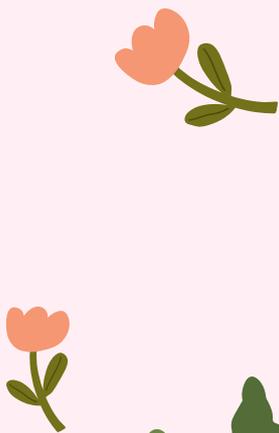
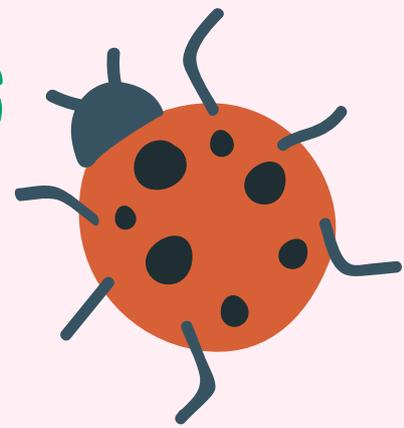


# Girlguiding North West England

# Seasons of Sustainability

## SPRING 2026



Made in collaboration with the Smithills Estate team at the Woodland Trust

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If you want to do more activities on this subject, head over to <https://www.treetoolsforschools.org.uk/menu/> where you can find various activities on nature inspired games and crafts!

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# Seasons of Sustainability



Our social action project is springing into action as we reach the second season of the project. The theme for this sheet is **Woodland Habitats**, so we decided to collaborate with the Woodland Trust to create this activity sheet.

Our aim for this activity sheet is to connect our young members with local nature, so these activities can be completed anywhere! We encourage you to find new green spaces to explore, but anywhere will work.

## Here's what you need to know:

In total, there will be 16 different activities you will need to complete in order to earn your Seasons of Sustainability badge. Each activity sheet you do, you will be able to earn a new leaf. We will reveal what the icon for next theme is inside our activity sheet. You are also able to complete other programme badges alongside these activities. You can purchase the badges in our shop, in store or online.

Each activity sheet will be made available before the next upcoming season so you can fit this badge around any other planned unit activities.

## Spring 2026's badge icon is...



## Cast a spell! (20 minutes)



Use a little woodland magic and cast your own spell using materials you find outside to create something whimsical.

**You will need:** Small container like a cup or bowl, splash of water, small stick, and any outdoor materials that you can find off the ground (leaves, plants etc).

### Method:

Firstly, give each of your members a small container. They must now carefully add a splash of water to create the basics of their potion.

Next, take the containers outside and explore the area to see what outdoor pieces you can gather to put into the potions. Anything that looks exciting, such as acorns, pebbles, or leaves!

As your members add a new piece, ask them to make a rhyme about the ingredient that they have just added.

Once they are happy with their potion, ask them to find a special place to release their potion and make a wish!

### For example:

1

I'll add a leaf into my mix,  
then an acorn for this trick!



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## Insect Hunting (60 minutes)



The UK is filled with so many different insects that live in our nature and help our environment and ecosystems thrive. Which is why learning how to identify them is important so you know how best to help them along their life cycle.

### Method:

Find a local nature walk or path to follow.

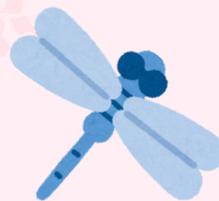
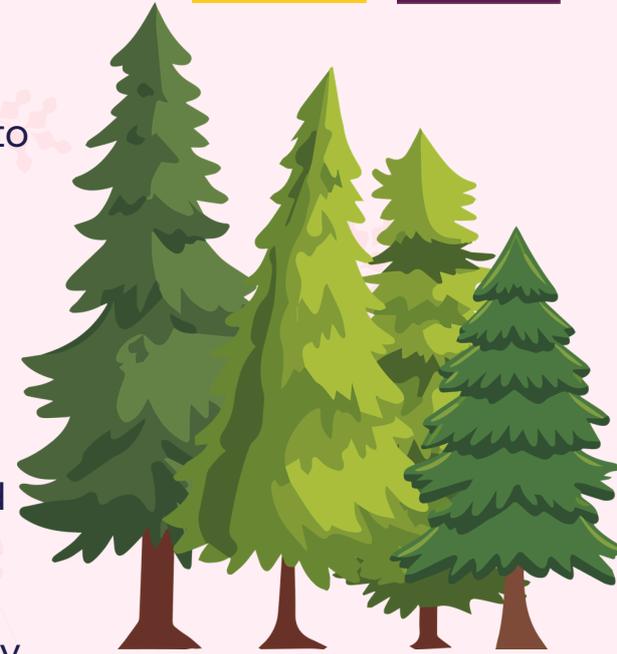
Once you begin your walk, ask your unit to try and spot as many different insects as possible. Don't forget to check everywhere, we suggest turning over logs. They can keep record of the insects they find using the sheet on the following page. You do not have to print out the sheet, you can just use it as inspiration for your insect hunting!

You can also try and take photos of the insects so you can research about them in your next unit meeting.

For more information about insects and their habitats, you can visit <https://www.woodlandtrust.org.uk/> and search all about the insects that you have spotted.

Badges this activity works for:

- Bee Rescuer - Rainbows
- Animal Helper - Brownies
- Entomology - Guides
- Wildlife - Rangers



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