



Bronze Award Support



Duke of Edinburgh Bronze Award Programme:
Leading Sustainability Education for 5-11 Year Olds

Objective:

For Bronze Duke of Edinburgh participants to develop leadership skills while delivering sustainability education to children aged 5-11, helping them understand environmental issues and the importance of sustainable living.

Duration:

3-6 months (aligned with the DofE Bronze Service strand requirement, typically 3-6 months of weekly service).

Target Audience:

Participants: Young people aged 14-24 completing their Bronze Duke of Edinburgh Award.

Beneficiaries: Children aged 5-11 in schools, youth groups, or after-school clubs.

Programme Structure

1. Training and Preparation (Weeks 1-3)

Goal: Prepare Bronze Award participants to deliver effective and engaging sustainability education to younger children.

Week 1: Introduction to Sustainability and Leadership
Basic concepts of sustainability, climate change, and environmental responsibility.

Introduction to leadership skills: communication, teamwork, and planning activities for younger children.

Week 2: Understanding Your Audience

Child development basics: Understanding the learning needs of 5-11 year olds.

Age-appropriate teaching techniques: How to make sustainability fun and engaging for younger children.

Week 3: Planning Activities and Lessons

Develop a simple, engaging curriculum focused on sustainability topics like recycling, conserving water, and reducing waste.

Participants create lesson plans, with an emphasis on interactive, hands-on learning.



2. Delivery of the Programme (Weeks 4-16)

Goal: Implement the sustainability education programme, leading weekly activities with children.

Activity Ideas for Teaching Sustainability to 5-11 Year Olds

Week 4-6: Waste Reduction and Recycling

Activity 1: Recycling Relay Race

Objective: Teach the children how to sort waste into recyclable and non-recyclable items.

How it Works:

Set up bins labeled “Plastic,” “Paper,” “Metal,” “Glass,” and “Non-Recyclable.”

Place a pile of mixed waste (clean, safe items) in the center. Divide the children into teams. Each child picks an item, runs to the bins, and places it in the correct bin.

Discuss the importance of recycling after the game.

Activity 2: Recycled Art Project

Objective: Demonstrate the value of upcycling and reusing materials instead of throwing them away.

How it Works:

Collect safe recyclable materials (like plastic bottles, cartons, and paper).

Children use these materials to create artwork or crafts, such as turning a bottle into a bird feeder or making a collage.

Discuss how reusing materials reduces waste.



Week 7-9: Energy Conservation

Activity 3: Light Bulb Hunt

Objective: Teach the importance of turning off lights and conserving energy.

How it Works:

Set up “energy vampires” around the room (e.g., small lamps, electronic devices, or drawings of light bulbs).

Give each child a checklist and ask them to find all the items that are wasting energy.

After the hunt, talk about why saving electricity is important and what they can do at home to help.

Activity 4: Build a Solar Oven

Objective: Show children how renewable energy works through a simple project.

How it Works:

Use a cardboard box, foil, plastic wrap, and black paper to create a solar oven.

Place s’mores or other simple treats inside and watch them cook in the sun.

Talk about how solar energy can be used to cook food and power homes, reducing the need for non-renewable energy sources.



Week 10-12: Water Conservation

Activity 5: Water Conservation Challenge

Objective: Teach children about saving water.

How it Works:

Give children a list of water-saving tasks to try at home for a week, such as turning off the tap while brushing their teeth or taking shorter showers.

Have a discussion the following week about how much water they saved and why it's important to conserve water.

Activity 6: Make a Rain Gauge

Objective: Teach children about rainfall and its role in the environment.

How it Works:

Help the children make simple rain gauges using plastic bottles, markers, and rulers.

Monitor rainfall over a week and discuss how rain helps plants grow and how we can conserve water during dry periods.



Week 13-16: Nature and Biodiversity

Activity 7: Mini Beast Hunt

Objective: Teach children about the importance of biodiversity and the role of insects in the environment.

How it Works:

Take the children outside to a safe area, such as a park or school garden.

Provide magnifying glasses and help the children search for insects like ants, beetles, and worms.

Discuss why insects are important for healthy ecosystems and what we can do to protect their habitats.

Activity 8: Create a Wildlife-Friendly Garden

Objective: Encourage children to support local wildlife.

How it Works:

Help the children plant seeds or small plants that attract pollinators like bees and butterflies.

Install bird feeders or build bug hotels using natural materials.

Discuss how planting gardens helps local wildlife and reduces the environmental impact of human activities.



Reflection and Review (Week 17-18)

Goal: Encourage Bronze participants and children to reflect on their learning and progress.

Activity 9: Reflection Journal

Encourage participants to keep a reflection journal where they write about their experience leading the sessions. They can include what went well, challenges they faced, and what they learned about leadership and sustainability.

Activity 10: Sustainability Poster Competition

Have the children create posters that show what they've learned about sustainability (e.g., recycling, saving energy, protecting wildlife).

Display the posters and have a small celebration to recognize their efforts.



Resources and Support

Mentors: Participants should have access to a teacher or mentor to guide their planning and delivery.

Educational Materials: Provide participants with basic materials such as recycling guides, plant seeds, and reusable containers for crafts.

Partnerships: Consider collaborating with local environmental organizations or nature centers for support.

Outcomes and Benefits

For DofE Participants:

Development of leadership, communication, and teaching skills.

Enhanced understanding of sustainability issues.

Fulfillment of the DofE Bronze Award Service strand.

For 5-11 Year Olds:

Increased awareness of sustainability and environmental issues.

Hands-on experience in applying sustainable practices.

Inspiration to take action and make sustainable choices in their daily lives.

For the Community:

Encourages young children and families to adopt eco-friendly habits.

Strengthens community involvement in local sustainability efforts.

