

Resourcefulness



Being resourceful means that you see the value in the objects, ideas and people around you and make use them in a wise manner.

Otters: Do 4 requirements including the 2 starred.

Dolphins: Do 5 requirements including the 2 starred.

Butterflies: Do 6 requirements including the 2 starred

Eagles: Do 7 requirements including the 2 starred.

1. * Resourcefulness starts with making wise use of your own time, talents, energy, and mind. Keep a journal for a week to show how you spend your time. At the end of the week, sit down with your parents and evaluate what you learned. Do you schedule enough time for your homework to make sure you can do quality work without being rushed? Are you involved in too many after school activities? Do you get enough sleep at night? Do you spend most of your time in front of the TV and computer, or do you get outside and exercise? Do you eat healthy meals or mostly junk food? Find at least 3 areas you think you can improve and work on them for the next two weeks. (Otters may keep a picture journal if they wish.)

2.* Being resourceful means making the most of what you have and not wasting it. Choose at least three of the areas below to focus on reducing waste in your life.

- ◆ How long do you spend in the shower each morning? Try to make sure your shower is no more than 5 minutes. By doing so you will not only save water, but also electricity, propane or natural gas depending on what you use to heat your water. Time yourself for the next week and see how quickly you can shower (and still get completely clean!) If you take baths, don't fill the tub more than 4".
- ◆ Make sure you turn the lights off when you leave a room and open the blinds to let in more natural light. Try playing the following game with your family . Whenever someone leaves a light on they must put \$.25 in a jar. At the end of the week, use the money for a family treat or donate it to a worthy charity.
- ◆ Where does your family keep the thermostat? Try to keep it set to at least 80 degrees for the air conditioner and 68 degrees for the heater to help save on your family's energy costs.
- ◆ Create an odds and ends box for when you do crafts. Instead of throwing away scraps of paper, craft foam, or fabric, put them in your box. Then when you only need a small piece you can look in the box rather than cut up a brand new piece of paper or other material.
- ◆ Learn to make the most of leftovers. Try at least 3 of the following methods.
 - A. Cook just enough food so that your family gets enough to eat, but there are no leftovers to worry about.
 - B. Eat leftovers for lunch or have a leftover dinner once a week where every chooses their favorite leftover and helps to clean out the fridge.
 - C. Create a "Perpetual Soup" container. Leftovers such as sauces, bits of meat and vegetables, soups, etc. should all go into a container such as a gallon ice cream bucket and place it in the freezer. When it is full, remove it and let it thaw. Add water and bouillon if necessary to create a surprisingly good soup (just make sure to avoid conflicting spices.)
 - D. Create personal "TV Dinners." Purchase microwaveable trays or dinner plates and fill them with leftovers and freeze. These are perfect for those busy nights when no one has time to cook. Simply remove a plate from the freezer, microwave and eat!

E. Deliberately make too much of something that you know you can use in a variety of recipes. For example leftovers from a large pork roast can be used to make burritos, BBQ pork sandwiches, or casseroles. Just make sure to have the other necessary ingredients on hand to make the most of your deliberate leftovers.

3. Repair, reuse, or recycle three things that you would normally throw away. Decorated juice cans make great pencil holders. 2 Liter bottles can be turned into bird feeders, an old tire can become a swing. Old crayons can be melted to make candles. What can you come up with?
4. Find at least three items you own that you no longer use and either give them away or sell them and donate the money to a worthy charity.
5. What items can you recycle in your community? Most recycling businesses take cans and plastic bottles, but many also take newspapers, cardboard, and other items. Design a poster to promote recycling and place it on a bulletin board in your community.
6. Organize an aluminum can drive and donate the money to a worthy charity or a stuffed animal drive to give to a local hospital, police department, or other agency. You could also hold a suitcase drive to donate to the local foster children's agency as these kids usually carry what few belongings they have in trash bags.
7. Read a book about how to be thrifty or resourceful such as "The Tightwad Gazette" by Amy Dacyczyn.
8. Learn about a famous person who is known for their resourcefulness. Examples might include George Washington Carver, Louisa May Alcott, Thomas Edison, and Mother Teresa.
9. Learn what your faith says about being resourceful. Find at least three passages in your book of faith that addresses resourcefulness.
10. Being resourceful also means to use your brain to make the most of what is available to solve a problem. Try at least 2 of the following:
 - A. Using just drinking straws, and tape, protect an egg from a fall of 5 ft.
 - B. Using nothing but 3 drinking straws, 4 extra large Life Savers candies, 1 piece of construction paper, and tape create a car that can be moved across the room using only your breath.
 - C. Use mini marshmallows and toothpicks to create a structure that is at least 12" and can stand on it's own.
 - D. Create the longest marble run you can using anything you can find in the house. Toilet paper tubes, Hot Wheel tracks, poster board, milk cartons, etc. Be creative.