

Be prepared

1. Put together a 72-hour bag with everything you would need to be comfortable for three days. Include essentials and things to keep you entertained. You should pack everything you will need, except water - you can get that from the kitchen! Test your bag by living out of it for three days!
2. There are lots of 'safe place schemes' and other useful public places around the community, e.g. places you could go to charge your phone, go to the toilet, make a call, shelter in bad weather or stay during a flood. Survey your local area and make a map of these places. Share your map with local councillors to show what is available and what's missing.
3. Sometimes you don't know how long an emergency, like a power cut or being locked out, will last. Think about what you would do if there was a power cut which lasted for 24 hours! What would you do to stop yourself from getting bored?

Craftivism

1. Make a gift for someone which shares a message which is important to you. Your gift should inspire the recipient to think about your chosen issue - for example, you could decorate a sunglasses case with a message about global warming or sun safety.
2. Design and make a badge which makes a statement about your chosen issue. Wear it on your clothes or sew it onto your camp blanket.
3. Make a creative, public display to promote your campaign. Make sure you display it in a safe and legal place.

Conscious consumer

1. Make a meal with an ethical theme of your choice. For example:
 - No palm oil
 - Only Fairtrade products
 - Locally produced goods
 - Everything free range
2. Create a fashion-collection with an ethical theme. For example, all the garments could be made without child labour, use natural dyes, or we made in a factory with fair working conditions. Present your collection creatively, e.g. as a catalogue, scrapbook, or photo collage, or using your own clothes.
3. Look at different adverts, e.g. TV, online and posters. What messages are they giving? Are they positive or negative? Choose a negative one and recreate it with a more positive message.

Campaigning

1. Think of a campaign topic which is close to your heart. It could be an environmental, local, health or other issue. Make a playlist of at least 15 songs which you could use to spread the message about your cause. Then, create some album artwork for your playlist.
2. Do at least three of the following to support your chosen cause:
 - Write to a politician
 - Visit your MP to talk about it
 - Raise money for a charity
 - Post a positive message about the issue online
 - Organise an awareness event at your Guide unit
 - Sign and share an online petition
3. Plan a group campaign action, to do with your friends or Guide unit, about your chosen cause. Plan and carry out something which shares your message, is attention-grabbing and safe, legal and peaceful.