



WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS



WORLD THINKING DAY 2023

OUR WORLD, OUR PEACEFUL FUTURE

The Environment & Peace



Introduction

Welcome to the 2023 World Thinking Day activity pack:
Our World, Our Peaceful Future

What is World Thinking Day?

It has been a day of international friendship since 1926. Every year on the 22nd of February, Girl Guides and Girl Scouts celebrate the Movement by connecting with each other and having fun together, learning about and taking action on the global issues that affect their local communities, and fundraising for the 10 million Girl Guides and Girl Scouts around the world.

The idea for World Thinking Day first came to life when Girl Guides and Girl Scouts met in the USA for the fourth WAGGGS World Conference.

22nd February was chosen because it was the birthday of both Olave Baden-Powell, who was the World Chief Guide, and Lord Baden-Powell, founder of the Boy Scout Movement. On International Day of the Girl 2020, we asked Girl Guides and Girl Scouts under 18 from 100 countries what issues they were most concerned about and what they wanted to change about the world. From this data, we learned that the number one worry is the environment and so the World Thinking Day theme from 2022-2024 will be Our World, Our Future.

In 2023, we continue the second year of our three-year journey for Girl Guides and Girl Scouts to become environmentally conscious leaders.

Each year we are building on this environmental theme and exploring the links between the environment and other global concerns. This year we are considering how we can learn from and work with nature to create a more peaceful and secure future for girls everywhere.

Follow WAGGGS on social media.

   @WAGGGSworld

2023: Our World, Our Peaceful Future

2024: Our World, Our Thriving Future
The environment and global poverty

2022: Our World, Our Equal Future
The environment and gender equality

Let's learn together

Completing this activity pack will enable Girl Guides and Girl Scouts around the world to:

Connect with the natural world in their own lives

Recognise the importance of natural harmony and the need for balanced ecosystems

Explore what we can learn from the natural world in terms of stewardship, peace, and community building

Act in their own lives, in their community, and beyond to bring peace through nature



To learn more about the history of World Thinking Day [click here](#)

Our World, Our Peaceful Future

World Thinking Day has always been a time for Girl Guides and Girl Scouts to connect with and celebrate our global movement. It is also an opportunity to explore issues that are important to girls and young women and positively influence our world.

Using the knowledge gained from the previous year, we will work together to create a more peaceful and secure future for girls everywhere. Building on an understanding of the role climate change plays in disrupting global peace and security, we will focus on what we can learn from the environment to create a balanced and peaceful world. While peace in nature will look different for everyone, for the purpose of this

pack, we will examine the different levels of relationships to nature - personal, communal, and global. For yourself, consider how you fit into the natural world and when you feel at peace with the environment. At a communal level, peace comes about by considering how to balance diverse needs and finding ways to work together to find a natural harmony that celebrates and respects differences. Around the globe, we must explore methods of stewardship and consideration of both the natural world and our fellow human beings. These different aspects of a peaceful environment can help us all achieve a world with a peaceful future.

From the 2021 World Thinking Day pack, Stand Together for Peace: "Peace is not just the absence of war, it means dignity, safety, and well-being for all. How peace is defined is different for everyone and it can range from being happy in ourselves and seeing the smiling faces of our loved ones to conflict resolution within a community and ending violence and harmful practices around the world." To take this year's theme further and to learn about peace in a broader context, you can review the 2021 pack here. World Thinking Day 2021 - Activity Pack [here](#)



If you're new to the concept of climate change or if you'd simply like to expand your knowledge of the subject, refer to the activities in the first section of the 2022 World Thinking Day pack "Our World, Our Equal Future". Find it here: World Thinking Day 2022 - Activity Pack (waggs.org)



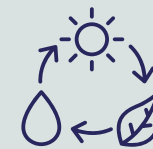
Vocabulary

As you go through this pack, there may be some new terms related to the environment that you'll want to be familiar with. Take a moment to review these before starting the pack.



Habitat

The home of an animal or a plant. Almost every place on Earth—from the hottest desert to the coldest ice pack—is a habitat for some kinds of animals and plants. Most habitats include a community of animals and plants along with water, oxygen, soil or sand, and rocks. (Britanica Kids).



Biodiversity

All the different kinds of life you'll find in one area, including animals, plants, fungi, and even microorganisms like bacteria that make up our natural world. Diversity and balance are needed so that these species can work together in their ecosystem. (World Wildlife Fund).



Ecosystem

A geographical area where plants, animals, and other organisms, as well as weather and landscapes, work together to form a bubble of life (National Geographic) country in the world has achieved gender equality.



Stewardship

The responsible use and protection of the natural environment.

World Thinking Day Fund

In 1932, six years after the idea for World Thinking Day began, fundraising for our international Movement became part of World Thinking Day. At the 7th World Conference, a Belgian delegate pointed out that a birthday usually involves gifts, and today we continue to honor this tradition of giving a gift so that even more girls around the world have a chance to participate in Girl Guiding and Girl Scouting.

The past few years have been more challenging than most as the COVID-19 pandemic took hold across the globe. This hugely affected World Thinking Day and the funds that many of you are normally able to raise to support Girl Guides and Girl Scouts around the world. With less donations, some of the projects the fund supports like leadership workshops for young women, support to Girl Guide and Girl Scout Associations around the world, and the development of the World Thinking Day Activity Pack, have been adversely affected.

As our world continues to recover and you can meet again with your units, troops, and friends to complete the activities for 2023, we hope you will continue to donate to the World Thinking Day Fund as you have before. Your donations will ensure that more Girl Guides and Girl Scouts get the chance to experience the international Movement through events like the Juliette Low Seminar and develop as leaders who bring positive change in their societies.



[WTD Fund](#)



[USA donors](#)

Collect

You can donate to the fund after using the activity pack, as you have done in previous years; [online here](#), or use the form in the back of this pack! You can do this while promoting peace in nature with others, as World Thinking Day unites us all and supports the global Movement of Girl Guiding and Girl Scouting!!

This year we have also created a unique activity to support your fundraising. You can complete this year's World Thinking Day Fund activity "Walk the World" and find donors, family and friends to donate as you walk. (Instructions can be found on Page 54)

Send

Now that you've collected the funds, what's next? You have two options to send your donations to WAGGGS:

- 1 Your National Association:** Contact them first. Many National Associations collect donations to send to WAGGGS.
- 2 Directly to WAGGGS:** By Cheque, Credit Card, or Bank Transfer you can also fundraise and donate Online

Or for [USA donors](#) the World Foundation for Girl for Girl Guides and Girl Scouts Inc.

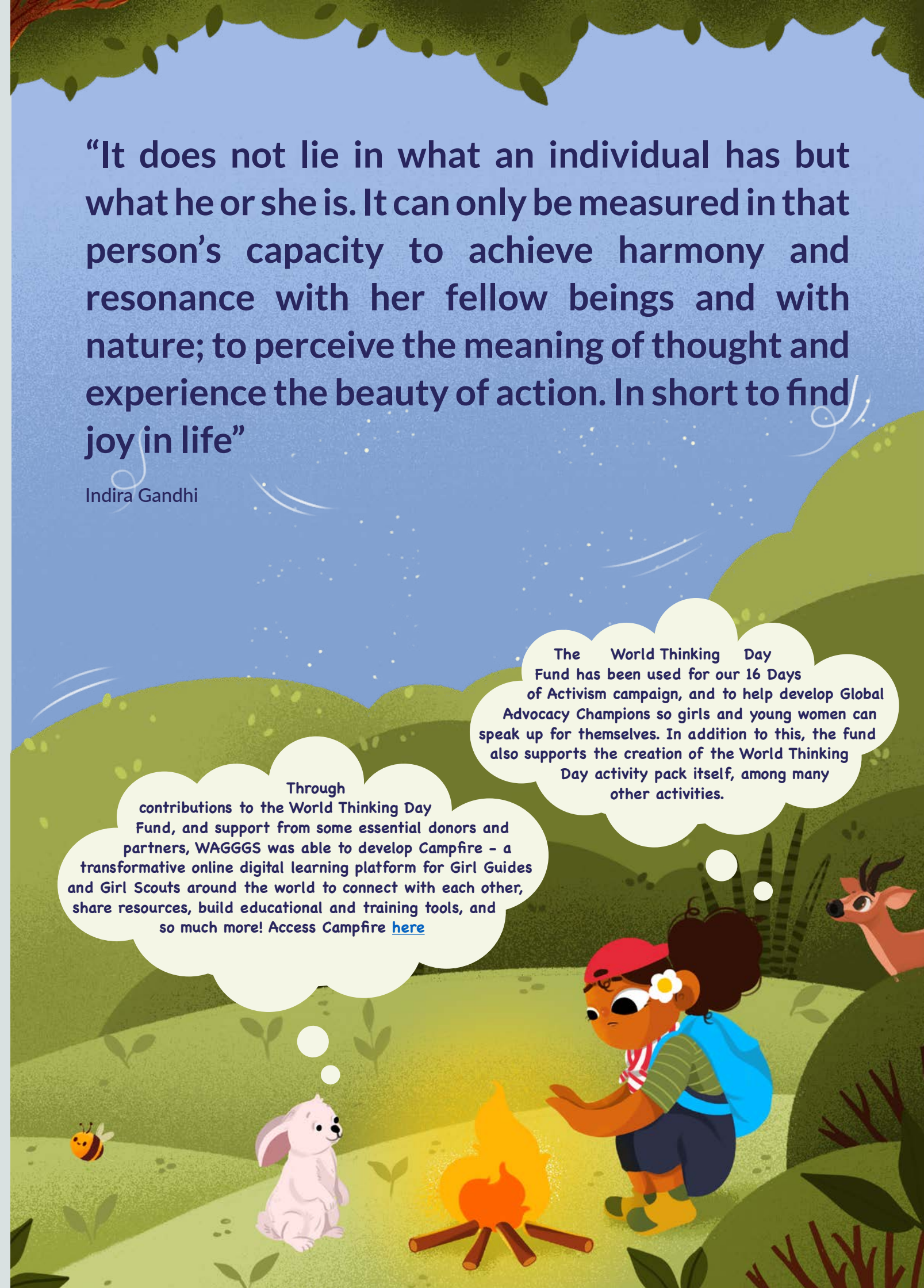
Once we receive your donations, you will receive a special World Thinking Day 'Thank You' card and certificate as our way of showing our appreciation for all your hard work.

"It does not lie in what an individual has but what he or she is. It can only be measured in that person's capacity to achieve harmony and resonance with her fellow beings and with nature; to perceive the meaning of thought and experience the beauty of action. In short to find joy in life"

Indira Gandhi

Through contributions to the World Thinking Day Fund, and support from some essential donors and partners, WAGGGS was able to develop Campfire - a transformative online digital learning platform for Girl Guides and Girl Scouts around the world to connect with each other, share resources, build educational and training tools, and so much more! Access Campfire [here](#)

The World Thinking Day Fund has been used for our 16 Days of Activism campaign, and to help develop Global Advocacy Champions so girls and young women can speak up for themselves. In addition to this, the fund also supports the creation of the World Thinking Day activity pack itself, among many other activities.



How to use this pack?

Get ready

- ✓ Be sure to use the Girl Guide and Girl Scout non-formal educational method to create an experience that is relevant, exciting, accessible, and learner-led!
- ✓ As a group, decide which activity to complete in each section.
- ✓ Encourage and support group members to take the lead in planning and facilitating activities where appropriate.
- ✓ Consider working in small groups for some activities or how the whole group can work on the same activity together.
- ✓ Plan time during and at the end of the activities for discussion and reflection.
- ✓ Allow changes to accommodate the interests and learning needs of all group members.
- ✓ Allow changes to accommodate the interests and learning needs of all group members.

Facilitating a Brave Space

- ✓ Vocally state that your space is safe for all who wish to participate.
- ✓ As a group, come up with clear guidelines to promote respect and openness for everyone and agree how the group will keep to the guidelines.
- ✓ Stress the importance of confidentiality.
- ✓ Be aware of what is happening in your community and the world that may be impacting your group members. Be mindful of your facilitation approach
- ✓ to make sure all voices have space to be heard.
- ✓ Be ready to adapt your programme. If the group are deep in a powerful conversation, it is fine to change the plans so they have more time to work through that conversation.
- ✓ Avoid making generalisations when speaking about different issues.
- ✓ Plan how you will support group members to speak up or seek support if they don't feel safe and communicate this to the group.

Steps to Earn the Badge

- ✓ **Create a brave space**
Follow the steps on the previous page to create an environment where everyone is valued and able to fully participate. Everyone should feel included, respected, and heard as they bravely stand up for what they believe in and tackle difficult issues.
- ✓ Choose one activity to complete for each of the three sections.
- ✓ Read the story and complete your chosen activities when you get to an action point.
- ✓ Complete the pack by creating a plan to participate in the final activity, the 'Walk the World' challenge.



CONGRATULATIONS!

You have earned your World Thinking Day badge.
[Order your World Thinking Day badge online.](#)

Activity Guide

All activities in this pack are adaptable for online delivery

As Girl Guide and Girl Scout groups in different countries work in different age sections, we have given general guidance about recommended ages for each activity. All activities have been designed to fit all age groups.

Please look at the activities in advance and consider what fits your group best. This pack can be completed in a 90-minute meeting, but some groups may be inspired to take the activities further and work on the pack over multiple meetings.

Activity name	Time	Indoor/Outdoor	Adaptable for Online	Adaptable for Individual
Miku's Quest – Introduction to the World Thinking Day Story	10 min	Both	Yes	Yes
Use Your Senses to Connect to the World	15 min	Outdoor		Yes
Without Balance, Without Peace	15 min	Both	Yes	
Music All Around Us	20 min	Both	Yes	Yes
Settlers for Peace Game	20 min	Both		
Create Your Own Garden	30+ min	Both	Yes	Yes
Final Activity: Walk the World	Variable	Outdoor		Yes

Online Activities

If you plan to deliver World Thinking Day activities online, we have adapted and developed a range of digital activities for learners to connect with the natural world and use technology to educate and empower. To access the activities, [click here](#)

We have also added suggestions on several activities presented within the pack on ways that the activities can be adapted. Many of the activities that were created to specifically take place outside are not as easily adapted, but you can be creative in your delivery methods to make it work for your setting. If you come up with innovative ways to deliver the programme online, please share your findings with other groups on our Campfire page!



Online Safety Tips

- ✓ Always check and follow the current advice and safety guidelines from your Association on in-person or online Girl Guide and Girl Scout activities.
- ✓ Make sure you can create a safe space that is private to your group, and that you have permission from a parent/caregiver to connect with your group online.

- ✓ Use online platforms with good security controls, and make sure you know how to use them in advance. If you're not comfortable with working online, reach out to others for help
- ✓ Talk to your Girl Guides/Girl Scouts about how to stay safe online before encouraging them to complete activities in this pack that use social media.

- ✓ Make sure you have permission from your Girl Guide/Girl Scouts and their parent/caregiver before posting photos/videos online.
- ✓ Do not include any personal/identifying information in any content shared online.
- ✓ If you receive offensive or inappropriate content, block and report the account.



Consider if delivering activities online would exclude any of your members and look for ways to address this. For example, could you use a simpler and more accessible online platform, arrange for a group member to get access to the technology they need, or give them resources and materials so they can complete the activities?

World Thinking Day Story: Miku's Quest

For the 2023 World Thinking Day pack, we have chosen to illustrate this year's theme 'Our World, Our Peaceful Future' by having participants read a story while they go through the activities. Many cultures around the world have folk tales that use nature to show a moral or consequence, so we took inspiration from all five WAGGGS regions to write our World Thinking Day story.

As you follow the story, you'll encounter several problems in nature that your group will need to "fix" by completing an activity listed in that section. You only need to complete one of the listed activities in each section, so choose one that your group is interested in and that will work for your group's circumstances. After you complete an activity, read the next section of the story to find out what happens next.

There will be three different sections with activity choices, followed by the final "Walk the World" activity.

Start your World Thinking Day journey by reading the introduction to the story and having the participants introduce themselves to each other!

Suggestions to Take the Learning Further

- ✓ Have different participants volunteer to read the different sections of the story aloud to the group.
- ✓ If you have time, have the participants act out the different sections of the story.
- ✓ Ask participants if they know of any stories from their own culture that are related to the theme of peace in nature.
- ✓ Encourage participants to further explore the world by looking up more folk tales from around the world that they can share with the group at a future meeting.
- ✓ As these stories are based on different tales from around the world, if you encounter any concepts that are different from your own culture, be sure to explain what is happening to the participants.

World Centre Tie-Ins

The World Centres promote the importance of peace in the Girl Guiding and Girl Scouting Movement and are a place for international friendship and understanding; a place for new experiences and exploration of our world through Guiding and Scouting. [Visit the World Centres](#) to find out more.



Look out for these icons throughout the pack to find out more about the World Centres

INTRODUCTION: The Forest introduces us to Miku. Miku's story was inspired by a tale from Estonia. However, the main character's name was changed slightly as Miku is a feminine name from Japan that means 'beautiful sky' or 'future' and the story's finale is one of redemption for nature and its future.



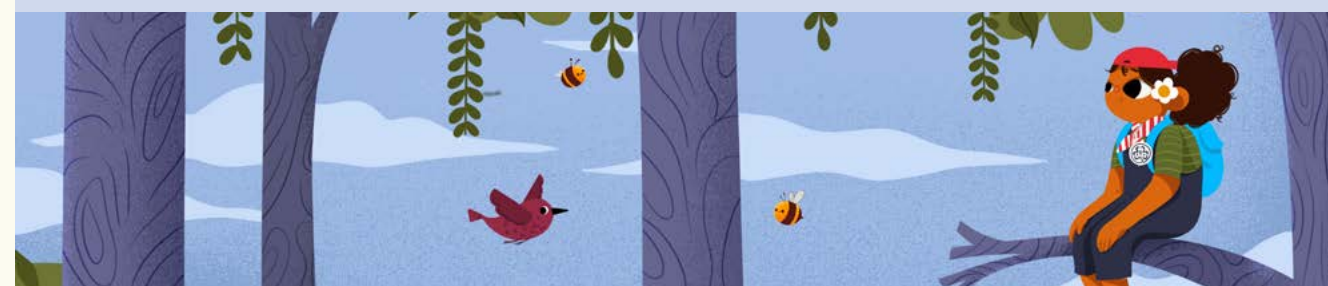
PART ONE: The Corn Maidens was adapted from a story by the Zuni People in North America, while The Mousetrap is adapted from a Nigerian folktale showing the power of Ubuntu (the link between all living things).



PART TWO: Bahamut appears in Arabic mythology as a giant fish who carries a huge cow, a giant stone, an angel and the whole world on his back.



PART THREE: Amrita is based on a story from Rajasthan in northern India. It was originally based on a real person in the 1300s who stood up for something she believed in.



The Forest

Start your World Thinking Day meeting by reading this introduction to the story to set the stage.

It was a cold and wet night in the forest and Miku was hungry. She was surrounded by tall trees that were full of songs and smells, while animals and birds ran across the floor and sang through the branches. But she felt entirely alone.

That night, the forest noticed. They told Miku to wish for anything in the world and they would provide it - unless it broke the rules of nature.

Miku was delighted and started wishing for everything she ever wanted - delicious food, a soft bed, a crackling fire to stay warm. Around the world, people saw Miku's happiness and began to wish for all their desires too. The forest became tired and desperate trying to make everyone happy, but no one noticed. Why take care of nature when nature could take care of them?

One day, in the middle of a snowy winter, Miku decided she hated the cold and announced, "Forest, make it sunny and hot right now!". But this was against the rules of nature!

To Miku's horror, the whole forest vanished into the air. Miku realised her mistake - she asked for too much and forgot to take care of the land. The earth was now bare and empty, the animals had no home, and the world had nothing else to give.

Luckily, there's still time to fix it. As a unit, you're going to travel the world and fix the problems with Miku's land. You'll investigate how nature works, find ways to protect the natural world, and stop the earth from getting too grumpy! With your help, the story isn't over - you, your unit, and everyone in Girl Guiding and Girl Scouting can decide how it really ends.



Pax Lodge

Pax Lodge is "a place where strangers soon are friends". The centre is situated in Hampstead, North London, next door to the WAGGGS' international HQ. The Latin word for peace, pax, was present in the names of the Baden-Powell's homes in England (Pax Hill) and Kenya (Paxtu) which inspired the name for Pax Lodge.

First, just like any hero, we need to know who you are!
Each member of your unit will answer these four questions
- do you have any favourites in common?

GUIDE OR SCOUT NAME: _____

FAVOURITE ANIMAL: _____

FAVOURITE PART OF NATURE: _____

PROUDEST MOMENT IN GUIDING: _____

Take a moment to get to know the other heroes that will be joining you on this journey before continuing to the next section. Depending on your unit size, you may want to break into smaller groups. Now that you've become acquainted with your fellow adventurers, continue your World Thinking Day journey to help save the forest by reading the next section of the story.



The Corn Maidens & the Mouse

The Corn Maidens had a vital job: every spring, they would dance to teach new plants how to stretch and grow, keeping the ecosystem connected so all creatures could live together.

Meanwhile, a mouse was waiting hungrily for the spring plants – he'd slept all winter, dreaming of food, and as soon as the maize started to grow he'd have something delicious to eat!

But then the forest vanished. The Maidens desperately tried to show everyone that something was wrong, with no plants, no water and animals like the mouse left lonely and hungry – but people just laughed at their worries. What did dancing have to do with plants? The people didn't care where their things came from, they wanted more!

The Maidens gave up and hid away in a mountain cave. Now, when new plants struggled to the surface, they were lost and confused – how did they grow? How did they reach for the water with their roots and make food from the sun? The mouse was just as confused – it desperately sniffed around for food, but when it asked other animals for help they rudely turned the mouse away. The creature snuck into a human house, but to its horror there was a mousetrap on the floor! The mouse looked and looked but until the plants started growing again, there was nothing to eat.

If you can find ways to connect with nature or rebuild the chain between all the different lifeforms in the ecosystem, it will convince the Maidens to dance again and complete the chain – then the plants can grow and the mouse can eat again!



Our Chalet

Located high up in the beautiful Swiss Alps, Our Chalet has been a centre of adventure, connection, and friendship since 1932. Our Chalet has magnificent views of the mountains with lots to see and to do in the surrounding area where you're sure to discover something special and connect with nature.

Pick an activity from this section

to complete to show the peace that can come from these.

After you complete an activity, continue to the next section of the story.

Activity 1a - A thriving ecosystem

OR

Activity 1b - Show how everything in nature works together.



Use Your Senses to Connect to the World



In this activity, explore your personal connection to the environment and reflect on the inner peace that can come from time outdoors.

Preparation & Materials



Pencil



Paper

Use your five senses to connect with nature. By opening our minds and senses to the nature around us, it extends our awareness into our environment. Tuning into the environment and relating to the natural world mindfully can provide many benefits including reducing stress, feeling more grounded, creating calmness, quieting anxiety, and restoring energy.



- 1 Go outdoors. It can be on a lawn, a community garden, or deep in the wilderness - anywhere outside!
- 2 Spread out, sit quietly, and focus on the world around you.
- 3 Choose a specific sense, either sight, smell, touch, taste, or hearing, and spend a minute observing nature through that sense.
- 4 Share with each other what you observed and how it made you feel.
 - ✎ Did you notice the same or different things?
 - ✎ Did the activity help you feel calm and connected to nature? If so, how?
- 5 Repeat the activity with different senses as the focus.

Younger Years

For younger ages, use an animal as an inspiration and guide to focusing the senses. You could use one of the following examples or choose your own.



Deer ears
(have excellent hearing)



Eagle eyes
(can see far and wide)



Bear nose
(have a fantastic sense of smell)



Spider legs
(have a particular sensitivity to touch)



Mouse mouth
(can taste many more flavours than humans)

Tips: Remind participants that while they are observing nature that they shouldn't be disturbing it. We want to preserve its beauty so that others can enjoy it as well.



Older Years

For older ages, you could incorporate a scavenger hunt. Everyone walks silently through a designated area and observes the area using their five senses. Create a list of what you observed and trade your list with a partner. Now repeat the walk but use your partner's list as a guide for your observations.

Examples of possible scavenger hunt clues:

Use your sight to find:

- WHITE
- PATTERN
- TINY
- HEART-SHAPED
- FIVE OF THE SAME

Use your hearing to find:

- THAT SNAPS
- ANIMAL SOUND
- THAT CRUNCHES
- LOUD
- TO MAKE MUSIC WITH

Use your touch to find:

- BUMPY
- WET
- WARM
- SOFT
- PRICKLY
- SMOOTH

Use your smell to find:

- FLOWER WITH A SCENT
- SMELL YOU LIKE

Think of your sense of taste to find:

- HUMANS COULD EAT
- ANIMAL WOULD EAT

Without Balance, Without Peace



Younger Years

In this activity explore the diversity of living things on the earth, learn what a habitat is and how humans and animals are connected in one ecosystem.

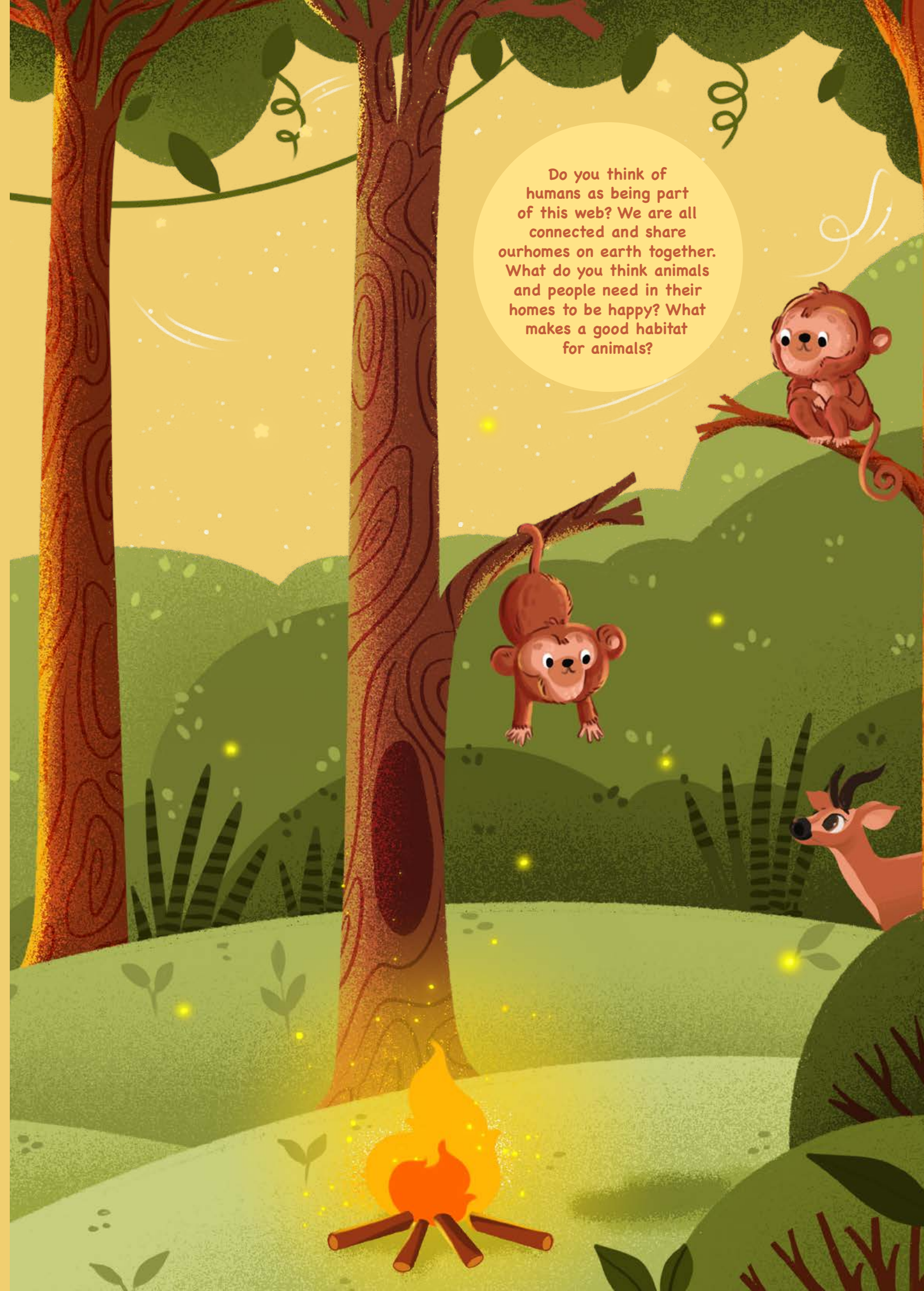
Preparation & Materials



Ball of yarn

- 1 Sit in a circle, if it's a large group sit in two small circles
- 2 The earth is home to many different animals, a place where animals live is called a habitat
- 3 Take turns to throw the ball of wool across the circle and when you catch the ball of wool call out a name of an animal and where you think it lives
- 4 Hold on to the yarn and throw the ball of yarn to another person in the circle
- 5 Each person calls out a different animal and where they think it lives creating a web.
- 6 Once everyone has had a turn look at the web the wool has made
- 7 Continue until you have run out of animals and try to throw to different people to create a complex web.

We all call this planet home and are all connected to each other.



Do you think of humans as being part of this web? We are all connected and share our homes on earth together. What do you think animals and people need in their homes to be happy? What makes a good habitat for animals?

Without Balance, Without Peace



Middle & Older Years

In this activity, become aware of the importance of all organisms in an ecosystem while learning the concept of a food web and the balanced nature of an ecosystem.

Preparation & Materials



Ball of yarn



Pieces of paper



Pen



Tape



Scissors

Write the name of the following types of organisms on individual pieces of paper. You can choose to pick a specific animal that is common to your area for each category. You will need a plant, an insect, an insectivore, an herbivore, a carnivore, an omnivore, a farmer, and the sun. For example, you could use a grasshopper, mouse, fox, etc.



1 Take a sheet of paper with the name of an organism on it and tape it to yourself so everyone can read it.

2 Your group represents an ecosystem where you will explore the ways in which the organisms are related to each other. Stand in a large circle with the person representing the sun in the center. The “sun” will start with the ball of yarn and hold onto the end of it.

3 Without letting go of the end, the sun will throw the ball of yarn to another organism and state how they are connected to each other in the ecosystem. For example, the sun may throw the yarn to the plant because the sun helps the plant to grow.

4 The new person will hold a piece of the yarn and throw the ball to another person, while stating how they are also connected.

5 Continue to throw the yarn to others around the circle until you have created a web in the center. Make sure to hold onto a piece of the yarn before you throw the ball to someone new. Once everyone is interconnected, hold everyone’s strands of yarn to create a tight connection.

6 Pluck one of the strands of yarn, can you notice the vibrations across the web. Note that if even one of these connections were to be dropped it would disturb the whole web. Think of reasons why different parts of your ecosystem might be disrupted.

7 Discuss and decide what might be most vulnerable to change and, with scissors, cut this part of the web. With this loose connection, what happens next?

8 Reflect on what happened. What happened when an organism is removed from the ecosystem? Have you observed any other scenarios in real life when the ecosystem was out of balance? How can a diverse and thriving ecosystem support a peaceful planet?

Vocabulary

INSECTIVORE

This is an animal that feeds on insects, worms, and other invertebrates.

Examples: hedgehogs, lots of different birds, or lizards

HERBIVORE

This is an animal that feeds on plants.

Examples: pandas, elephants, rabbits, koalas, or deer

CARNIVORE

This is an animal that feeds on other animals.

Examples: lions, eagles, spiders, crocodiles, or wolves

OMNIVORE

This is an animal that feeds on both plants and other animals.

Examples: bears, dogs, pigs, jackals, rats, chipmunks, and monkeys

Adaptation for Online

Present an image with the various organisms scattered across the page. One by one, have participants use an online drawing tool to connect the organisms and have them share their reason for connecting them with the group. Discuss what would happen if one of the organisms were to disappear.

The people realised you were right– the world only works when the ecosystem was in balance, and it was up to them to fix it! They gathered at the mountain where the Corn Maidens hid and yelled very loud apologies – they promised to always remember what you taught them, to make sure they looked after all parts of the environment.

One by one, the Maidens appeared and started to dance. The people cheered, the plants grew proud and tall, and the mouse happily filled its cheeks with maize as the ecosystem grew strong again - excellent work!

Unfortunately, a huge rumble shook the earth. You should find out what that was ...



The Earthquakes

There's lots of earthquake stories from around the world - one of them is Bahamut, a giant fish who holds the earth steady on his back with a huge cow and a vast stone to help keep things still. But when something goes wrong, the cow and stone start to wobble on Bahamut's back ...

Ever since the forest disappeared from Miku's land, the earth was grumbling angrily, making the land shake and wiggle. Why aren't the plants growing? Why is the ground so dry? Where are my shady trees that keep the sun off? They make such a good hat.

Every time the world grumbles, the surface jumps up and down. Plants can't find a quiet space to grow and it's impossible for anyone to move around! If you can solve this, then we'll safely rebuild the forest in no time.

Help the world settle down through either completing a musical activity where you will tune into the world's natural harmonies to calm the earth (Activity 2a) or by playing a community-building game to create balance with the world's resources (Activity 2b)



Kusafiri

In 2010, at the Africa Regional Conference, it was unanimously agreed that the Africa Committee would explore opportunities to deliver World Centre experiences in the Region. In October 2015, the 'Fifth' World Centre was given its new name, Kusafiri World Centre. Kusafiri means 'to journey' in Swahili.

Help the world settle down through

Activity 2a- either completing a musical activity where you will tune into the world's natural harmonies to calm the earth

OR

Activity 2b- by playing a community-building game to create balance with the world's resources



Music All Around Us



In this activity, connect with the natural world and explore the peaceful harmonies of nature by making music.

Preparation & Materials



Natural items



Sound recording device



Scissors



Paper cups



Plastic bottles



String or rubber bands

It may be helpful to have some examples of types of musical instruments or rhythmic patterns, especially for the younger years. If your meeting place isn't close to a natural environment, you may need to collect the natural items beforehand. Search for musical instruments using natural resources beforehand so it's easier to facilitate the activity.

For example, you could make a shaker out of seeds, stones, or leaves in a plastic bottle or paper cup. You could create a drum out of a hollow object and some sticks, make a banjo with a branch and some rubber bands, or use coconut shells or wood blocks to make a beat. You could also use many other found or natural materials to make sounds.

Did you know that Pythagoras and other philosophers around the world believed that all planets are arranged based on mathematical ratios and emit their own unique sound? The whole cosmos exists in harmony and is in some way a musical entity.

Is it possible to find harmony in nature?

- 1 Go for a walk in nature and take a moment to stop and listen. The rustle of the leaves makes a gentle, relaxing sound that almost sounds like a whisper. What else can you hear? Music is everywhere! If you are not able to walk outside, ask the group to think of nature sounds. You could make a note of or record any interesting sounds that you hear.
- 2 How does being in nature make you feel? Write a short message/sentence as a group that expresses your thoughts and feelings.
- 3 Can you think of your favourite sound in nature? Is it the roar of the thunder? Or raindrops gently touching the ground? A stream trickling? Waves crashing?

- 4 Look around you. Since antiquity, people have used materials from nature to create musical instruments. What can you use to create music?
- 5 In smaller groups, think of a musical instrument that you could create using the natural resources that you see around you (sticks, pebbles, leaves etc.), as well as rope and other recycled materials. Remember that anything that makes sound can make music!
- 6 Make your musical instrument. Each Girl Guide/Girl Scout should have her own instrument and all instruments should be the same in each group.
- 7 In your group, come up with a rhythmic pattern inspired from nature and Miku's story so far. Your piece could represent the forest disappearing or the earthquakes grumbling or you could create calming sounds to help the earth settle down to its natural balance.
- 8 Combine all rhythmic patterns to create a bigger musical composition. You can either play them in sequence or even better, layer them. You can start and stop playing your rhythmic pattern whenever you want. Feel free to experiment and change dynamics (volume), tempo (speed), and texture. You can even appoint a conductor who will be giving instructions to the group using hand-gestures.

Find an online alternative of this activity where you explore a virtual forest and create your own music inspired by nature [here](#)

Do you like to sing? You could also add a melody to your composition. You can either improvise or compose a melody. You can sing solo or as a group! Explore all the possibilities!

If you would like to, you could perform your composition to your unit, to another unit in your district, or you could even record your performance and share it with WAGGGS! For World Thinking Day 2023, let's come together in nature, peace and harmony!

Settlers for Peace Game



Younger Years

In this activity you will learn about elements of a peaceful community where there are homes for people to live, habitats for wildlife, and technology to make things the world needs to be happy.

It is an active and fun game where you run around and organise yourselves into small groups which represent different types of communities. This game is best played in large groups and with a minimum of 6 players.

Preparation & Materials



Leaves



Sticks



Rocks

You need to collect 3 different types of natural materials, enough for two items per person. They could be sticks, rocks, leaves, or other things you might find. They could be found by the group at the start of the game or prepared earlier. If no natural materials are available, you could use alternative items that you have access to.

Setting up the game

- 1 Everyone in the group collects one item of their choice, either a stick, a rock, or a leaf (or an alternative found object).
- 2 As a group you now represent different parts of a community. Everyone with a rock is a home for people to live in. Everyone with a leaf is a habitat for animals to grow. And everyone with a stick is a tool to create something special for their community.

Creating Actions

In this game you will perform different actions for each object and for a big and small earthquake.

- 1 Create and practice an action for the rocks, sticks, and leaves. For example, rocks could curl up in a ball, the leaves could sway in the wind, and sticks stretch their arms out above their heads.
- 2 Then create an action for a small earthquake, such as wiggling on the spot, and a big action, such as running to a safe part of the room.

Rules of the Game

- 1 When there is a small earthquake, everyone must perform their action as fast as they can
- 2 When there is a big earthquake, everyone must put their resources back into a central pile and choose again.

Playing the Game

The aim of the game is to run around and organise yourselves into different groups as fast as you can. When you are asked to create a community, this must be made up of a minimum of one stick, one rock, and one leaf. One person will call out instructions for the rest of the group.

- 3 Run around until someone calls 'stop'
- 4 Perform the action for your object and look around to observe what everyone is.
- 5 Then keep running around until you hear instructions such as: 'find a matching pair', 'find someone different' or 'small earthquake!'
- 6 Someone calls out a series of different combinations depending on the group size and number of resources. For example:
 - Create a community (this must be at least one stick, one rock, and one leaf)
 - Create a community with a big habitat (more leaves)
 - Create a community with lots of houses (more rocks)
 - Create a large habitat (with lots of leaves)
 - Create a big city (with lots of rocks)



End the game by discussing some open questions about how to build and sustain a good community:

1. Are there other things we could build out of rocks instead of homes?
2. What could we use technology for to help our people and wildlife?
3. What does nature provide for people and wildlife?
4. What else would you like to have in your community for everyone to live peacefully?

Settlers for peace game



Middle Years

In this activity, learn to manage the resources in your world and explore how to build diverse communities with limited resources. But be careful, the earthquakes might destroy the resources you already collected. If you work together and swap resources, you will reach your goals faster.

Preparation & Materials



Leaves



Sticks



Rocks



Dice or alternative method to draw numbers 1-6 at random

You need to collect 3 different types of natural materials (rocks, sticks and leaves), 8 of each type creating a total of 24 items. Items could be found by the group at the start of the game or prepared earlier. If no natural materials are available, you could use alternative items that you have access to.

Instructions

The forest has disappeared, but you still need resources for life in our world - for houses, habitats, and many other things.

The aim of the game is to collect enough resources to build a community made up of homes for people (represented by rocks), a habitat for animals (represented by leaves), and technology to keep people and wildlife happy (represented by sticks).

This game should be played with four groups of 1-4 people, so depending on your group size 4-16 people in total. If you have more than 16 we recommend playing in two teams.

Rules of the Game

- If the other team agrees, you can also swap or give them resources when it is your go.

- If you draw a four and you and another group have at least one resource, and these resources are different, you must swap. If there are not enough resources in play, or there are only two of the same resources, then the group misses a go.

- When players lose a resource, it goes back into the central pile.

- Resources must be visible to all groups.

Setting up the game

- 1 Place the set of resources in the middle of your meeting space and form four groups of 1-4 people to sit around the pile.
- 2 The object of the game is for each group to collect enough resources for your community to thrive. A thriving community needs to collect 2 rocks to build homes for people, 2 leaves to create a habitat for animals, and 2 sticks for technology to keep your people and wildlife happy.
- 3 Before you start, discuss what you want to use your technology for and why. For example, you could grow food, build a park, create music, or build a school. Take turns to share your chosen technology with the group and why they have chosen it.
- 4 You will encounter earthquakes in the game and need to create a body action for when they happen - for example, wiggle your body or make a rumbling noise.
- 5 If you wish to speed the pace of the game up, you can increase the number of resources collected on each turn to 2 after a few rounds of the game.

Taking your go

On each team's go, draw a random number from 1-6 and perform the corresponding action:

1. Collect a rock
2. Collect a leaf
3. Collect a stick
4. Swap a resource with another group
5. Small earthquake: collect nothing and your group performs the earthquake action
6. Big earthquake: lose one resource of your choice and all the groups perform the earthquake action together.

How to end the game

Play the game until one group has collected enough resources to build their community. This winning group may then change a rule or introduce a new rule to help the other teams achieve their goals. For example, you could change the action for #6 so that the resource is given to another team rather than being 'lost' to the central pile. The following winning groups may also change or add a rule.













End the game by discussing what we can learn from the game about peace and community building by choosing 2-3 reflective questions from the list below.

1. How well did we work together as a group?
2. How did it feel to lose resources from earthquakes or when resources were 'swapped'?
3. How can communities with different needs live peacefully in a world with limited resources?
4. What can we learn from the natural world about peace and community building?
5. Why was it important to have technology and what type of technology do we need for a peaceful planet?

Note: Different groups may find that their interpretation of the rules differs slightly from another group that plays. Add this into your discussions and ask how your interpretation of the rules might have affected gameplay and how the result may have been different if you'd played with different rules in mind.

Older Years

Follow the same instructions and rules as above but introduce different goals for each group.

<p>GROUP 1 Build a rural village with a large habitat for wildlife, some technology, and a small population</p>	 3 LEAVES	 2 STICKS	 1 ROCK
<p>GROUP 2 Build a town with more places for people to live, a large habitat, and some technology</p>	 3 LEAVES	 1 STICK	 2 ROCKS
<p>GROUP 3 Build a big industrial city with lots of technology, some homes for people, and a small habitat for wildlife</p>	 1 LEAF	 3 STICKS	 2 ROCKS
<p>GROUP 3 Build a big business city with lots of places for people to live, some technology, and a small habitat</p>	 1 LEAF	 2 STICKS	 3 ROCKS



The Earthquakes continued...

Now you have completed your activity, with a happy sigh, the earth became quiet and still. Brilliant! Now people can comfortably live with nature, looking after any plants and animals who need their help.

Amrita

Luckily, you're not the only people trying to rebuild the environment. There's one more hero to meet - Amrita! Her forest has regrown thanks to your actions so far, but it's not safe yet.

Like Miku, people around the world keep demanding too much of nature, including the king of Amrita's country. He looked at the giant trees in his forest and imagined huge buildings for all his subjects, so he sent his wood cutters to cut down the whole wood. Amrita grabbed a tree and hugged it tightly, but the wood cutters escaped to other trees and began to chop them to pieces! Amrita saw her friends hug each other with fear, and the animals and birds that lived in the forest ran away frightened.

As night fell and the wood cutters stopped, she knew she had just hours to find a peaceful solution - or her home would be gone forever! There had to be another solution to the problem, and she was determined to find it. Maybe she could grow even more plants to show the king and his wood cutters the beauty that they were destroying by their greed.

Amrita needs your help to accomplish her goal in such a short time. Now it's time for you to act to support nature - help Amrita rebuild the missing parts of the forest by creating a miniature garden from plants, objects, or even on your computer. Then continue to the final section of the story.



Sangam

Sangam was first imagined at the 1956 WAGGGS International Commissioners' meeting in New Delhi. The name Sangam was chosen for its meaning in the ancient language of Sanskrit: 'Coming Together'.





Create Your Own Garden

Now that you have seen the peace that can come from natural harmony and learned about the importance of balance in the natural world, make your own world a little brighter by creating a garden. Your garden can take whatever format suits you best, just focus on creating something that will help you and others appreciate what nature provides for us all. You can create an individual garden or build one together with your unit or a small group.

Preparation & Materials

This will vary based on which of the options you choose to build your garden.

Choose one of the following options:

- Go outside and find a piece of land where you can grow something
- Make a zen garden
- Decorate a window box or a flowerpot and plant a seed
- Draw or paint your dream garden
- Tend a garden that already exists and give it some love
- Create a 3D diorama of a garden using repurposed materials
- Cut out some of the pictures found in the appendix of this pack and arrange them into a garden collage
- Make origami flowers and “plant” them around your meeting room
- Use technology to create a digital picture of a garden

Thanks to all the beautiful gardens that you and Amrita have created the next morning everyone - the wood cutters, the people, the king - woke up to find the forest was even bigger and more beautiful than before!

The wood cutters couldn't move for peaceful plants, beautiful views, or people carefully looking after the lost animals.

They put down their axes and told the king it was no use - they couldn't stop the forest growing, and they didn't want to either. The king agreed and decided to share his palace with his subjects instead of taking land from the forest. Everyone could have a beautiful view of the trees!

Share your efforts with the world! Take a picture of your garden and use our hashtags #WTD2023 to share with others, or send your pictures directly to WAGGGS at wtd@waggs.org

Find inspiration for your garden or simply learn about gardens around the world by visiting [here](#)

If you want more activity ideas, check out the World Centres [website](#) for some of the favorite outdoor activities of Kusafiri, Sangam, Pax Lodge, Our Cabana, and Our Chalet.



Rebuilding the Forest

After completing your garden, read the final section of the story to hear how you can help ensure peace is restored for all our characters around the world.

Finally the world was full of life again. Animals and birds ran around and the earth was covered in plants of every colour. The Corn Maidens danced, the earth hummed happily, and Amrita's forest was safe - all because you helped them.

In your adventure round the world, you've discovered how the ecosystem makes everything work together, how to keep the earth happy, and how to protect your local environment. We've solved nearly all the problems - but there's one person left to help...

Miku sat alone on the ground, feeling terrible for what she'd done. Could she ever make up for her mistakes? But suddenly she was covered in shadow as trees rose up to the sky around her and plants bounced back to life! She was more pleased than anyone had ever been - but then she began to worry. What if someone else started wishing for too much? What if the whole story happened again? She couldn't make heroes like you and Amrita do all the work!

So Miku started to walk, all across the world, spreading stories of the incredible ways people had protected the natural world - and the ways people had put it in danger - so the environment would always be safe.



Our Cabaña

Our Cabaña is located in the "City of Eternal Spring", Cuernavaca, Mexico. Since opening in 1957, Our Cabaña has welcomed guests from all around the world and offered a range of activities and programmes from environmental activism to girls' leadership.

Complete the final activity in the World Thinking Day pack to help Miku spread the message of peace in nature and to raise money for the World Thinking Day Fund.



Walk the World

We all want to protect a peaceful planet. You can do this, by joining with your sisters throughout the Movement to collectively walk around the world and share stories like Miku's along the way. You can also sign up and get your friends, family and people in your life to donate money for the steps you take, raising money as you walk for the World Thinking Day Fund.



With 10 million Girl Guides and Girl Scouts working together, let's see how many times we can circle the globe! Each step we take together is a step towards protecting our planet and a peaceful future.

You can do this collectively as a unit to be sure you reach your goal!

Preparation & Materials

This challenge will start on World Thinking Day, February 22, 2023, and will conclude on Earth Day, April 22, 2023. That's exactly 2 months to reach your goal.

1 Either create a goal for how far you want to walk each day. A good individual target is 4,000 steps, which converts to 3 kilometers or 1.85 miles. If you decide to complete the challenge as unit or troop then set a more challenging target! Or, as a group decide on a walk to complete before Earth Day, the 22nd of April.

2 As you complete your walking you could ask for donations to support the World Thinking Day Fund.

3 You may also come across parts of the environment you think could be improved. For example, rubbish in your local park or local street that needs more green space. This could inspire you to take action to improve your local area – arrange a park clean-up to help complete your steps, organize an outdoor planting day to improve air quality where you live, or participate in a Citizen Science project by counting and recording the wildlife or plants in your area.

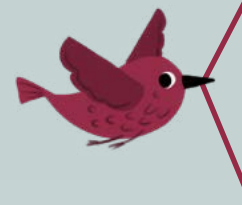
There are many ways to complete this challenge. You can go for a stroll around your neighborhood, run through a local park, or take a hike in the mountains. Find the method that works best for you!

4 Work out how far you or your group has travelled in kilometers and share with WAGGGS at (ENTER LINK & QR code). Here you will find more information about the activity and how far we have all travelled through our 'walk the world' activity and challenge.

5 As we walk around the world our path will unlock facts about milestones along the way, like our travelling World Centre, Kusafiri, or how you can protect the Great Barrier Reef in Australia!

6 Observe your natural environment and find peace in your surroundings, take photographs of parts of nature that you find beautiful. You can share these to motivate others to keep walking, raise funds for Girl Guiding and Girl Scouting or raise awareness about the environment this year's theme.

Let's all take the next step to protect our planet and a peaceful future!



The circumference of the Earth is 40,075.17 kilometers or 24,901.461 miles. This would take 66 million steps to walk all the way around. Record your distance and help us walk the world to raise awareness of the World Thinking Day Fund!



GET YOUR HARD WORK REWARDED, if you can, ask your family and friends to donate as you walk around the world in 59 days.

Don't forget, as when you've completed your walk be sure to record it online [here](#)! You can share pictures of your walks and stories about your local environment.



CONGRATULATIONS!
You have completed the 2023 World Thinking Day Activity Pack!

You can win an Earth Day badge by completing the furthest distance or raising the most money for the World Thinking Day Fund. The top 100 distances and donations will receive an Earth Day badge.



Appendix

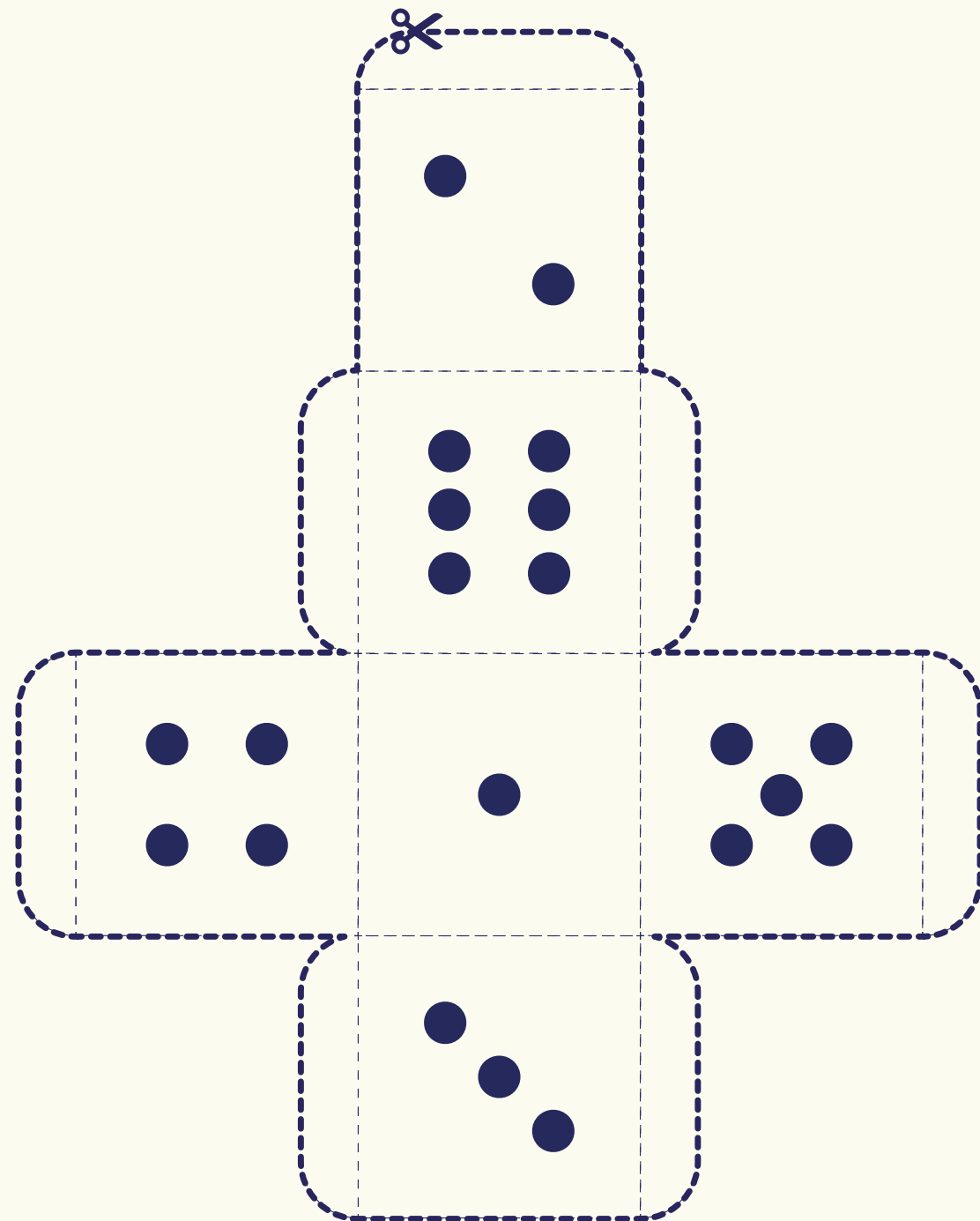
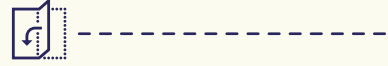
ACTIVITY 2B

A dice that you can cut and use if you don't have one

Cut along the darker line



Fold along the dotted lines



ACTIVITY 3

Pictures that can be cut out and use to arrange and make a garden collage of it for the activity

✂ Cut along the darker dotted line



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