



# INTERNATIONAL WOMEN'S DAY

## Resource Pack All Sections

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?



## 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><b>Marie Curie (Scientist)</b></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><b>Qualities:</b></p> <p>Curious • Determined • Patient • Hard-working</p>	<p><b>Amelia Earhart (Explorer &amp; Pilot)</b></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><b>Qualities:</b></p> <p>Brave • Adventurous • Determined • Confident</p>
<p><b>Katie Taylor (Irish Athlete)</b></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><b>Qualities:</b></p> <p>Determined • Disciplined • Focused • Resilient</p>	<p><b>Rosa Parks (Community Leader)</b></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><b>Qualities:</b></p> <p>Brave • Principled • Resilient • Calm • Courageous</p>
<p><b>Jane Goodall (Scientist &amp; Conservationist)</b></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><b>Qualities:</b></p> <p>Curious • Patient • Observant • Caring • Persistent</p>	<p><b>Norah Patten (Irish Scientist &amp; Future Astronaut)</b></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><b>Qualities:</b></p> <p>Curious • Ambitious • Collaborative • Determined</p>



## Scout Programme Resource – Design for Everyone

Scouts celebrate International Women's Day by exploring how women influence change through design, innovation and problem solving. Using the story of Irish designer and inclusion advocate Sinéad Burke as inspiration, Patrols take part in a practical design challenge where they modify an everyday object to make it easier to use, more accessible or more inclusive. The activity focuses on recognising achievements that improve everyday experiences and understanding that small changes can make a big difference. International Women's Day celebrates achievements and the ways women influence change.

Sinéad Burke's work shows that achievements can include improving everyday experiences and helping more people participate. By leading a design challenge, Scouts experiences how ideas can support inclusion.

### **By the end of the activity Scouts will:**

- Explore achievements that focus on inclusion and everyday change
- Recognise qualities such as observation, creativity and persistence
- Work collaboratively to redesign an object
- Notice how design affects people's experiences
- Understand that International Women's Day celebrates impact as well as achievement

## PLAN

Patrols begin by:

- Reading/Watching the story about Sinéad Burke
- Discussing what inclusion means in everyday situations
- Choosing an object they want to improve
- Agreeing roles so everyone contributes



## DO

**1. Choose & Investigate** - Patrol selects an everyday item and considers:

- Who is this designed for?
- Who might find it difficult to use?
- What small change could help?

**2. Design** - Patrol decides one improvement and creates a redesign using sketching, modification or prototyping. They identify:

- What changed
- Who it helps
- Which qualities inspired the idea

**3. Create** - Patrol produces a simple presentation:

- Prototype
- Modified/hacked item
- Labelled sketches
- Demonstration

**4. Name & Explain** - Patrol gives the redesign a name and prepares a short explanation:

- The problem
- The change
- Why it matters

**5. Share** - Patrols present designs and notice similarities, different users considered and creative solutions.



## REVIEW!

- Did redesigning change how you see everyday objects?
- Were different users considered?
- Did small changes make a difference?
- What qualities helped solve problems?
- How does this link to International Women’s Day?

	<b>SOCIAL</b>	Sharing, discussing & working together
	<b>PHYSICAL</b>	Making stuff!
	<b>INTELLECTUAL</b>	Learning about the design process, user needs & problem solving.
	<b>CHARACTER</b>	
	<b>EMOTIONAL</b>	Facing challenges, empathy for others
	<b>SPIRITUAL</b>	



**Terra Nova**  
Participate in developing design.

**Endurance**  
Takes the lead and helps other scouts with their ideas.

**Polar**  
Organises project and ensures everyone is contributing their best.



Sinéad Burke is an Irish writer, teacher and designer who works to make fashion, buildings and everyday products more accessible and inclusive. Growing up, she often noticed that many things were designed without considering different bodies, needs or experiences. Instead of accepting this, she became interested in how design could change people's lives.

Sinéad has worked with major fashion brands, museums, architects and technology companies to help them rethink how they design spaces and products. She has advised organisations on accessible clothing, improved store layouts so more people can navigate them comfortably, and contributed to projects that consider how people move, reach, see and interact with everyday objects. She has also curated exhibitions and helped shape conversations about who design is for.

Her work focuses on the idea that design sends messages - it can make people feel welcome, confident and able to participate, or it can make things harder. By encouraging designers to think about different users from the beginning, she helps create solutions that work for more people. Sinéad has spoken at international events and has become an influential figure in conversations about representation, accessibility and inclusion in creative fields.

Working in fashion and design as a woman advocating for accessibility has not always been easy. She has spoken about facing assumptions, environments not built with her in mind, and the challenge of encouraging large industries to change established ways of working. Her work requires persistence, confidence and collaboration, as meaningful design change often happens slowly. Her journey shows that achievement is not only about creating something new - it can also be about improving what already exists so more people can take part.



## Venture Scout Programme Resource – Perspectives Lab

Venture Scouts celebrate International Women's Day by exploring achievement in sport through the journey of Irish Paralympic sprinter Orla Comerford. Working in teams, Venture Scouts take part in a series of adapted movement challenges that highlight effort, communication and different ways of experiencing sport. The activity encourages participants to recognise that achievement can involve adapting environments, supporting teammates and redefining success rather than focusing only on performance.

International Women's Day celebrates the achievements of women and highlights the importance of representation and opportunity. Orla Comerford's journey shows us how sport evolves when more people are included and supported. By experiencing adapted challenges, Venture Scouts recognise that achievement is shaped by support, persistence and access.

By the end of the activity Venture Scouts will:

- Explore achievement through practical physical experience.
- Recognise qualities such as resilience, focus, persistence and trust.
- Experience how adaptations influence participation.
- Work collaboratively to complete challenges.
- Reflect on representation in sport and opportunity.
- Understand that International Women's Day celebrates diverse pathways to success.

## PLAN

Venture Scouts begin by:

- Reading or hearing a short story about Orla Comerford and her journey in athletics.
- Identifying qualities that supported her development as an athlete.
- Discussing how sport and activities can be adapted so more people can take part.
- Agreeing how challenge rounds will run.



## DO

**1. Warm-Up – Movement & Awareness** - Unit leads a short warm-up focusing on coordination, balance and reaction. Introduce the idea that athletes train different skills in different ways.

**2. Adapted Challenge Rounds** - Teams complete a series of short tasks where conditions change. Examples:

- Navigation using verbal guidance from a teammate
- Relay where communication is limited
- Reaction or timing challenge
- Movement task at varied speeds or constraints
- Partner coordination challenge

The emphasis is experiencing difference, teamwork and trust rather than performance.

**3. Team Support Round** - Teams repeat one challenge focusing on encouragement and clear communication. Venture Scouts notice how support changes outcomes.

**4. Adapt & Improve** - Teams choose one task and modify it so more people could succeed. They test the adapted version and compare experiences.

**5. Whole Group Challenge** - Unit completes one collaborative movement activity requiring coordination across teams. Focus on inclusion, pacing and shared success.

## 6. Share & Compare

- What felt challenging?
- What helped participation?
- How adaptations changed confidence?
- Which qualities appeared repeatedly?



## REVIEW

- Did adaptations change how success felt?
- Was teamwork more important than ability in some tasks?
- Did repeating tasks improve outcomes?
- What qualities were most visible?
- How does Orla Comerford's story connect to these experiences?
- How does this reflect International Women's Day?



### **Suas:**

Venture Scouts recognise that women's achievements can take many forms and notice how opportunity, support and adaptation influence participation. Through shared experience, they become more aware of representation and equality in sport and everyday life.

### **Trasna:**

Venture Scouts critically reflect on how equality and inclusion shape achievement. They value representation, recognise the importance of accessible environments and consider how they can support participation for others within their communities.



## Rover Scout Programme Resource – Amplify & Support

**Activity Summary:** Rover Scouts celebrate International Women’s Day by exploring how local actions connect to a global movement for equality. Working as a Crew, Rovers Scouts identify a small community-focused action that recognises women’s contributions or supports participation and carry it out within the meeting or immediate community. The activity highlights that International Women’s Day is both a celebration and a call to action that exists worldwide. By carrying out a community action, Rovers experience how even local contributions connect to global progress and recognise their role within that movement.

### Objectives

- Explore International Women’s Day as a global movement
- Recognise how community action contributes to wider change
- Work collaboratively to plan and carry out a small action
- Engage with perspectives beyond their Crew
- Reflect on responsibility, allyship and participation

## PLAN

Rovers begin by:

- Discussing the global themes of International Women’s Day (achievement, equality, representation, opportunity)
- Sharing examples of local women’s contributions in their community
- Identifying one realistic action that can be completed immediately
- Agreeing roles so everyone contributes





# DO

## 1. Choose an Action

Crew selects one action such as:

- Creating appreciation messages for local volunteers
- Highlighting local women's achievements on Crew platforms
- Recording short reflections from members
- Contacting a community group to recognise their work
- Creating conversation prompts for younger sections
- Identifying barriers to participation locally and noting ideas

## 2. Carry Out the Action

Rovers complete the action together. Focus on doing rather than planning.

## 3. Connect Globally

Crew identifies how their action links to global IWD themes or similar actions happening worldwide.

## 4. Capture

Crew documents the action through notes, photos or short reflection.

## 5. Share

Rovers discuss:

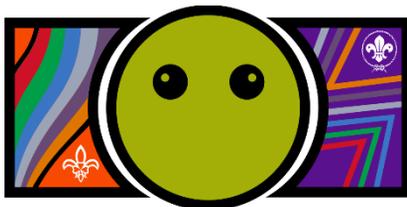
- What felt meaningful
- What impact actions can have
- What could continue beyond the meeting





## REVIEW

- Did local action feel connected to global themes?
- Was recognition meaningful?
- What barriers to participation exist locally?
- What role can Rovers play in supporting equality?
- How does this reflect International Women's Day worldwide?



**Participation:** Rover Scouts recognise how International Women's Day connects local experiences to global conversations about equality and participation.

**Leadership:** Rover Scouts take meaningful action within their community, value collective responsibility and see themselves as contributors to wider movements for inclusion and equality.

