

# The Eco Pak Challenge



**A Challenge from the  
BC Program Committee**

## Earning your Eco-Pak Challenge!

- Complete the appropriate number of activities from all four sections of the challenge!
- To complete this challenge you will need your District's Eco-Pak Toolkit.
- When you have completed these sections, complete the order form and send to the BC Program Committee

	<u>Sparks</u>	<u>Brownies</u>	<u>Guides</u>	<u>Pathfinders</u>	<u>Rangers/Adults</u>
<b>Fun and Games</b>	2	3	4	5	5
<b>Hands On Learning</b>	2	3	3	4	4
<b>Taking it Outside and On the Trails</b>	1	2	3	4	4
<b>Living the Challenge: (Service)</b>	1 (1-2hrs)	1 (2-3hrs)	1 (3-5hrs)	1 or 2 (4-6hrs)	1 or 2 (5-8hrs)

## Ecology Fun and Games

- Habitat Lap Sit (page 6 of Eco- Pak)
- Bat and Moth (page 6 of Eco- Pak)
- Elements (page 7 of Eco- Pak)
- Habitat/ Shrinking Island (page 7 of Eco- Pak)
- Environmental Jeopardy (on Eco-Pak CD)
- Eco-Pak Word Searches (on Eco-Pak CD –or create your own!)
- Oh Deer (page 7 of Eco- Pak)
- Hot Potato (page 9 of Eco- Pak)
- Quick Frozen Critters (page 9 of Eco- Pak)
- The Endangered Hoppit (page 7 of Eco- Pak)
- Tree Switch (page 11 of Eco- Pak)
- Going Gold for the Environment (page 12 of Eco- Pak)
- Bingo (page 12 of Eco- Pak and on CD)
- Hooks and Ladders (page 13 of Eco- Pak)
- Trash Relay (page 15 of Eco- Pak)
- Mosquitoes to Mushrooms (page 15 of Eco- Pak)
- Environmental Jeopardy (page 16 of Eco- Pak and on CD)



## Ecology Hands On Learning

- Weird Web (page 17 of Eco- Pak)
- Who Am I (page 18 of Eco- Pak)
- Incredible Journey (page 19 of Eco- Pak)
- Eco Footprint (page 21 of Eco- Pak)
- The Great Cookie Extraction (page 22 of Eco- Pak)
- Make a Tree (page 22 of Eco- Pak)
- Dilution: A Pollution Solution? (page 24 of Eco- Pak)
- Taster's Choice (page 26 of Eco- Pak)
- Edible Earth Parfaits (page 27 of Eco- Pak)
- Making Recycled Paper (page 28 of Eco- Pak)
- Oil Spill (page 29 of Eco- Pak)
- Plastic Bits 'N Pieces (page 31 of Eco- Pak)
- Water, Pure and Simple (page 31 of Eco- Pak)
- Earth to Earth (page 32 of Eco- Pak)
- Make an Air Pollution Collector (page 33 of Eco- Pak)
- Greenhouse Effect (page 34 of Eco- Pak)
- Water Pollution (page 35 of Eco- Pak)
- Waterfowl and Oil Don't Mix (page 36 of Eco- Pak)
- Sound Maps (page 24 of Eco- Pak)
- Dilution: A Pollution Solution? (page 24 of Eco- Pak)
- Taster's Choice (page 26 of Eco- Pak)

- Edible Earth Parfaits (page 27 of Eco- Pak)
- Learn a song or read a story about animals, water, or recycling
- Create an outside game using recyclable materials, such as a mini-golf course, a croquet course or any carnival style game. BE IMAGINATIVE!
- Find out what plants and animals are endangered in BC. Choose one species that is threatened or no longer present in your area. Explain (in a story or skit) or illustrate (using a poster), what you think has caused its disappearance and what could be done to encourage its return.

### **Ecology -Taking it Outside and On the Trails!**

- Explore the Outdoors and use your Eco-pak tools! (page 20 of Eco- Pak)
- Sound Maps - listen to nature! (page 24 of Eco- Pak)
- Visit a neighborhood park, stream, lake, marsh, bog, grassland, or forest and learn about the plants and animals that live there. Record what you observe. Have an adventure!
- Try one or two Five Minute Field Trips (suggestions on Eco-Pak CD)
- Go for a short hike to explore the earth. Collect some rocks and try to identify them, using a field guide on rocks and minerals. Gently turn over a rock to see what lives under it, and then put it back, of course. Check how moist the soil is under plant cover and compare to how moist the soil is on the trail. How do the plants help prevent erosion of the soil?
- Visit a tree farm, bird sanctuary, fish hatchery, game farm, bird or animal care facility and learn about the role they fulfill in protecting wildlife.
- Visit a fish hatchery, sawmill, mine, or other site that harvests natural resources. What measures are being taken by industry and/or government to conserve these resources for future use?
- Tour your local landfill or recycling center. What items belong/ do not belong here? How can we make our world/ environment better?
- Name 6 to 12 ways we use water every day. How can we conserve water at home? Try to carry a container of water on your head like many children and women have to do in the world. If you had to carry water for your family, would you be able to go to school? Explore a local stream, pond or lake and have an adventure!



- Ground Water Pollution Experiment: Needs: water, celery stalks with leaves, food coloring. When you do this experiment, place the emphasis on the concept of groundwater and the effects of pollution. Pretend the food coloring is pollution- add to water. Watch it swirl and take over the water. Put the celery in the glass. Pretend that it is a little plant, a tree or even a person who drinks water from the ground. After a few hours, check the celery. Cut it and you will be able to see how the "polluted" water has moved up the stalk. What we do to our water we do to ourselves. Tour a local farm that provides local (or organic) produce –if the food we eat is grown close to home, do we have a better impact on our environment? How do fertilizers affect our food?

### **Ecology - Living the Challenge (Service)**

- Yellow Fish Road –Drain Painting (Contact Ministry of Environment))
- Habitat Restoration- Contact local environmental groups regarding joining a pull for invasive species, re-planting natural wild flowers and plants in sensitive areas
- Fish Stream Restoration/Hatchery programs
- Establish or assist in a community garden, seniors care facility, local church, daycare or park
- Recycling Challenge
- Community or Shoreline Clean-up
- Find out what would be appropriate for the species in your area, and build one of the following: a birdhouse or bird feeder a bat roosting box, a duck nesting box, a Mason bee box, a butterfly house. Put it into use- or donate to a group that will use/ care for project!
- Other Service project of your choice that meets the Spirit of the Eco-Pak Challenge (further ideas and links on Eco-Pak CD and BC Girl Guide website!



## Program Connections

Below is a list of potential program connections for each Guiding level. See how the activities that you chose apply to the suggested connections below. This is not a comprehensive list, feel free to apply your activities to other parts of the program as you see fit.

<b>Sparks</b>	<ul style="list-style-type: none"> <li>• Going Outside Keeper</li> <li>• In My Community Keeper</li> </ul>
<b>Brownies</b>	<ul style="list-style-type: none"> <li>• Key To My Community – My Neighbourhood – Part D</li> <li>• Key To My Living World – Wondrous Walks – Part C &amp; D</li> <li>• Key To My Living World – Water All Around Part A &amp; D</li> <li>• Key To My Living World – Celebrate Earth Day – Parts A, B &amp; C</li> <li>• Key To My Living World – Reduce! Recycle! Reuse! – Part D</li> <li>• Saving Our Plants And Animals Badge,</li> <li>• Taking Part Badge– Part 2</li> <li>• Water, Water Everywhere Badge</li> <li>• Terrific Trash Badge</li> </ul>
<b>Guides</b>	<ul style="list-style-type: none"> <li>• Green Connections: Community Service</li> <li>• Beyond You: Explore the Outdoors and Nature #6</li> <li>• Beyond You: Learn about the Environment # 3,4,6</li> <li>• Conservation Badge # 2,4,5,8</li> <li>• Ecology Badge # 3,4,5</li> <li>• Naturalist Badge: # 3,1,4</li> <li>• Water Badge: #3,7</li> </ul>
<b>Pathfinders</b>	<ul style="list-style-type: none"> <li>• Up Close and Personal with Nature #1-9, 12,13</li> <li>• Our Environment #2,4,5,6,7,9</li> <li>• Lending a Hand #6</li> </ul>
<b>Rangers</b>	<ul style="list-style-type: none"> <li>• Celebrate Guiding #12, 15, 17, 19, 23</li> <li>• Community Connections #3, 19, 22</li> <li>• Environment, Outdoors and Camping #All</li> <li>• Explore Your Creativity #1, 3, 29</li> <li>• Global Awareness #5, 24, 26, 27</li> <li>• Healthy Living #3, 4, 16, 18, 19, 31</li> <li>• Leadership and Management #2, 13, 21</li> <li>• Your Future #23</li> </ul>