# Check out our Wander the World 2021 schedule for the day (navigate your way around our map and look around the stations to find out what activity is suitable for which section)

#### Waking your mind up!

- 10am-10.10am: Scottish Chief Commissioner Moira's welcome video
- 10.10am-10.20am: Make a self-care box with Ranger leader Stacey



#### On your bike!

- 10.20am-10:50am: Climate Change workshop live session by Bethany from Sustrans

#### Money, Money, Money

- 11.05am-11.35am: Author Iona Bain is going live to talk about money, media and making it

#### Born to be Wild

- 11.40am-12.10pm: We'll be sharing videos by Anna from WanderWomen on cloud gazing, square breathing, barefoot walking and making your own journey stick

#### Make some noise!

- 12.10pm-12.30pm: Foley Artist Rebekah is going to tell us more about her job making sound effects for films and how we can make some sound effects ourselves!

## On your bike!

- 12.30pm-1pm: The team at Sustrans have created a series of videos for us on bike maintenance, they've created a colouring-in challenge as well as a cycle path challenge!

#### Major Skills

 1pm-1.30pm: The British Army have made a series of videos for us on making a compass, different leadership styles, camping skills, how to look after your kit/uniform and positive affirmations

# Money, Money, Money

- 1.30pm-2pm: Helen from Future Asset is going live to tell us all about investing for the future

# Me, Myself and I

- 2pm-2.30pm: Renita Boyle has made some resilience story telling videos for us and she's shared tips on how you too can create your own resilience stories!

## Reduce, Reuse and UPCYCLE

- 2.30pm-2.45pm: Guide and Range leader Lauren Evans is a scientist and she's made a video on how to make your very own lava lamp at home - this is an excellent way to recycle old plastic bottles (we'll also be sharing various fun upcycling activity video links for you to explore in your own time)

## Money, Money, Money

- 2.50pm-3.20pm: Hayley from Resilience Learning partnership is going live with an interactive sessions on money, what we know about it and does it really make the world go round?

# Me, myself and I

- 3.25pm-3.55pm: Hayley from the Resilience Learning partnership is back with another live, interactive session all about why self-care isn't selfish

# Go your own way

- 3.55-4pm: End the day with positive feel-good videos from the HeadStrong team, there's one for volunteers and another for girls from all sections!