

# Grow and Explore



## Out and About 2024



## Welcome

to our 2024 Out and About Challenge!

This year the challenge is all about farming, agriculture and sustainability.



To gain your badge, complete 2 activities. At least 1 of the activities you complete should be from the outdoor activities section. Feel free to adapt the activities to your local area, your unit and the abilities of your girls.

We'd love to see what you and your unit get up to! You can share photos with us on [Facebook](#), [Instagram](#) or [X \(Twitter\)](#) @GirlguidingScot using #GrowAndExplore2024. Always make sure you have photo permission for anyone in your pictures or videos.

### Safety and environmental notes

- Dress for the weather and the activity you are doing.
- Always follow safety instructions, especially when you are in an unfamiliar place like a farm.
- Make sure you are not harming or disturbing any plants, insects or wildlife, or damaging their homes.
- Remember to do a [risk assessment](#) and check the [activity finder](#) for guidance.
- Always take allergies into consideration when planning an activity.



## Outdoor activities

- Arrange a visit to a local farm, smallholding, or croft. Find out what animals or crops they have and why. You could check if there's a farm near you taking part in [Open Farm Sunday](#) in June or get in touch with your local branch of [RHET \(Royal Highland Education Trust\)](#) to see if they have a local farmer willing to host a visit.
- Arrange a visit to a local allotment. Find out what people grow there and why.
- Check if there is a community garden in your area and arrange to go and help out. If there isn't a community garden nearby, why not see if you can [start one](#)? It's a great way for people to get outdoors and to make fresh, local vegetables available to all.
- Visit a pick your own farm. Whether it's berries or pumpkins, find out a bit about how they are grown.
- Visit your local agricultural show. You can check [FarmingUK](#) and use the search function to find agricultural shows in your area.
- Have a sunflower competition – who can grow the tallest sunflower? Make sure you leave the seed head out for the birds in the autumn.
- If you have space, try growing potatoes. All you need is a bucket or a bin bag full of soil to plant them in. Find out more on the [RHS website](#).
- Adopt a neglected space and cultivate it (with permission!). You could grow produce for the local area or, if it's too small, plant some flowers which support pollinators.
- Visit a beekeeper to find out how to look after bees and why they're important for growing crops.
- Visit a local scarecrow festival. You could even make your own scarecrow and enter it. Look out for our scarecrow competition to enter too!
- Learn about the [Scottish Outdoor Access Code](#) and then go for a walk to put your knowledge to the test.
- Cook a sustainable meal on a campfire using locally sourced or Scottish produce, or even ingredients you grew yourself. You could try soup, stew or even camp favourite dampers!
- Go out into a green space like your local park and have a sustainable picnic with locally sourced or Scottish produce. Why is sustainable food important?
- Play a game of sheep herding! Get into a nice big outdoor space and split up your group so 1 girl is a farmer, 1 girl is a sheepdog, and the rest of the group are sheep. Make sure you have marked out a spot for the sheep to be herded to and set them off to graze. Can the farmer instruct the sheepdog well enough to round them all up? You can make this easier by letting the farmer give the instructions any way they want to or splitting the girls into smaller groups for herding. Or you can make it harder by using some of the common sheepdog commands, such as come by (circle the sheep in a clockwise direction), away (circle the sheep in an anti-clockwise direction), and steady (slow down or take your time). Why are sheepdogs important? Do you think they have an easy job?





## Indoor activities

- Try using double cream to make your own butter. Try it on some bread and compare it to supermarket butter – which do you prefer?
- Sing some farming themed songs – how many can you think of? We'll start you off with Old MacDonald Had A Farm!
- How far has your food travelled? Look at some empty packets of food and figure out how many miles your food has travelled before it gets to you. Why is it important to keep food miles down?
- Learn about the uses of beeswax and make something practical like lip balm, moisturiser, soap or a candle.
- Arrange a visit from a RHET volunteer to find out more about farming in your area.
- Write to a local farmer thanking them for their hard work – RHET can help you get in touch with a farmer or send your letter on to a farmer.
- Try reducing food waste by having a cooking competition using leftovers and bits of food which might otherwise go in the bin. Think creatively about what you can make out of what you have. There are lots of recipes online for inspiration.
- Learn the values of eating in season and buying local. Do a Scottish produce survey in a supermarket to find out what is available in your area.
- Research the government policies on farming subsidies to learn about the economics of farming and why subsidies are in place for consumers.
- Find out about how farms are diversifying for the future! Can you find information about farms in Scotland that are producing ice cream, rearing buffalos, and producing solar and wind energy?
- Try asking your local supermarket community champion if they can help you find out more about where your food comes from.

## Useful links

- Find your local [RHET branch](#) to see if they can help with organising a farm visit, arrange a visit from a volunteer, or pass on your letters of thanks to a local farmer.
- [Set up a community garden](#) with advice from the RHS (Royal Horticultural Society).
- [What's in season?](#) Seasonal foods for sustainability.
- [Exploring food and sustainability](#) with RHET.
- [Food – a fact of life](#) has free resources on where food comes from, cooking and healthy eating.
- [Food miles and the environment](#) on BBC Bitesize.
- [Love Food Hate Waste Scotland](#) for hints and tips on reducing food waste.



## Badge

You can buy your badge from the [Girlguiding Scotland](#) online shop, in person from our Edinburgh shop or through your [local depot](#).

If you have an idea for next year's Out and About theme, let us know! You can email ideas to [web@girlguiding-scot.org.uk](mailto:web@girlguiding-scot.org.uk)



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