



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.





Cub Scout Programme Resource – Inspiration Figure

Celebrate International Women’s Day by creating an “inspiration figure” that represents qualities they admire based on notable women in Society. Working in their Sixes, Cub Scouts build their figure, talk about achievements and choose one small action inspired by those qualities. The focus is on noticing strengths, sharing stories and recognising that inspiration can come from many places.

- Recognise qualities that inspire others
- Share examples of women and girls who inspire them
- Understand that achievements can look different
- Support members of their Six while creating
- Connect inspiration to a small 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.
- Ask Cub Scouts who inspires them and why.
- Provide simple materials (spoons, pegs, paper figures, card - whatever is available).
- Explain that each Cub Scout will create an inspiration figure showing qualities – don’t worry too much about perfection in making the figures..
- Use the attached Role Model Cards, or create your own –
 - Place cards in middle of each Six
 - Cub Scouts can pick one, share one, or choose their own
 - Cards are prompts, not instructions
 - Encourage connection to qualities rather than facts



DO

1. **Create** - Each Cub Scout makes a simple figure representing someone inspiring. Add:

- Colours or symbols showing qualities
- A name (real person or imagined)
- One thing the person enjoys doing
- One quality they show

2. **Six Conversation** - While creating, Sixes talk about:

- What makes someone inspiring?
- Do inspiring people always do big things?
- Can everyday actions matter?
- Are different qualities important?

3. **Inspiration Action** - Each Six chooses one small action inspired by their figures: Eg:

- Encourage someone trying something new
- Help someone during an activity
- Share a skill
- Try something outside comfort zone

4. **Discuss** - Each Six shows their figures and shares:

- One quality that appeared more than once
- One action they chose

Figures can be displayed or taken home.



REVIEW

- Were some qualities repeated?
- Did different people choose different inspirations?
- Can small actions be important?
- How can we encourage others?

Supporting Materials:

- Role model cards
- Craft templates, Materials, Scissors, Glue
- Qualities list



Turas – Awareness - Notices inspiring qualities and participates in conversation.



Taisteal - Understanding - Explains why qualities matter and connects inspiration to real life.



Tagann - Perspective - Values encouragement, opportunity and different journeys.



Turas: Notices inspiration

Taisteal: Explains qualities

Tagann: Values inclusion and encouragement



Sample Cards

<p>Marie Curie (Scientist)</p> <p>Marie Curie was a scientist who wanted to understand how things worked. She studied a special kind of energy that cannot be seen but can be measured. Her discoveries helped doctors treat illnesses and use new medical tools. She worked for many years even when it was difficult and became the first person to win two Nobel Prizes in different sciences.</p> <p>Qualities:</p> <p>Curious • Determined • Patient • Hard-working</p>	<p>Amelia Earhart (Explorer & Pilot)</p> <p>Amelia Earhart loved flying at a time when very few women were pilots. She became one of the first people to fly across the Atlantic Ocean alone. She spoke to young people about trying new things and following their dreams. Her adventures showed that exploration is for everyone.</p> <p>Qualities:</p> <p>Brave • Adventurous • Determined • Confident</p>
<p>Katie Taylor (Irish Athlete)</p> <p>Katie Taylor began boxing when very few girls were encouraged to take part. She trained hard, represented Ireland at the Olympic Games and became a world champion. She has inspired many young people to try sport and believe in their ability. Her journey shows that effort and determination help people achieve their goals.</p> <p>Qualities:</p> <p>Determined • Disciplined • Focused • Resilient</p>	<p>Rosa Parks (Community Leader)</p> <p>Rosa Parks lived at a time when rules treated people unfairly. One day she refused to give up her seat on a bus. Her action helped start a movement that worked for equal rights. She showed that one person's choice can help bring change.</p> <p>Qualities:</p> <p>Brave • Principled • Resilient • Calm • Courageous</p>
<p>Jane Goodall (Scientist & Conservationist)</p> <p>Jane Goodall loved animals and nature as a child. She travelled to Africa to study chimpanzees and spent many years quietly watching how they lived. Her work helped people understand animals better and encouraged others to care for the environment. She showed that patience, curiosity and kindness can lead to important discoveries.</p> <p>Qualities:</p> <p>Curious • Patient • Observant • Caring • Persistent</p>	<p>Norah Patten (Irish Scientist & Future Astronaut)</p> <p>Norah Patten grew up in Ireland and loved space. She studied science and engineering and now trains for space missions. She works with teams to learn more about our planet and space. Her journey shows that big dreams can start with curiosity.</p> <p>Qualities:</p> <p>Curious • Ambitious • Collaborative • Determined</p>