

JUST DISGUSTING

If you're intending to remain demure, pristine and elegant, this badge is not for you. It's actually a bit disgusting.




Be messy. Be gross. Try something new and a little bit disgusting. Have fun.

Have some disgusting fun and EARN A BADGE

 Choose a selection of disgusting challenges to complete

 Explore the ready-made resources; download and print

 Order your badges

CHALLENGE OPTIONS

Remember to make choices that keep you safe while completing the challenges. Disposable gloves are advisable for some disgusting challenges for health reasons.

- ☐ Clean and cook a fresh fish
- ☐ Milk a cow or goat by hand
- ☐ Discuss how you can recycle kitchen food scraps
- ☐ Choose a vegetable that you find disgusting and try cooking it a different way to see if that improves the taste
- ☐ Choose a meal that normally requires cutlery and eat it only with your fingers
- ☐ Make a dessert using lolly snakes, grubs etc
- ☐ Make an edible spider or insect
- ☐ Investigate the state of drinking water in 3rd world countries and brainstorm some ideas to help
- ☐ Organise or participate in an activity involving hiding and finding/identifying items in cold cooked spaghetti (or something else gross)
- ☐ Organise or participate in an activity involving identifying items by feeling them without looking
- ☐ Enjoy a messy activity such as finger painting, splatter painting, slime, oobleck, mud painting, mud sculpting
- ☐ Wash and dry dishes using a traditional sink or camp sink
- ☐ Learn to clean a bath and basin at home
- ☐ Clean the toilet at your home
- ☐ Find out what was used as toilet paper in the past
- ☐ Find out about dust mites and practice changing the sheets on your bed
- ☐ Wash, hang out and fold a load of laundry
- ☐ Construct and use an outdoor spit pit or latrine
- ☐ Construct and use a grease trap



ORDER DETAILS

Online order at:
ineedthatbadge.com/badges

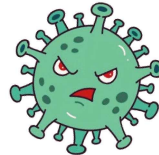
**Themed ready-made resources
available to download and print**



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- ☐ Find out about the connection between cows and methane
- ☐ Perform a science experiment that results in a bad smell
- ☐ Make a useful item using bees wax
- ☐ Make your own worm farm
- ☐ Visit a local sewerage treatment plant and share your findings
- ☐ Participate in an activity to pick up rubbish
- ☐ For a week, take on the responsibility of taking the rubbish to the outside bin
- ☐ Read a book about something disgusting such as:
 - ☐ Just Disgusting – Andy Griffiths
 - ☐ Girls Don't Fart – Lisa Regan
 - ☐ Two Brown Blobs – Andy Griffiths
 - ☐ Gross and Disgusting Stuff in Your Body – Julie K Lundgren
- ☐ Research farts and pass on your new knowledge
- ☐ Find out some causes of bad breath and start a teeth cleaning chart
- ☐ Find out what causes the body to sweat and how best to deal with this
- ☐ Make 'armpit fudge'
- ☐ Learn how animal poo is helpful for tracking
- ☐ Walk through your neighbourhood and try to identify the various types of animal poo you find (of course, don't touch)
- ☐ Use playdough or similar to recreate different types of animal poo
- ☐ Clean up the dog poo in your yard or when taking the dog for a walk
- ☐ Empty the cat litter tray
- ☐ Find out about maggots and larvae
- ☐ Change a baby nappy
- ☐ Participate in an activity with simulated wounds
- ☐ Know how to clean a cut and put on a dressing
- ☐ Find out how to look after a wound to avoid infection
- ☐ Find out why it is important to cover your mouth and nose when sneezing and coughing
- ☐ Learn how to safely cut your fingernails and toenails – can you cut somebody else's toenails, or is that just too disgusting?
- ☐ Work with a group of friends to make a list of the disgusting things you have seen other people do
- ☐ Identify a disgusting habit you may have yourself (biting fingernails, nose picking) and focus on breaking that habit
- ☐ Make homemade soap or cleaning products (eg using orange peel and vinegar etc)
- ☐ Sing some fun disgusting songs, for example
 - ☐ Great Green Globs
 - ☐ Poop the Mango
 - ☐ Great Green Globs
- ☐ Make a wasp or fly trap and use it



There are so many other options. Create some disgusting challenges and share your ideas.