



Gold Award Support

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

Objective:

The Gold Duke of Edinburgh (DofE) participants will take on a leadership role to design, implement, and lead sustainability education programmes for children aged 5-11. This programme will encourage participants to develop advanced leadership, project management, and teaching skills while educating younger children about sustainability, environmental stewardship, and the circular economy.

Duration:

12 months (aligned with the Gold DofE Service strand requirement, which typically involves 12 months of commitment to a weekly service).

Target Audience:

Participants: Young people aged 16-24 completing their Gold Duke of Edinburgh Award.

Beneficiaries: Children aged 5-11 in schools, community centres, or youth groups.



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Programme Structure

1. Advanced Training and Preparation (Weeks 1-8)

Goal: Equip Gold Award participants with the advanced knowledge and skills needed to teach, lead, and mentor younger children in sustainability and environmental education.

Week 1: Advanced Sustainability Training

Explore in-depth sustainability issues, including climate change, resource depletion, and circular economy models.

Learn about real-world examples of sustainable practices and how they can be applied to everyday life.

Week 2: Leadership and Mentoring

Receive training on advanced leadership, communication, and mentoring techniques, with a focus on teaching younger children.

Learn strategies for managing groups, conflict resolution, and fostering an inclusive learning environment.

Week 3: Curriculum Design and Pedagogy

Develop a comprehensive, year-long curriculum on sustainability for children, ensuring age-appropriate content and hands-on activities.

Participants will collaborate with educators or environmental organizations to align their teaching with best practices in sustainability education.



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Week 4: Resource Development and Planning

Create teaching resources (worksheets, lesson plans, activities) tailored to 5-11 year olds.

Develop a detailed schedule for regular sessions and a roadmap of projects to implement.

Week 5-8: Project Management Skills

Training on project management, event planning, and community engagement to prepare participants for leading longer-term sustainability projects.

Learn how to fundraise, manage resources, and measure the impact of the sustainability programme

2. Delivery of the Programme (Weeks 9-44)

Goal: Participants will lead the delivery of the sustainability education programme for children, focusing on a wide range of environmental topics, including energy conservation, biodiversity, waste reduction, and water management.

Activity Ideas for Teaching Sustainability to 5-11 Year Olds (Gold Level)



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Theme 1: Sustainable Communities and Circular Economy (Weeks 9-16)

Activity 1: Zero-Waste Challenge

Objective: Teach children about the importance of reducing waste and adopting a circular economy mindset.

How it Works:

Set a school or home-based challenge where children attempt to produce no waste for a week. Provide tips on composting, reusing, and recycling.

After the challenge, reflect on their experiences and discuss how a circular economy reduces waste and conserves resources.

Activity 2: Build a "Repair Cafe"

Objective: Introduce the concept of repairing and reusing rather than discarding broken items.

How it Works:

Organise a session where children bring broken toys or objects from home. Participants help them repair these items, showing how reuse extends the life of products.

Discuss how repairing items fits into the broader concept of sustainability and reducing consumption.



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Theme 2: Energy Conservation and Renewable Energy (Weeks 17-24)

Activity 3: Renewable Energy Lab

Objective: Teach children the principles of renewable energy through hands-on exploration.

How it Works:

Participants guide children through building simple models of renewable energy systems, such as solar-powered cars, windmills, or water wheels.

Conduct a group experiment to compare how different types of renewable energy function, followed by a discussion on their importance in combating climate change.

Activity 4: Energy Saving Plan

Objective: Help children learn practical ways to save energy at home and school.

How it Works:

Children work in groups to create an "Energy Saving Plan" for their homes or classrooms. Participants teach them how to identify energy-wasting habits (e.g., lights left on) and suggest alternatives (e.g., using natural light or turning off devices).

They monitor their progress over time and discuss the impact of small changes in daily habits.



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Theme 3: Biodiversity and Ecosystems (Weeks 25-32)

Activity 5: Create a School Wildlife Habitat

Objective: Teach children about local wildlife and the importance of biodiversity.

How it Works:

Work with children to create a wildlife habitat or garden at their school or community centre. This could include planting native plants, creating birdhouses, and setting up feeders for pollinators.

Teach them about the role different species play in ecosystems and the importance of protecting biodiversity.

Activity 6: Nature Scavenger Hunt

Objective: Introduce children to local ecosystems and biodiversity through a hands-on activity.

How it Works:

Organize a nature scavenger hunt where children search for different plants, animals, and natural elements in a local park or schoolyard.

Afterward, discuss how human actions impact these species and ecosystems, and brainstorm ways to protect local biodiversity.



Theme 4: Water Conservation and Pollution (Weeks 33-40)

Activity 7: Build a Water Filtration System

Objective: Help children understand the importance of clean water and how filtration works.

How it Works:

Lead a hands-on activity where children build their own water filtration systems using materials like sand, gravel, and charcoal.

Discuss how clean water is essential for life and the impact of pollution on water systems. Children can compare their filtered water to unfiltered samples to understand the process.

Activity 8: Water Conservation Campaign

Objective: Encourage children to develop water-saving habits at home and in school.

How it Works:

Help children create posters and presentations to raise awareness about water conservation, focusing on simple actions like turning off taps, using water-saving devices, or collecting rainwater.

Participants can help the children present their campaign to the school, teaching them how to advocate for environmental responsibility.



3. Long-Term Projects and Community Involvement (Weeks 45-52)

Goal: Encourage participants to lead longer-term sustainability initiatives with the children, creating lasting impact and promoting stewardship in the wider community.

Activity 11: School Garden and Composting Project

Objective: Develop long-term projects that foster sustainable living practices within the school or community.

How it Works:

Participants guide the children in establishing a school garden, teaching them how to grow vegetables and compost organic waste.

Over time, the children can manage the garden and composting system, providing an ongoing educational resource for the school and community.

Activity 12: Sustainability Fair

Objective: Engage the broader community in sustainability initiatives by hosting a Sustainability Fair.

How it Works:

The children, with the guidance of Gold Award participants, can host a Sustainability Fair, where they present their projects (gardens, waste audits, renewable energy models) and teach their families and peers about the importance of sustainability.

The event could include hands-on demonstrations, posters, and interactive exhibits, making it a learning experience for the wider community.



Theme 5: Climate Change and Sustainable Living (Weeks 41-44)

Activity 9: Carbon Footprint Calculator

Objective: Teach children about their personal impact on the environment and ways to reduce it.

How it Works:

Help children use a simplified carbon footprint calculator to estimate their daily or weekly environmental impact (e.g., energy use, transportation, food waste).

Lead a discussion on how they can reduce their carbon footprint through everyday choices like using public transport, reducing energy consumption, or eating locally sourced food.

Activity 10: Eco-Friendly Fashion Project

Objective: Encourage sustainable consumption by teaching children about the impact of the fashion industry on the environment.

How it Works:

Organise a fashion design project where children create outfits or accessories from recycled materials or repurposed clothing.

Host a final “Eco-Friendly Fashion Show” where children can showcase their creations and explain how their choices promote sustainability.



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Reflection and Review (Final Weeks)

Goal: Help participants and children reflect on their learning, growth, and the broader impact of their work.

Reflection Journals: Participants keep journals documenting their progress, leadership development, and the children's learning outcomes.

Final Review: Host a review session where participants and children reflect on the sustainability projects they implemented, discuss what they learned, and how they can continue applying these principles in their lives.



Resources and Support

Mentorship: Participants will have access to mentors from environmental organizations, schools, or community groups for guidance.

Educational Materials: Participants will create and use custom-designed educational kits, including eco-friendly crafts, renewable energy kits, and sustainability guides.

Community Engagement: Engage local environmental organizations or businesses for resources, guest speakers, and support for long-term projects.

Outcomes and Benefits

For Gold Participants:

Development of advanced leadership, project management, and teaching skills.

A deeper understanding of sustainability and environmental issues.

A strong sense of responsibility and initiative, demonstrated through long-term