



**WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS**

Nepal Scouts

**COVID-19 RESPONSE ACTIVITY PACK
VOLUME 1**

(Global Day of Parents and World Environment Day Special)

**"TOGETHER – LETS SPREAD HOPE FOR
BETTER WORLD"**

**Nepal Scouts
National Headquarters
Laincharu, Kathmandu, Nepal
Phone: +977 01 4419001, 01-4419097
Email address : info@nepalscouts.org**

Global Day of Parents and World Environment Day

Designated by the General Assembly in 2012, Global Day of Parents, celebrated on June 1st provides an opportunity to appreciate all parents for their **"selfless commitment to children and their lifelong sacrifice towards nurturing this relationship."**¹

Similarly, World Environment Day (WED) is celebrated on June 5 every year, and is the United Nations' principal vehicle for **encouraging awareness and action for the protection of our environment**. First held in 1974, it has been a flagship campaign for raising awareness on emerging environmental issues to marine pollution, human overpopulation, and global warming, to sustainable consumption and wildlife crime.²

With the outbreak of Nobel Corona Virus, COVID 19 Pandemic since December 2019, several countries are facing severe damage to the existing health system around the globe. In order to break the transmission chain, countries are at locked down state. The COVID-19 pandemic and the associated economic crisis are posing huge challenges, raising many unknowns and imposing wrenching trade-offs. Both crises are global, but their impacts are deeply local.³

Nepal Scouts has designed a special edition of COVID 19 Response Activity Pack Vol 1, with an idea of addressing the needs of scouts to continue the scouting activities during the situation of crisis and when confined within their houses. This pack ensures the involvement of scouts at grass root level in different activities that will pass on the ripples to the family, community, nation and world and put their best efforts to spread hope for the better future and better world.

COVID 19 RESPONSE ACTIVITY PACK VOLUME 1

The Activity pack is a collection of simple steps and activities that can be followed by the scout members along with their parents to be involved in preserving the nature and at the same time expressing their respect and love to their parents. Pandemic control measures have created an unexpected socio-economic burden and undesired mental pressures to the guardians/ parents. The mental health and happiness of the household head is directly or indirectly related to the care, love and respect shown by other members towards them. The love and peace fostered among the family members eventually creates an undeniable positive impact in the pace of family, community, nation and world as a whole towards the peace and prosperity.

Objectives of Activities in the Response Pack

1. To make scouts realize the selfless efforts of parents/ guardians for the wellbeing of family and express their love, care and respect to them.
2. To foster peace and cooperation among the family members while being involved in the activity
3. To raise awareness in the conservation of nature and biodiversity.
4. To develop scouts as a responsible member of family, communities and world.
5. To enhance the creativity of scouts during the lockdown.

Following the activities

The **COVID 19 RESPONSE ACTIVITY PACK VOL 1** is a 5 Days Challenge Activity Pack which has to be done by Scouts **TOGETHER** with their family members. Each Day will be based on a specific theme.

ARE YOU READY?

Yes, I am!

Okay Now Let's Begin

DAY-1 (2020-06-01)

"Covid-19 Brings Families Together"



When child enters this world, the child sees the world through the eyes of parents. Everything that the child learns as it grows up is what it picks up from the people it is surrounded by especially the parents and family.

Parents are our legal guardians and protectors. They teach us everything and take care of all our needs selflessly. They have scarified so much to give their child a quality life, a happy environment to nurture the talent.

To honor such selfless nature of the parents, we celebrate global day of parents on **1st June** of every year. This day was proclaimed by the **United Nations** general assembly as a celebration since the year 2012 with resolution **A/RES/66/292**. Even though global day of parents is a worldwide celebration, but it is not declared as national holiday.

Currently, the world is suffering from pandemic novel **Corona Virus (Covid-19)** and it has been impacting everyone. This pandemic has brought all the family members together. We have been learning so many things from our parents. Our parents are struggling hard to make our life better. So, this is the right time for us to show our respect, love and gratitude towards the parents for everything they have done for us.

For this, we have brought some activities to do in this pandemic situation to bond with the parents and show gratitude and love for them.

ACTIVITIES

- ❖ Work on a memory book or look at old family photos together. Make a scrap book of family memories.
- ❖ Design greeting cards for parents.
- ❖ Make short video/ticktock showing family members practicing Covid-19 safety measures
- ❖ Help parents in the household chores.
- ❖ Write/record a message to parents thanking them for the beautiful life that they have given us.
- ❖ Prepare some creative free writings like poems, songs, short speeches and so on for the parents/guardians.
- ❖ Share the activities on social media if you want to.

DAY-2 (2020-06-02)
"Plants bring us together"



Result is the outcome of the input we plant. Right input will result in right output. World is facing difficult situation, let's not waste our time. Step forward for the change. One person can't change the environment but one person can make a difference. Let stay home, stay safe and do plantation.

Plants play a vital role to make environment clean and healthy. Plants not only help to sustain the ecosystem but also develop intimacy among family members. In the current situation, you can spend qualitative time with your parents by planting, gaining knowledge about various plants and also sharing your knowledge about plants.

We have planned some activities which can create positive impact in the environment and lives of people around you.

Let's bring change.

ACTIVITIES

- ❖ Explore various creative methods of plantation at home. For example: hanging garden using plastic bottles and scout rope, planting on plastic bags etc.
- ❖ Collect information about ten herbs/flower/plants specifying their uses and importance and make a video. You can share it in the social media if you want.
- ❖ Research about the best seasons for different plants. Which season is best for which plant? Use video/article /picture to share what you have found through your research.
- ❖ Prepare list of dry fruits and nutrients found on them.
- ❖ Film short interview/discuss with parents about the change that have occurred in variety of plants around us due to climatic change.
- ❖ Choose your favorite fruit or vegetable and research how it reaches your house from the farmers.

DAY-3 (2020-06-03)

"Animals bring us together"



The bond and relation of humans and non-human animals is fascinating. Animals and birds play a vital role in the environment and economy. Animals have always been a companion to human beings.

The theme of world environment day this year by United Nations is "Biodiversity"

Biodiversity is the variety of living organisms present on earth and their interaction and interrelationship.

Animals are an integral part of biodiversity and as the only social being it is our role and duty to protect and take care of all the animals around us.

In order to acknowledge the importance and the role animals play in our daily lives, we are going to do some challenges on June 3 as mentioned below:

ACTIVITIES

- ❖ Post a picture or video and share your relation, bond or any story with your pet and challenge your 5 friends to do the same.
- ❖ Feed the street dogs, birds and post a picture or video in the social media and challenge your 5 friends to do the same.
- ❖ Post a picture of your favorite animal with a fun fact.
- ❖ Prepare pledge card writing “A scout is a friend to animals” and post it on social media.
- ❖ Research on the endangered animals of Nepal. Share it with your best friend.

DAY-4 (2020-06-04)

"3Rs (Reduce, Reuse, Recycle) bind us together"



Humans produce wastes that continually result in environmental degradation. A common type of garbage is the municipal solid waste which is a general waste collected by the municipalities. It is generated mainly by households, street sweeping, commercial activities and the construction or demolition debris.

It may not be possible to eliminate waste disposal, but we can make a significant contribution to cut waste generation down to help preserve our environment.

3Rs principal is the best way of waste management and to make a positive impact in our environment.

Reduce: "Reduce" is not an easy task. As people these days fully rely on storing extra products. Make sure you always have your reusable bags in the trunk when you go to the store with your parents. We can begin reducing the amount of waste you produce by choosing to buy products that don't create amount of waste later. Buying things that have packaging which can be easily recycled to **Cut the waste.**

Reuse: Instead of throwing things away that you might not use anymore, why not sharing it with your siblings, friends who would be able to reuse them instead of throwing them into garbage. There exist tons of ideas for how to reuse. Make sure you are "reusing" any item that still has life in it. If a toy, piece of furniture or item of clothing can be fixed, do it, and then use it again.

Recycle: If an item truly is waste, and you can't cut that item out of your life in the first place, it's time to recycle. Make sure the items are recycled correctly. Best recyclable items can be paper, cardboards, plastics bags, bottles, glass bottles, jars, tires etc.

ACTIVITIES

1. Reduce

- As a Scout, what are you doing to reduce the production of waste from your home? Make a video or take a picture with description.
- Encourage your family to Practice minimal use of plastics, encourage using own cloth bags that lasts longer and better for your pocket.
- Do not waste food. Take only the right portion of food in plate you can eat.
- Switch off electrical appliances when you are not using them.
- Do not waste water. Optimally utilize water.

2. Reuse

- Gift of Love: Gift your toys to other children. Make their childhood memorable as yours.
- Donate your clothes to the needy ones.
- Design plastic bottles to reuse as flower vase, pen case, hanging garden pots.
- Learn DIY Tricks on How many different types of useful materials can you make out of old curtain and clothes?
- Design your own vase out of plastic bottles.
- Help your parents collect rain water in buckets for cleaning purpose.
- Make a greeting card for your friend with waste materials.
- Make reusable or decorative items from waste materials.

3. Recycle

- Top 10 in the Bin: collect 2 items each that can be recycled. i.e. paper, vegetable and fruit scrapes, glass bottles, plastic bags, metals, cloth etc.
- Create ecofriendly bags out of Old Paper/ clothes. Design the bag with your family.
- Prepare compost manure out of decomposable kitchen waste.
- Make some useful or decorative items from scrapes in your home. Take a picture of it or you can make tutorial video and **challenge 5 other friends** to do so.
- Create Personal Protective Equipment (PPE) at home: mask, sanitizer, liquid soap, helmets from local waste produced at home.
- Decorate your vase with waste paper/plastic designer flowers.
- Prepare compost manure out of decomposable kitchen waste.

DAY-5 (2020-06-05)

"Let's Share Our Hope with The World"



Right now, the world is not the same as it always has been. We are facing an unprecedented amount of change and challenge. In these moments, remembering what really matters – love, nature and our togetherness is so powerful.

You are invited to ***Plant Hope***. Send the gift of trees and spread messages of ***Hope*** around world. Send Hope to our family, friends, and loved ones, those working in the essential frontline services or those who are isolating at home. By planting ***hope*** we can send them the ***gift***. Then come and share your story of hope with us so that we can spread even more hope.

World environment day is celebrated worldwide in almost all the countries (more than 150 countries) every year on ***5th June*** to encourage the awareness on preserving and protecting the environment.

"Biodiversity" is chosen as ***theme for world environment day 2020*** by United Nations (UN).

Biodiversity is the variety of various living organisms present on earth and their interaction and interrelationship.

We must never forget that trees are the lungs of the world. They are the ones that keep the earth's ecosystem stable. Let's plant many more of them, save the ones present, nurture the ones growing and in return help ourselves to live better.

A person who nurtures the child is as important as the person who gives birth to it. Both would be addressed as a mother. So come be a mother to the saplings, contribute to their growth, and spread the love! We have no planet B nor do we have enough time to relax. We have to act now.

"One who plants a tree, plants hope."

ACTIVITIES

Before and After Challenge

- ❖ Here you have to click the pictures or video of your surrounding or garden before you clean or plant and later after cleaning the surrounding or doing plantation.
- ❖ Pledge Card that shows the hope and optimism in this pandemic.
- ❖ Identifying five endangered species. Get a creative method of sounding the alarm that these selected 5 are endangered species and why they need to be protected. You can present this through a poem; a photo booth, a video skit or any other selected methodology of your choice.
- ❖ Making banner or photo frame for Environment Day based on the theme “Biodiversity”
- ❖ Short message through video/photo/pictures that spread hope and positivity to cope up this pandemic.
- ❖ If you have any pets at home, you can also groom them, take care of them, capture the video or photo and send it to us with a short caption.

Takeaways

When you are working together with your parents/ guardians, don't miss to appreciate selfless efforts of your parents/ guardians.

Here are some tips:

- ✓ Develop a positive attitude toward your parents.
- ✓ Make them your priority.
- ✓ Consider their point of view and respect their perspectives.
- ✓ Calm them down when they are angry.
- ✓ If you disagree with them, don't be rude about it.
- ✓ Give them your full attention.
- ✓ Ask them for advice and also guide them to be familiar with technology.
- ✓ Share good news and your achievements with them.
- ✓ Be grateful. Relish what they have done for you.
- ✓ Work hard to fulfil their dreams, aspirations and requests.
- ✓ Do not raise your tone with them.
- ✓ Do not say offensive things.
- ✓ If you are religious, pray for them.
- ✓ Do not act tired or bored in their presence.
- ✓ Do not laugh at their mistakes instead help them out.
- ✓ Address them with love.
- ✓ Value their wisdom
- ✓ Involve and take part in family decision making.

<p>WHO CAN TAKE PART IN THE ACTIVITIES?</p> <p>We have good news. Scouts of any sections, Leaders can take part in the activity along with their family members.</p>	<p>HOW CAN YOU TAKE PART IN THE ACTIVITIES?</p> <p>Depending upon your interest in the activities and the availability of the resources, you can choose MINIMUM ONE activity from each day. In order to be eligible for the CERTIFICATE of accomplishment and COVID 19 Response BADGE, you will have to accomplish at least one activity within one day.</p>
<p>WHAT IF YOU WANT TO DO MORE THAN ONE ATIVITY?</p> <p>WOW.... Great.</p> <p>You can do as much activities as much you want to complete.</p>	<p>HOW WILL NEPAL SCOUTS KNOW THAT, ANYONE IS PARTICIPATING IN THE ACTIVITIES?</p> <p>If you feel comfortable to share that you are doing activities with others, use following HASHTAGS:</p> <p>#NepalScouts #Covid19ResponseActivityPackNepal #WAGGGS #WOSM</p>
<p>In order to receive your certificate and badge, you can email the details of your activities that you did in 5 days to our email address: info@nepalscouts.org</p>	
<p>WHAT IF YOU COULD NOT COMPLETE THE ACTIVITIES WITHIN SPECIFIED TIME?</p> <p>No problem. You can complete the challenge when you are comfortable with your availability of time and resources. Then please send it to our email and you will receive your certificate and badge.</p>	

References

1. <https://www.un.org/en/observances/parents-day>
2. The Social and Economic Impact of Covid-19 in the Asia-Pacific Region, Apr.28.2020. UNDP.
3. https://en.wikipedia.org/wiki/World_Environment_Day