



Badge Challenge

Rainbows and Beavers—Ages 4 to 7

Take the challenge and learn from Mrs Smith's sustainable way of life and earn your Be More Hilda badge.

Print this booklet, or fill in online, to keep a record of your progress.

Once complete send to Mrs Smith Cottage to receive your badge, full details found within.





This booklet belongs to:

Age:

I come from:

Be More Hilda

Badge Challenge

To earn your badge, we would like to demonstrate things you have learnt from the very sustainable life Mrs Smith led.

We have split this challenge into three sections:

Inspired by Mrs Smith

Taking inspiration from Mrs Smiths extraordinary ordinary life by visiting us in person or online.

Reuse!

Make the most of what might otherwise be thrown away with a recycled craft project.

Sustainable Home Challenge

Take action and get the entire family involved in one of the sustainable home challenges.

Earning your Badge

Print out this booklet, pick up a copy from Mrs Smith's Cottage, or fill it out online to track your progress. An adult might need to help to fill in each section and with the reading.

Tick off the activities you have completed and add your notes/ thoughts or comments!

To earn the Rainbows/Beavers badge you will need to:

Visit Mrs Smith's Cottage or the Mrs Smith's Cottage website and complete **one family activity**

Complete **one** of the suggested **Craft Activities**

Try **one Family Challenge**.

Collecting your badge:

You will need to send the Mrs Smith's Cottage team this completed booklet to receive your badge.

Email a digital copy to: mrssmithscottage@n-kestseven.gov.uk

Post a copy to: Mrs Smith's Cottage, 3 Blacksmith Mews, Navenby

Or, bring a copy to the cottage during regular opening hours.

Adults: Please leave your phone number or email address so that we can contact you to arrange collection of your badge.

Inspired by Mrs Smith

Get inspired by Mrs Smith and visit the cottage either in person or online, take notes on the activities you completed and record when you did them.

For the Rainbows/Cubs badge you only need to have a go at one of the family activities.



<input type="checkbox"/>	<input type="checkbox"/>
I visited Mrs Smith's Cottage	I visited Mrs Smith's Cottage Online
Date:	Date:
I had a go at:	I completed this activity at home:
I most enjoyed:	

To visit us online head to:

www.mrsmithscottage.com/learn/the-digital-cottage/

Reuse!

When Mrs Smith was a young girl there were no waste collectors to remove your rubbish at the end of the week.

This meant Mrs Smith learnt lots of different ways to reduce waste by reusing and upcycling a wide variety of household products. We have collected some fun upcycling projects for you to have a go at, they make use of everyday waste items transforming them into something useful for your home or garden.

For the **Rainbows/Beavers** badge you need to complete just **one of these crafts**. Select your favourite from the list below, find the instructions in the following pages, **once complete mark as complete and add the date.**



Craft	Complete?	Date:
Milk Bottle Bug Hotel		
Scrap Paper Seed Bombs		
Crisp Packet Gift Bow		
Scrap Paper Notebook		
Rag Rug		

Crisp Packet Gift Bow

You will need:

- | | |
|---|--|
| <ul style="list-style-type: none">1 Empty Crisp Packet (cleaned, dried, opened carefully) - this also works with scrap paper and other plastics | <ul style="list-style-type: none">ScissorsDouble Sided Tape |
|---|--|

How to:

1. Cut the packet along one edge, so that it can be laid flat, then cut in half.

2. Cut 5 lengths from one half of the crisp packet, about 2.5cm in width.

3. Place a square of double-sided tape in the middle on each strip, on both sides (shiny and colourful).

4. Take the first strip, placing it shiny (back) side down. Take the top off the double sided tape and curl the end of the strip into the middle, sticking it to the tape shiny (back) side down.

Repeat for the other end.

5. Repeat step 4 for the rest of the strips.

6. Using the double sided tape on the back of each strip, stack them one on top of the other, changing direction with each new layer to form a bow.



Milk Bottle Bug Hotel

You will need:

- | | |
|---|---|
| <ul style="list-style-type: none">• Empty Milk Bottle• Scrap newspaper and cardboard | <ul style="list-style-type: none">• Scissors• Tape |
|---|---|

How to:

1. Remove the lid and cut your milk bottle in half.

2. Roll scraps of paper/newspaper/cardboard into tubes. You want about a 4mm hole through the centre. Measure against the milk bottle half and cut to length.

3. Fill the milk bottle half up with your coils of paper and cardboard, keep going until everything is in there tightly and nothing will fall out.

4. Find somewhere to place your bug hotel! Your bug friends want a warm sunny spot, close to the ground and sheltered from the rain.



These bug hotels are ideal for ladybirds, who can keep your garden free from aphids and other pests.

Paper Seed Bombs

You will need:

- | | |
|---|---|
| <ul style="list-style-type: none">• Wild Flower Seeds• Scrap paper/newspaper• Water | <ul style="list-style-type: none">• Blender• Bowls• Sieve |
|---|---|

How to:

1. Tear and cut up your paper into lots of tiny chunks, if you are not planning on using a blender these bits will need to be really small.

2. Pour all your shredded paper into a bowl and cover with water. Soak for 1 hour until the paper is mushy, stirring it up so everything is covered.

3. If you have a blender, blend the water and paper mix until you get a porridge consistency (more water might need to be added).

4. Strain excess water from the paper mix through a sieve.

5. Stir your chosen seeds into the paper mix.

6. Shape the seed and paper mix into little balls. You could flatten on a sheet of paper or put into an icecube tray. Leave the paper mix to dry, this might take a few days.

When dry they are ready to use! Simply throw them into a garden or green space and water well. These make great gifts for friends and family.

Rag Rug

You will need:

- | | |
|--|--|
| <ul style="list-style-type: none">• Scrap Fabric | <ul style="list-style-type: none">• Hessian• Crochet Hook |
|--|--|

How to:

1. Cut your scrap material into strips around 2cm in width, and around 7cm long.

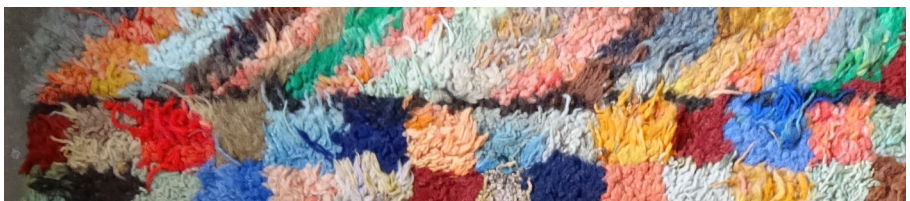
2. Cut out a selection of hessian to work on and draw an image, keep the image nice and simple. Stick to basic shapes! Using your initials is a great start, if you get your whole family involved you can make a rug using everyone's names.

3. Hold your fabric on the underside of the hessian. Push the crochet hook through the front, loop your fabric around, and pull a loop up to the front.

Keep hold of the end so that you don't pull the entire strip through. Try not to pull too hard!

4. Continue this action along your design. When you get the end of the strip of fabric simply leave the end loose at the back and continue where you left off with a new strip.

This craft takes patience, keep trying and you will be able to create something you are proud of.



Notebook Craft	
You will need:	
<ul style="list-style-type: none">Scrap paper: 10 sheets A5 in size, plus a stronger paper for the cover.Pencil	<ul style="list-style-type: none">Needle & ThreadScissors & A Ruler
How to:	
1. Using A5 sheets of paper, you might need to cut sheet down to size (XXcm by XXcm) you will be able to make an A6 notebook.	IMAGE
2. Fold each sheet in half, marking three points down the middle about 3cm apart.	
3. Use the needle to poke a hole through each marked point, wiggling to create room for the thread.	
4. Stack all of the sheets of paper, with the cover on the bottom, so that all the holes line up.	
5. Thread the needle, bringing it through the middle hole (from centre of the book to the cover) leaving 1/4 hanging loose to use later.	
6. Bring the needle through the top hole and back through the bottom hole.	
7. Return the needle through the middle hole and tie the loose threads together to secure everything.	

Family Challenge

Growing up in the Victorian era Mrs Smith would have made sure that almost nothing went to waste. The following challenges have been created using Mrs Smith's life as a starting point, to help you reduce waste at home.

For the Rainbows/Beavers badge you need to **try one of these challenges**. Select your favourite from the list below, have a go at the challenge then **complete the matching worksheet**.



Challenge	Complete?	Date:
Make A Seasonal Meal		
Plastic Waste Count		
Local Litter Pick		
Take Shorter Showers		

Make a Seasonal Meal

Work as a family to find a make a meal using only meat, fruit, or vegetable grown in the UK.

Use BBC Good Food, Olive Magazine, or the recipe page of a local supermarket to help you find a recipe.



We made:		
We used these UK ingredients:		
Did you enjoy the meal?	Would you eat it again?	Was this challenge easy or difficult?
Were they any fruits or veggies that you were not able to get?		

Plastic Waste Count

Collect all of the plastic that your family would usually throw away over the course of a day. Remember to include any rubbish produced while out of the house!

Weigh or measure the number of bags of plastic you collect.



The plastic we collected totalled: either weight or bags full

**Was this more or less
than you expected?**

Can it all be recycled?

**Was this challenge
easy or difficult?**

**Is there anything you could do to reduce the amount of plastic you
use?**

Local Litter Pick

As a family head out for walk and collect any litter you find along the way.

Please remember to wear gloves and/or use litter pickers, have a look on social media to find local litter picking groups who might have equipment to borrow.



Where did you do your litter pick?

Did you find more or less litter than you expected?

Did you fill a full bag?

**Did you see any bins
on your walk?**

**Was this challenge
easy or difficult?**

Why do you think people drop litter?

Short Showers Week

Mrs Smith didn't have running water in her cottage until 1977, before then she would have used a water pump in the village. This meant she would be careful to use as little water as possible, reusing water from cooking or washing for her garden.

Reducing your shower time down by just 1 minute can save up to 2,500 litres a year! Get everyone in your family to time a normal shower, then ask them for 1 week to reduce their shower time by just 1 minute.



How long was your normal shower?

Did anyone struggle to manage this challenge?

Will you continue with shorter showers?

Was this challenge easy or difficult?

Go online and find out about other ways to reduce the amount of water you are using at home.

Buy Nothing Weekend

Mrs Smith would take care to only buy items she genuinely really needed, choosing instead to borrow and share items with friends from across the village.

Challenge your family to buy nothing (apart from food or essential items), for one weekend.



Write down all the thing you wanted to buy:

**Do you think you
could do this for a
full week?**

**Did anyone really
struggle with this
challenge?**

**Was this challenge
easy or difficult?**

What did you do over the weekend?