



## Outdoor activities resources

Time: 2 hours | cost: free | location: outdoors



# Heroes hike

Use a hike around your local area to make a difference by collecting litter as you go.

### You will learn

#### To help your community

Be able to take an active role in the community, give to others, and make the world a better place.

#### To be active

Look after your body by being physically active.

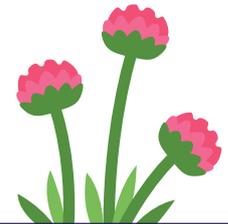
### You will need:

- bin bags
- litter pickers
- gloves
- maps or route cards (optional)



### Before you begin

- Find a local area for your litter pick and check for any hazards (like sharp objects, broken glass, or dog poo). Make sure the area is accessible for everyone in your group.
- Arrange how you'll dispose of the litter you collect. Depending on where you live, this could be public bins, local council facilities, or waste disposal centres.
- Each group will need an adult to do this activity with them - if you don't have enough volunteers, you could ask some parents to help.



### Litter pick

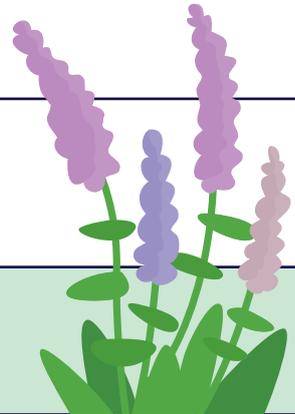
- 1 Everyone should talk about why littering is bad for the planet. You could talk about the impact on wildlife as well as the destruction of the natural beauty of a place.
- 2 Everyone should split into small groups. An adult should join each group. You may need more than one adult with each group depending on your young people and the area you choose to clean.
- 3 The person leading the activity should make sure that everyone understands that they'll need to be careful of certain objects they might find, such as glass, sharp metal, or needles. They should explain the plan for dealing with these sorts of items safely.
- 4 The person leading the activity should explain the area everyone will be using and when and where groups should meet after the hike. It's up to you how you do this - you might want to mark this out on a map, create route cards, or set boundaries based on visible things (such as no further than that toilet block).
- 5 Everyone should get stuck into their adventure with a social action edge!





## Make it better

- 1 Once everyone's returned to the meeting point, they should share what litter they found. How will they dispose of it all effectively? You could talk about which types of litter were most common - was it papers, food wrapping, plastic and glass bottles, or something else?
- 2 Everyone should chat about what might have happened if they hadn't removed the litter. For example, a bird might get its feet tangled in a plastic bag, a child might fall on some broken glass, or a dog might swallow some litter. You could also discuss the importance of working together to solve an issue - with just one person, the litter pick may have not been as successful.
- 3 Everyone should decide on some more actions they can take to minimise litter in their local area. It's up to you what this looks like - it could involve regular litter picks or educating your community on the impact of littering.



## Reflection

Time	Activity
5 minutes	This activity was a great way for people to enjoy the outdoors while helping their community. Before the end of the session, you could use the 'make it better' debrief to discuss ways people could reduce litter on national and global scales as well.



## Change the level of challenge

You could challenge everyone to find the oldest piece of litter (you could judge based on best before or use by dates). You could challenge everyone to collect items of litter that begin with the first letter of their name (for example, Nadiya could find an old newspaper, while Charlie could find a chocolate bar wrapper).

