



## INTERNATIONAL WOMEN'S DAY

International Women's Day (IWD), marked annually on 8 March, celebrates the achievements of women and girls while recognising the ongoing work needed to achieve equality and equity. It highlights contributions across communities, science, sport, culture, leadership and everyday life, and encourages people of all ages to reflect on opportunity, representation and participation.

Within Scouting, International Women's Day provides an opportunity to explore these themes through learning by doing. Activities can help young people notice achievements, recognise different experiences and consider how environments influence who feels able to take part. Through practical experiences, discussion and community action, young people develop awareness of equality and understand how small actions contribute to wider change.

### Purpose of This Pack

This programme pack supports Sections to engage with the themes of International Women's Day in ways that are age-appropriate, practical and youth-led.

Each resource focuses on experiencing ideas rather than simply learning about them.

Across the Sections, activities explore:

- Celebrating achievements in many forms
- Recognising representation and diverse experiences
- Understanding equality as participation and opportunity
- Connecting local actions to global movements
- Encouraging young people to see themselves as contributors to positive change

The progression moves from noticing and appreciation in younger Sections towards reflection, perspective and community action in older Sections.



## Using This Resource

While each activity is written with a specific Section in mind, they can be adapted to suit different age groups, mixed Section events or joint programme nights. Scouters and youth members to adapt complexity, discussion depth and outputs to meet the needs of their group.

Some Sections may choose to:

- Run activities across multiple meetings
- Adapt an activity for a younger or older group
- Use role model stories across several Sections
- Combine activities for Scout Group or community events
- Extend an activity into their ongoing programme plans

The intention is not to provide a fixed plan, but a support for engagement with International Women's Day.

By engaging with International Women's Day through shared experiences, practical challenges and community connection, young people develop an understanding that equality is shaped through everyday actions as well as global movements.





## Beaver Scout Programme Resource – Thank You Heroes

**Activity Summary:** Beaver Scouts celebrate International Women’s Day by listening to short stories about women who help others in different ways. After noticing the qualities shown in the stories, Beaver Scouts create thank-you cards for someone they know who shows similar qualities. The activity focuses on appreciation, recognising everyday contributions and expressing gratitude.

### Objectives:

By the end of the activity Beaver Scouts will:

- Hear stories of women helping others in different roles
- Notice helpful qualities such as bravery, encouragement and curiosity
- Connect stories to people they know
- Create a thank-you card expressing appreciation
- Take part in choosing a kindness action

## PLAN

At the start of the meeting the Scouter should:

- Explain that International Women’s Day is a day when people around the world celebrate women and the things they do. We use this day to notice women who help others, lead teams, discover new things and make our communities better, while also recognising the need for inclusion and equity for all.
- Tell Beaver Scouts they will hear some short real-life style stories.
- Ask Beaver Scouts to listen for how each person helps others.
- Prepare simple card-making materials.



## DO

### 1. Story Time

Read one or two stories aloud (samples at the end of this section).

After each story ask simple noticing questions.

### 2. Choose someone to thank

- Who helps you?
- Who teaches you something?
- Who encourages you?
- Who makes you feel included?

### 3. Create a Thank-You Card

Beaver Scouts make a simple card including:

- The person's name
- A drawing
- One thing the person does
- One quality (kind, helpful, brave, caring, supportive)

Scouters support writing where needed.

### 4. Kindness Action

Lodge chooses one kindness action inspired by the stories.

Examples:

- Encourage someone
- Share equipment
- Make an extra card
- Do a good turn



## Review:

- Did different stories show different qualities?
- Did we choose different people to thank?
- Can helpers be everyday people?
- How can we show appreciation?

	<b>SOCIAL</b>	Sharing, discussing & working together
	<b>PHYSICAL</b>	
	<b>INTELLECTUAL</b>	Learning about equality and opportunity
	<b>CHARACTER</b>	
	<b>EMOTIONAL</b>	Facing challenges, empathy for others
	<b>SPIRITUAL</b>	

## Personal Progression:

	<b>BREE</b>	Bree - Notices helpers in their community
	<b>RUARC</b>	Ruarc - Explains qualities of people who help
	<b>CONN</b>	Conn – Can show appreciation of how people help them



## Sample Stories

### 1. Lifeboat Volunteer

There is a woman who volunteers with the RNLi lifeboat crew. When people get into trouble at sea, she gets a call - even at night. She puts on her gear, goes out on the boat and helps bring people back safely. Sometimes the weather is rough and it can be scary, but she works with her team and stays calm. She is a volunteer who decided to help others.

Prompts for Beaver Scouts:

- Who did she help?
- Was she brave?
- How did she work with others?

### 2. The Sports Coach

There is a woman who coaches a local football team for children. She plans training, helps players learn new skills and makes sure everyone feels included. If someone is nervous or makes a mistake, she encourages them to try again. Her team gets better, but more importantly they feel confident and have fun. She helps children believe in themselves.

Prompts for Beaver Scouts:

- How did she help people?
- Was she a leader?
- How did she make others feel?

### 3. The Space Scientist

There is a woman who works as a space scientist. She studies planets, stars and rockets to help us learn more about space. When engineers build a spacecraft, she helps figure out what tools it should carry and what questions it can answer. Her work helps people understand Earth better too, like how weather changes and how we protect our planet. When she was a child, she asked lots of questions and liked finding out how things worked.

Now her curiosity helps the whole world learn.

- What did she do so that she can help us to learn about space?
- she help people to understand our planet?
- How did she learn when she was a child?