match. Choose appropriate clothing and keep to your budget.

- We can reduce our carbon emissions by walking more. Compete with friends/family to see how many steps you complete each day. How can you increase the number of steps with games/fun?
- Play the memory game, "One day I went to the market..." Challenge yourself to name only plastic free items.
- Play a game of newspaper islands.

How?

In pairs, start by standing on an open sheet of newspaper. The floor is the water and your newspaper is the island. Fold the paper in half and stand on it again without any of your feet touching the bare floor. If you fall off your island or your feet touch the water then you are out. Continue to fold the paper in half and stand on your island each time. Reduce the size of your footprints by standing on tiptoes. The winning pair is the last ones in.

- Play higher/lower using our printable resource.
- Create your own game to help others reduce their waste.
- Reduce your carbon footprints and travel around the space without using your feet!
- Hydro-electric energy is renewable and helps to reduce our impact on the environment. Have relay races transferring water from one bucket to another whilst dodging obstacles.
- Make a plastic bag ball and reuse those single use bags!



Other

- Make swaps at home or in your meeting place to become more eco friendly. Replace single use plastics with alternatives.
- Go on a hunt for conkers to use in your plastic free washing powder.
- Wash your hair with different shampoo bars then rate and compare them. Which do you think is best? Share your ratings with others.
- Bamboo is used for many plastic free alternatives...find out where it comes from and have a go at growing some.
- Do a plastic audit and see how much plastic you use in one week. Make simple swaps and go on a 'Plastic Diet' then compare the two weeks.
- Switch to LED light bulbs in your home and in your meeting place. Why not raise funds to buy them by selling old and unwanted items?
- Share a lift, catch the bus or walk instead of using the car.
- Plant some trees or flowers and help the world to breathe.
- Take part in a litter pick and collect rubbish. Remember to wear personal safety equipment and stay back from busy roads.
- Go beach combing and collect washed-up waste.
- Take part in #EarthHour on March 28th. Find out more at: earthhour.org
- With special thanks to: **Sisters Against Plastic** (Teresa Walters and Mary Strong) and **Victoria Staras** who helped make this challenge pack possible. Sisters Against Plastic went on a 'Plastic Diet' in 2018 and hit the headlines worldwide! Find them on Twitter [@SAPlastic2018](https://twitter.com/SAPlastic2018) and on Facebook [@SistersAgainstPlastic](https://www.facebook.com/SistersAgainstPlastic). Victoria Staras is a Brownie and Guide leader, a Peer Educator as well as a member of the GENE (Girl Guiding Essex North East) Radio show. She is currently working towards her Queen's Guide Award and running a project as part of Action For Change. Find Victoria on Instagram [@recycle_afc](https://www.instagram.com/recycle_afc) and Facebook [@recycleafc](https://www.facebook.com/recycleafc)
- Tweet us/tag us all in your photos on social media including [@PawprintBadges](https://www.instagram.com/PawprintBadges) and #AdventureForAll

