

unpacked

activity pack



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#SYPReducerPollution

unpacked is an online festival, taking place on Saturday 8th August 2020, celebrating all things *Pack it up, Pack it in*, and coinciding with International Youth Day 2020.

Throughout the day, a host of experts, organisations, and young people will be sharing ideas and activities aimed to empower young people to speak out and take action to reduce pollution in Scotland.

International Youth Day takes place every year on 12th August. It is an annual celebration of the role of young people as essential partners in change, and an opportunity to raise awareness of challenges and problems facing the world's young people. The theme of International Youth Day 2020 is 'Youth Engagement for Global Action' - this the perfect opportunity to spend a whole day showcasing the role that Scotland's young people can play in taking action to protect our environment!

This pack has been designed to give you lots of ideas of actions you can take at home or in your local area to protect the environment!



Get ready for **unpacked** by creating some environment-themed festival decorations! You could make some bunting, a wristband, or a flower garland!

Try to use recycled materials if you can!

For International Mountain Day on 11th December, we celebrated and showcased how mountains matter for young people in Scotland. You could:

- Get a group of friends together, make a picnic and a cup of tea (in a reusable cup or flask of course) and head up a hill or mountain for a tea party! On your walk, pick up any litter you see and put it in a bin.

25th January is the anniversary of Robert Burns' birthday. Robert Burns was Scotland's national poet, born in Ayrshire in 1759. Much of his poetry was inspired by nature and the environment. You could campaign with poetry by:

- Writing a poem inspired by the environment, and sharing it with friends, family, or on social media.
- Use natural resources to write a poem. Could you write your poem in the sand on a beach before the tide comes in? Or use sticks and pebbles to spell out the words in your poem?
- Hold a poetry reading in a local library or other community space, and use the event to talk to young people about why protecting the environment is important.
- Have a zero-waste or vegan Burns Supper with friends and family, using as much local produce as you can.

Valentine's Day (14th February) is known as a day of love and romance, but did you know in some parts of the world, and traditionally in the UK, Valentine's Day is also thought of as the start of spring? On this day, it is believed that birds will start nesting and plants will start to grow! You could take action by:

- Instead of giving a bunch of flowers, plant some bulbs or seeds and grow your own!
- Organise a Valentine's Day litter pick to show your love for your community!
- Did you know worms have five hearts? Set up a worm farm or composting bin to throw away food scraps.
- Cook a Valentine's dinner using local, seasonal, or organic ingredients.
- Hold an environment-themed Bake Off competition, and encourage entrants to use locally-sourced ingredients to cut the carbon footprint of their entries.
- Share your 'Climate Crush' - post a photo of places in nature you love to visit!

Earth Day takes place on 22nd April every year. You could celebrate by getting involved in a citizen science project. Here are some of our favourites:

- Download the Earth Challenge 2020 app and get involved in one of the world's biggest citizen science projects focusing on plastic pollution. This app lets you record plastic pollution in your area, but please only take part if it is safe and appropriate for you to do so.
- Take part in a wildlife watch - Spend 20 minutes looking out of a window. Make a list of any birds and other wildlife you see, and then enter your findings into the BTO's recording system - find out more at <https://bit.ly/2V8WpmY>.
- Interested in insects? Go 'rockpooling' in your garden and take photos of any insects you uncover. How many different species can you identify? Please remember to leave the environment as you found it after you've finished your insect hunt!
- Want to do more citizen science? Check out the Earth Day 2020 or Zooniverse websites for more ideas and actions you could take from the comfort of your own home!

World Environment Day, on 5th June, is the United Nations day for encouraging worldwide awareness and action to protect our environment. You could take action by:

- Do a household litter audit and keep a tally of everything you throw away or recycle between 5th June (World Environment Day) and 8th June (World Oceans Day). Have a look at your list and identify one way you are going to reduce your waste for the rest of the month.
- Make a recycling bin for your bedroom. Find out what can be recycled in your area, and then draw or write these items on your bin.
- Help to reduce your environmental impact during the COVID-19 pandemic by making your own reusable masks. You could make one with a see-through panel to make it more accessible.