



Girlguiding North West England

Seasons of Sustainability

Summer 2026



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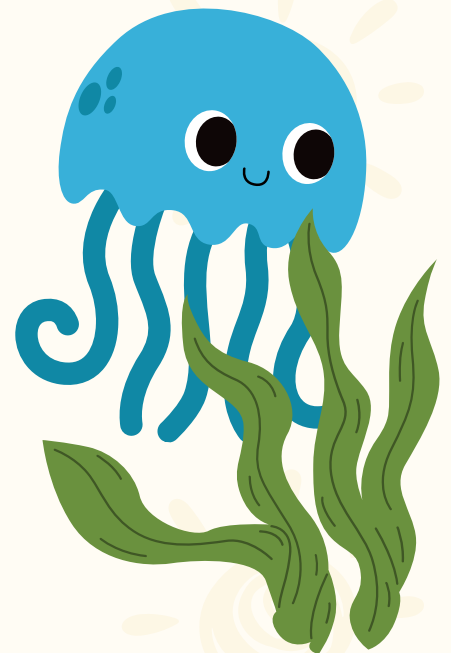
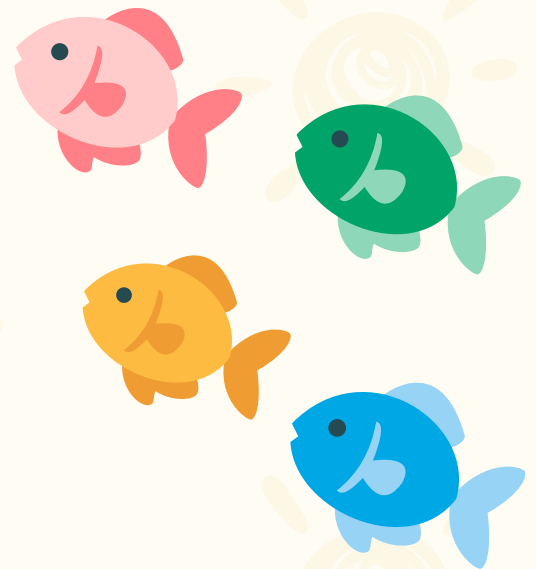
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These activities are inspired from the SEA LIFE TRUST'S 21 Waves of Change campaign. Don't forget to tag them @SEALIFETRUST in your photos so they can see what you get up to!





Seasons of Sustainability



As the summer rolls in, we've got more activities for you to learn and explore, ready to make the best of the sunshine! The theme for this sheet is **Saving the Sea**, so we decided to work with SEA LIFE and SEA LIFE TRUST to develop this activity pack. The following activities can be completed outside or indoors, giving you lots of flexibility.

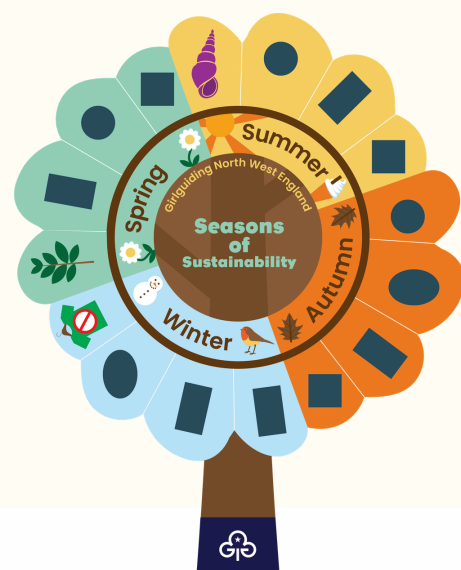
The aim for this activity sheet is to get our young members thinking about what the sea means to them and to encourage them to take action to protect our beaches.

Here's what you need to know:

For this activity sheet, young members will need to complete at least 1 activity to earn their Summer 2026 leaf. Over the course of this four year social action project, young members will need to complete at least 16 activities from across all seasons to complete their Seasons of Sustainability tree. We encourage young members to complete as many activities as possible!

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

Summer 2026's leaf is...

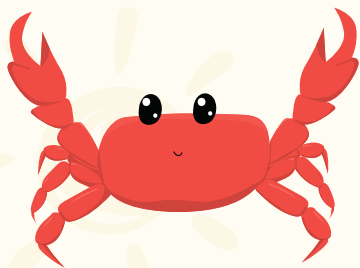


Marine Mimes (10 minutes)



This activity aims to test young members' knowledge of sea creatures and to get them working together to perfect their animal impressions!

To begin, say an animal that you would find in the sea aloud to your unit and they must act out the animal as quick as they can.



Storyteller at Sea (20 Minutes)

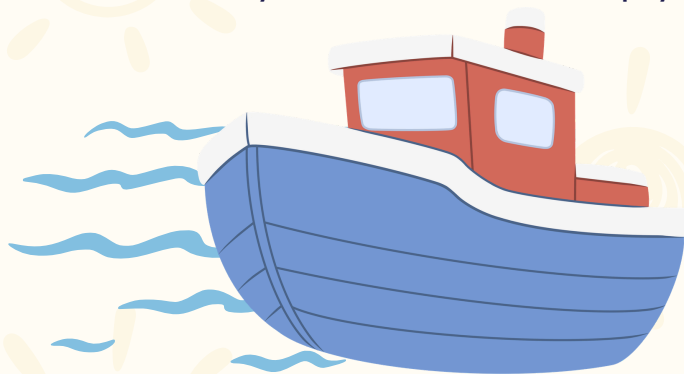


This activity aims for young members to develop their imagination and communications skills through storytelling.

Ask your young members to write their own sea inspired story to tell a friend. This could be a memory they have or a specific tale about a sea animal!

Prompt them to explore the emotions and images that pop into their head when they are sharing these stories. What does the sea mean to them? What memories do they have of the sea?

It is not necessary to be at the beach for this activity, however it will help your unit connect more with the ocean!



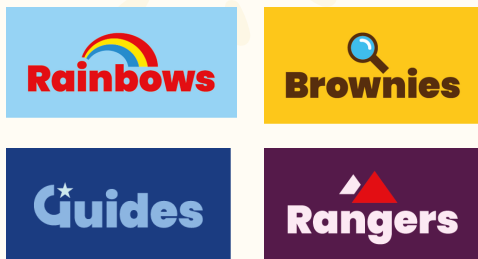
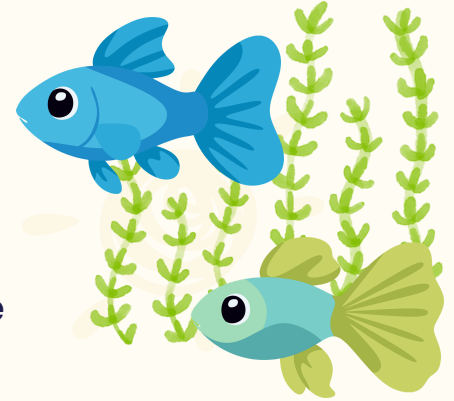
Ocean meditation (20 minutes)

This activity aims to get young members thinking about what emotions and feelings the sea evokes for them; exploring the impact of the ocean on people’s mental and physical well-being. As well as prompting young members to identify sounds and senses while listening to the sea.

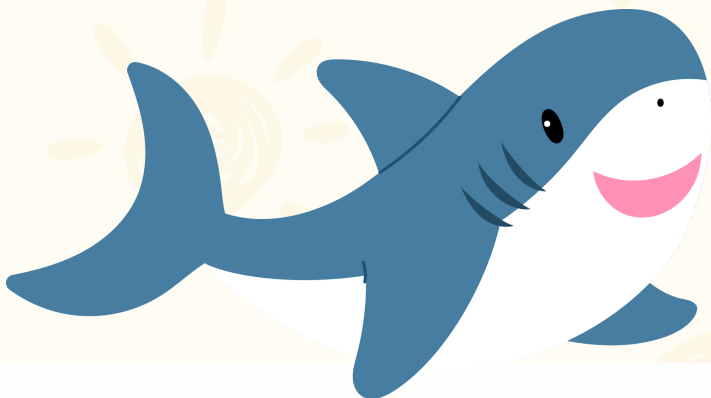
If your unit has access to the internet, find a video of the ocean or a guided meditation with an ocean theme. Other ways to do this activity without the internet could be writing your own guided meditation.

To begin, ask your young members to find a comfortable position in your meeting place and to listen carefully to the recording or leader.

Throughout the recording or session, you can ask them to either think about or write down what memories, ideas or feelings come up as they are listening. For older sections, you could discuss the impact that access to the sea and beaches has on their mental and physical well-being.



This activity can be adapted for Deaf members through using visual prompts and lighting changes.



The big clean up! (Varied)

We know how much our young members love getting involved with their local community and making a difference to our planet. Which is why we're suggesting for you to take part in a worldwide clean-up this September and help protect our ocean from litter, debris and other things that don't belong on the beach!

Method:

You can do this activity whenever best suits your unit, but we're encouraging you to join the **SEA LIFE TRUST 24-hour Global Clean-Up on Thursday 17 September**. This means you'll be taking action with hundreds of other people across the world!

We know that not all units can access a beach, but there are still ways for you to get involved. Find a local lake, reservoir or pond and you can still take part in the clean up of our natural water.

Badges this activity works for:

Clean Planet - Guides
Eco Award - Guides

