



Make change

Impact-o-meter

Stage

2

60+ mins



Skills builder



What you'll get out of it

- Take action to care for the environment.
- Explore the impact of your actions.

What you'll need

- A4 sheets of pale-coloured card, 1 per girl
- Paint or felt tips in 6 different colours
- Thin strips of dark-coloured card roughly 12cm long, 1 per girl
- Split pins, 1 per girl
- Pencils
- Rulers

Aim of activity

What can you do to care for and protect the world around you? Make your very own impact-o-meter and use it to measure all the positive actions you take!



WE DISCOVER, WE GROW

Girlguiding



Make change

Stay safe

Ask an adult to help you with steps 4 and 5.



What to do

1 To make your impact-o-meter, start by taking your piece of pale card and a pencil. With the long side of the card nearest you, draw a big semi-circle that takes up most of the space.

2 Now, draw a dot half way along the bottom of the semi-circle – you can measure where this is with a ruler. Then use a ruler to draw five straight lines from this dot to the curved edge of the semi-circle, like the picture on the front of this card.

3 Next, use your paint or felt tips to colour in each of the segments a different colour. Number the segments of your semi-circle 1-6.

4 Find the dot you drew on the straight line, and gently push a small hole in the card with your pencil. Make sure your fingers are safely out of the way.

5 Now, take your thin strip of dark card and use your pencil to make a small hole at one end of it. Fasten the dark card on top of your semi-circle with your split pin. Your impact-o-meter is ready: now it's time to take action!

6 Come together as a group and talk about actions people can take to protect or care for the environment. Think about big things (like trying not to use any disposable plastic) and small things (like turning off the light when you leave a room to save electricity). Which can you safely and easily do?

7 See if you can take six different actions to help the environment over the next week – ask an adult to help you. Every time you do something, write or draw it on the back of your impact-o-meter, then move the arm up one space to show that you've done it.

8 Once you've done six actions and the arm on your impact-o-meter is pointing to 6, give yourself a big well done. Then, think about the positive effects of each action.

9 Finally, tell someone you know about your impact-o-meter and the actions you've taken to care for the environment. You never know, you might even inspire them to do the same!