



## 101 things to do instead of shopping



10 mins

Brownies, Guides & Senior section

### Aim

To think about some enjoyable activities that wouldn't use many non-renewable resources.

### Equipment

Paper and pens for each group

### What to do

Give each group a sheet of paper and pen. Read out the instructions below, and ask them to write down as many ideas as they can think of between them. This could be run as a competition between groups or as a cooperative activity.

So, you've decided to do less shopping - but what else can you do on a Saturday morning?

A group of people who started a *Buy Nothing Day* came up with 101 ideas!

How many can you think of?

#### Here are a few to get you started:

- 1) Go to the top of a tall building and look at the view
- 2) Write a letter to your grandmother
- 3) Sort out all the clothes you never wear and take them to a charity shop
- 4) Plant some bulbs
- 5) Make up a dance routine with your friends