

# Keep Scotland Beautiful Challenge Badge



Activities, support and resources  
to help you work towards achieving the  
Keep Scotland Beautiful challenge badge



Keep Scotland Beautiful is the charity that campaigns, acts and educates on a range of local, national and global environmental issues to change behaviour and improve the quality of people's lives and the places they care for. We are committed to making Scotland clean, green and more sustainable.

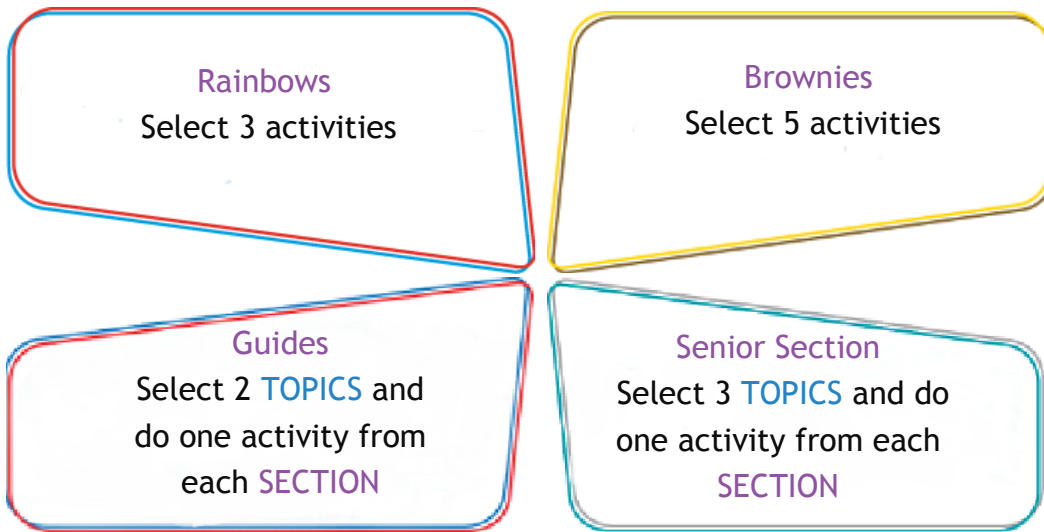
Girlguiding Scotland is Scotland's leading charity for girls and young women, with 50,000 young members. We build girls' confidence and raise their aspirations. We give them a chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

**This challenge has been created to:**

- celebrate Scotland's natural beauty;
- develop Scotland's role in tackling global environmental issues; and
- encourage Girlguiding members of all ages to keep Scotland beautiful for current and future generations.



To achieve the Keep Scotland Beautiful challenge badge:



Topics	Section
1. Local Environmental Quality	Research, Act and Campaign
2. Food and the Environment	Research, Act and Campaign
3. Transport	Research, Act and Campaign
4. Water	Research, Act and Campaign
5. Biodiversity	Research, Act and Campaign
6. Energy	Research, Act and Campaign
7. Global Environmental Issues	Research, Act and Campaign

If you have any questions about any of the activities suggested to complete this challenge badge, please contact Keep Scotland Beautiful on 01786 471 333.



## 1 . Local Environmental Quality

Could you help improve your local environmental quality for your family and friends to make your local community safe and welcoming?

Research	Act	Campaign
<p>Carry out an experiment to find out what happens to litter in:</p> <ol style="list-style-type: none"> <li>1. Wind - How far might it go in a storm?</li> <li>2. Water - What might happen once it ends up in the sea?</li> </ol>	<p>Design a friendly bin that would make people put their rubbish in the right place.</p>	<p>Write a letter to your local council and MSP to tell them what you are doing to keep Scotland beautiful.</p>
<p>Make a map of all the bins in your community to show others where they are.</p>	<p>Design a litter superhero or eco warrior to be the face of your local litter campaigns.</p>	<p>Design a poster to tell people why they should keep their community beautiful and display it where people can see it.</p>
<p>Design a survey and ask the people in your community about litter - what do you want to find out?</p> <p>Share the results in your local newspaper and on social media.</p>	<p>Sign the Clean Up Scotland pledge and encourage the wider community to do the same.</p>	<p>Get creative - compose a rubbish bin song or poem to highlight the issue of litter.</p>
<p>Junk modelling - find materials that can be recycled to make a musical instrument.</p>	<p>Organise a community Clean Up and get as many people involved as possible.</p>	<p>Using social media, write about what you have been doing to keep your local community beautiful.</p>
<p>Carry out a litter survey of your community and plot the litter hot-spots on the map.</p> <p>Can you work out why these areas are bad for litter?</p>	<p>Do a 2-Minute Clean Up:</p> <ol style="list-style-type: none"> <li>1. Each person gets 2 minutes to collect as much litter as they can</li> <li>2. Or see how much you can collect as a group in 2 minutes</li> </ol>	<p>Make a short film about the responsibility people have to look after their community.</p> <p>Why is it important that people put their litter in the bin?</p>



## Helpful tips and resources for Local Environmental Quality

For the water experiment, use different types of litter, e.g. paper, cardboard, cotton buds, baby wipes, crisp packets or plastic bottles. Submerge each item in a solution of salt water in a basin or small paddling pool and observe the changes over a set period of time. Predictions of what might happen to the litter (disintegrate, disappear, break down, wash up on the beach etc.) can be recorded and referred back to at the end of the experiment.

Please remember to carry out a risk assessment of the area you plan to Clean Up/litter pick.

Here are some things you should remember to think about when designing a bin:

- ⇒ Can you design a bin that everyone wants to use?
- ⇒ Would you use a bin every time if it was really fun to use?
- ⇒ What size does a bin need to be?
- ⇒ What about items of rubbish that can be recycled?
- ⇒ What would make you use the bin?
- ⇒ What would the bin be made of?
- ⇒ Where would you put the bin you designed?

### Useful links:

Information about litter: [www.KeepScotlandBeautiful.org/litter](http://www.KeepScotlandBeautiful.org/litter)

Order a FREE Clean Up Kit: [www.KeepScotlandBeautiful.org/register](http://www.KeepScotlandBeautiful.org/register)

Sign the Clean Up Scotland pledge: [www.KeepScotlandBeautiful.org/pledge](http://www.KeepScotlandBeautiful.org/pledge)

2-Minute Clean Up: [www.KeepScotlandBeautiful.org/2minutecleanup](http://www.KeepScotlandBeautiful.org/2minutecleanup)

Costume hire: [www.KeepScotlandBeautiful.org/costume-hire](http://www.KeepScotlandBeautiful.org/costume-hire)

Eco-Schools topic: [www.KeepScotlandBeautiful.org/sustainable-development-education/eco-schools/ten-topics/litter/](http://www.KeepScotlandBeautiful.org/sustainable-development-education/eco-schools/ten-topics/litter/)



## 2. Food and the Environment

“Before you finish eating breakfast in the morning, you’ve depended on more than half the world.” Martin Luther King, 1967

Food should not just be good for you, it also needs to be good for the environment.

Research	Act	Campaign
List of all the foods you can think of that can grow in Scotland and when they are ready to eat. Are any of these grown near you? What about seafood?	Organise a One Planet Picnic - a picnic that is good for you and good for the planet.	Write an article or blog and use social media to share about your One Planet Picnic. Send your article to your local newspaper.
Why is making a compost a great idea? How do you make it?	Work hard this week to reduce the amount of food packaging you use.	Work with your family to reduce the amount of food waste and single use packaging.
Find out about a food that is grown in another country.	Look out for logos and marks on food packaging this week that show it is sustainable. Draw or photograph them.	Take some examples of logos to show your unit and tell them what they mean. You might find the MSC logo, Rainforest Alliance, Palm Oil Free or Fair Trade marks among others.

### Helpful tips and resources for Food and The Environment

A One Planet Picnic is one that it is good for you and good for the planet where people share some great food experiences and memories. Ideally, it should aim to reduce food waste which means avoiding things with lots of packaging and choosing more sustainable options which can often offer a healthier option. For example, rather than lots of waste from crisp packets you could provide carrot and cucumber sticks.

#### Useful links:

One Planet Picnic: [www.keeptoscotlandbeautiful.org/one-planet-picnic](http://www.keeptoscotlandbeautiful.org/one-planet-picnic)

Eco-Schools topic: [www.keeptoscotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/food-and-the-environment/](http://www.keeptoscotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/food-and-the-environment/)

Climate Challenge Fund: [www.keeptoscotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/food/](http://www.keeptoscotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/food/)



### 3. Transport

Transport choices make a significant difference to global carbon emissions—use this topic to find out more about sustainable choices.

Research	Act	Campaign
Research sustainable transport in Scotland and identify which modes of transport you could use more often, such as walking to school or cycling to the shops.	Find your local Climate Challenge Fund group and ask to visit to see what they do in your local community.	Encourage your whole group to use a sustainable mode of transport to travel to your unit meeting place.  Calculate all the miles you have travelled sustainably each month and try to improve it all year.

#### Helpful tips and resources for Transport

##### Useful links:

Eco-Schools topic: [www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/transport/](http://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/transport/)

Climate Challenge Fund: [www.keepsotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/transport/](http://www.keepsotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/transport/)

Cycling Scotland: <http://www.cyclingscotland.org/>

Bikeability: <http://www.bikeabilityscotland.org/>

### 4. Water

Water is our most important basic resource. This topic encourages a wider understanding of the uses of and need for something people in Scotland can often take for granted.

Research	Act	Campaign
Make a list of all the ways you can reduce the amount of water you waste, for example turning the tap off whilst brushing your teeth.	Create a play about why water is important and what you should do to reduce the amount of water you use.	Research which countries have a water problem. Choose one to support and decide as a unit what you want to do and carry out your plan.

#### Helpful tips and resources for Water

##### Useful links:

Eco-Schools topic: [www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/water/](http://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/water/)



## 5. Biodiversity

Biodiversity is all the living things on the planet. Use this topic to explore the effects of human activity on biodiversity.

Research	Act	Campaign
Go outside and look around at the wildlife, nature, plants and animals in your area. Draw a picture of what you saw.	Go on a mini beast hunt - how many can you find and identify?	Build a bug hotel, bird box or plant some wildflowers in your garden or local community.
Go outside and carry out a survey and see how many pollinator (bee, butterfly and bird) friendly plants there are.	Sign up to Bee Diverse and receive some free bumblebee and butterfly friendly seed mixes and resources. Plant them in your garden or communal space.	As you see more bumblebees and butterflies appear, design a poster or write a poem/story about the importance of biodiversity.
Investigate a threatened species or ecosystem in your local area. What does it eat? Where does it live? Why is this species or ecosystem under threat?	Make a poster, fact file or information booklet to inform others why the species or ecosystem is under threat.	Write a blog or article about what you have found out about the species or ecosystem and what you or others could do to stop it from being threatened.

### Helpful tips and resource for Biodiversity

To support your adventure into the wonderful world of pollinators and biodiversity, visit Keep Scotland Beautiful website to download resources on why biodiversity is so important and facts about pollinators:

#### Useful links:

Bee Diverse: [www.keepsotlandbeautiful.org/beeiverse](http://www.keepsotlandbeautiful.org/beeiverse)

Eco-Schools topic: [www.keepsotlandbeautiful.org/sustainable-development-education/eco-](http://www.keepsotlandbeautiful.org/sustainable-development-education/eco-)





## 6. Energy

Energy use has increased over the years to meet the demands of our changing lifestyles. Creating that energy has implications for the planet.

Through the Energy topic, do your bit to reduce the amount of energy you use.

Research	Act	Campaign
Find out what renewable energy is and what is being done in your local community to increase Scotland's use of renewable energy.	Identify ways to reduce energy use in your group - turning lights off when you don't need them is a good one to begin with. Can you think of others?	Run a local campaign to educate your friends and family on how to reduce their energy use and encourage them to do so.

### Helpful tips and resources for Energy

#### Useful links:

Eco-Schools topic: [www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/energy/](http://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/energy/)

Climate Challenge Fund: [www.keepsotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/energy-efficiency/](http://www.keepsotlandbeautiful.org/sustainability-climate-change/climate-challenge-fund/project-themes/energy-efficiency/)

Young People's Trust for the Environment: [ypte.org.uk/factsheets/renewable-energy/fossil-fuels-non-renewable](http://ypte.org.uk/factsheets/renewable-energy/fossil-fuels-non-renewable)

## 7. Global Environmental Issues

Around the world, people are facing environmental challenges every day. Through the Global Environmental Issues topic collect information about how these issues affect Girlguiding members around the world and have a think about what you can do to help.

Research	Act	Campaign
Research how climate change is affecting different countries and people around the world.	Write a letter or email to a Girlguiding group in another country and find out how climate change is affecting their country and what they are doing to improve their environment.	Write a blog or use social media to communicate what you have found from your fellow Girlguiding group around the world and tell them about what you are going to do to help.

### Helpful tips and resources for Global Environmental Issues

#### Useful links:

Eco-Schools topic: <http://www.keepsotlandbeautiful.org/sustainable-development-education/eco-schools/ten-topics/sustaining-our-world/>

The World Association of Girl Guides and Girl Scouts: <http://www.wagggs.org/>





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Keep Scotland Beautiful is a registered Scottish charity, number SC030332.

The Guide Association Scotland known as Girlguiding Scotland is a registered Scottish charity, number SC005548.