



Girlguiding West Glamorgan's Sponsored Challenge



Dear Leaders,
Understandably at this time we know that some units could be in financial difficulties, so we have created this sponsored challenge pack to help units. All of the activities can be done using Virtual Guiding, independently at home or back in the unit meeting place (when we are allowed to do this).

 **Rainbows** : 1 activity from each section

 **Brownies** : 1 activity from each section

 **Guides** : 1 activity from each section, plus an extra 1 activity from any section

RANGERS : 1 activity from each section, plus an extra 2 activities from any section

Leaders and Trefoil Guild: 1 activity from each section, plus an extra 3 from any section

Section 4 of the challenge is a sponsored section which requires the girls to raise money, as a unit you could set a minimum amount each member has to raise e.g. £10, £15 or £20 in order to earn the badge. The unit will need to buy the badge for the girls but will then be able to keep the additional money raised for the unit.

The badges will be **£1.50 each**, we will accept payments by cheque or by Paypal to westglamorganpr@gmail.com

Postage costs will be charged as an extra:

1-20 badges is £1

21-50 badges is £3

51 - 100 badges is £5

We could love for you to share what you have done for our challenge with us



- Girlguiding West Glamorgan



- www.girlguidingwestglamogan.org.uk



- @girluidingwest



- westglamorganpr@gmail.com

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Section 1 - Seasons

1. Make a sunflower and give it to someone to cheer them up**
2. At the beach build a big castle /or sand sculpture and take a photo
3. Build a den inside or outside your home.
4. Plant some seeds or a bulb, and record their progress as they grow.
5. Make a collage out of leaves and sticks that you have collected.
6. Paint a rock to represent your favourite season.
7. Make a Sea Life mobile**
8. Jungle Build: Pick something to make out of things you collect in the garden or on a walk - a scooter for a snail, Bunk beds for ladybirds, Sunglasses for a beetle, Sleeping bag for a caterpillar, a table for a slug, a walking stick for a centipede or anything else you can think of.
9. Build a snowman, make it as unique as you can.
10. Turn a pinecone into an animal.
11. Make a bird feeder**
12. Make a snowflake**
13. Make a firework picture by splatting paint.
14. Make a sheep collage using cotton wool
15. Make a kite and test how well it flies**

**Templates/Instructions included in the appendix



Section 2 - Keeping Healthy

1. Complete the word search on Fruit and Veg**
2. Wild life Walk Challenge**
3. Make up a dance routine.
4. Make a poster to tell people how to look after themselves in the sun.
5. Do a daily work out, record what you do and try and improve in 7 days.
6. Try a sport or activity that is new to you.
7. Try some Zumba.
8. Have a go at doing some yoga.
9. Make a healthy meal using fruit or vegetables.
10. Make a picture out of fruit and vegetables
11. Go outside, listen to the sounds around you for 15 minutes, how many can you hear? You may want to draw a picture of everything you can hear.
12. Take part in a Think Resilient evening by inviting a Peer Educator to your meeting/virtual meeting.
13. Find out how to look after your teeth.
14. Make a healthy smoothie from your favourite fruit.
15. Make a positivity glitter jar**

**Templates/Instructions included in the appendix



Section 3 - West Glamorgan (All about us)

1. Can you find out about 3 famous people from West Glamorgan:
 - Find out why they are famous and at least 3 facts about each of them.
2. Find out about Swansea Jack (the dog) and what he did**
3. We have 5 Divisions can you find a place of interest to visit in every Division:

Afan is the Port Talbot area

Neath is the Neath and Neath Valley area

Glantawe is from Clydach to the SA1 area

Glan-y-mor is Sketty, Killay and the Mumbles

Gower is from Pontardulais to very end of the Gower.

4. Find out about our Football or Rugby team- The Swans and The Ospreys.
5. If you have been on a Guiding fun day or holiday in West Glamorgan - write an article about it, send it over to us as we would love to hear about it and a lucky few may feature on our website.
6. Find out about foods that are from Glamorgan/Wales.
7. Make a picture of place of beauty in West Glamorgan.
8. We have a few castles in West Glamorgan, find out some facts about one of them.
9. Can you find out about 2 towns in West Glamorgan.
10. Write an article or make a poster to encourage people to come on holiday to West Glamorgan.

**Templates/Instructions included in the appendix



Section 4 - Sponsored event

Help your unit by taking part in a Sponsored event, here are some ideas of things you could do. These things could be done as a unit or independently with parents to support. A suggested sponsor form has been included in the appendix.

1. Sponsored Walk
2. Sponsored Run
3. Sponsored Cycle
4. Sponsored Silence
5. Sponsored Stay Awake
6. Sponsored Badge Challenge (e.g. how many interest badges can you complete in 12 hours?)
7. Sponsored Dog walk
8. Sponsored 24 hour Challenge (Set as many Challenges for yourself as you can in 24 hours)
9. Sponsored no Social Media Challenge
10. Sponsored no TV challenge

All money raised is for your Rainbow, Brownie, Guide or Ranger unit so give it your all! These are just ideas so make it as unique as you can



- Girlguiding West Glamorgan



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- @girluidingwest



- westglamorganpr@gmail.com

Appendix

Sunflower instructions & Template

What you will need:

A 6.5" or 7" paper plate
Sunflower template (on next page)
Card for template
Yellow Paper
Pencils or felt-tips
Green card (for stems)
Glue
Scissors

1. Photocopy 'Smiley face' - colour face brown, eyes brown and lips red. Cut out carefully.
2. Make a template of petal shape on card and cut out. Using yellow paper cut out about 24 petals for each flower.
3. Stick the petals evenly around the edge of the plate, overlapping them, with the inner edges of the petals forming a circle slightly smaller than the 'Smiley face'.
4. Stick 'smiley face' onto plate over the petals.
5. To make stalks, take green card and cut into 2cm strips. Attach the stalk to the back of the flower.

Each sunflower could be made to match the height of the child who made it and could be given to someone or decorate the walls of a room.

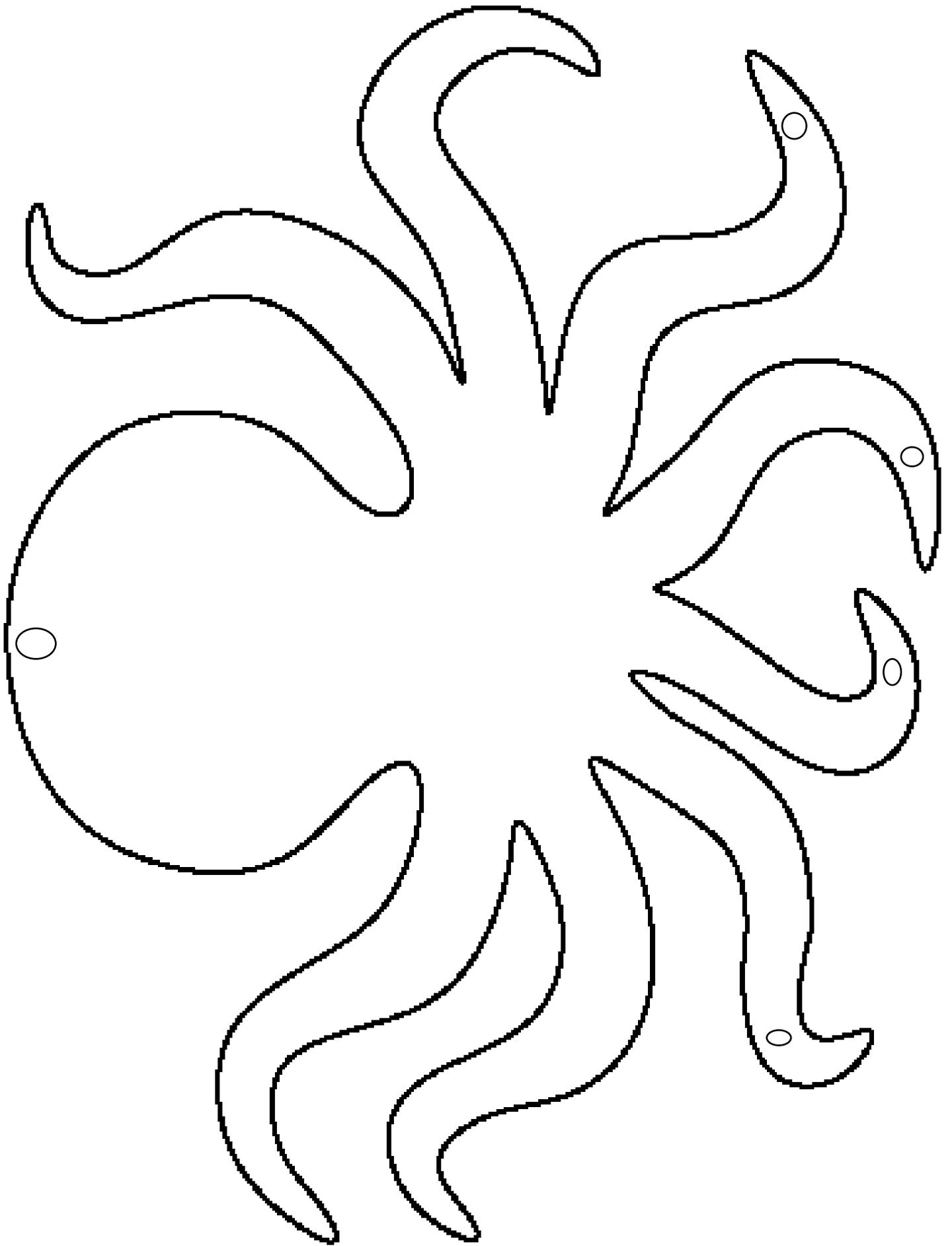


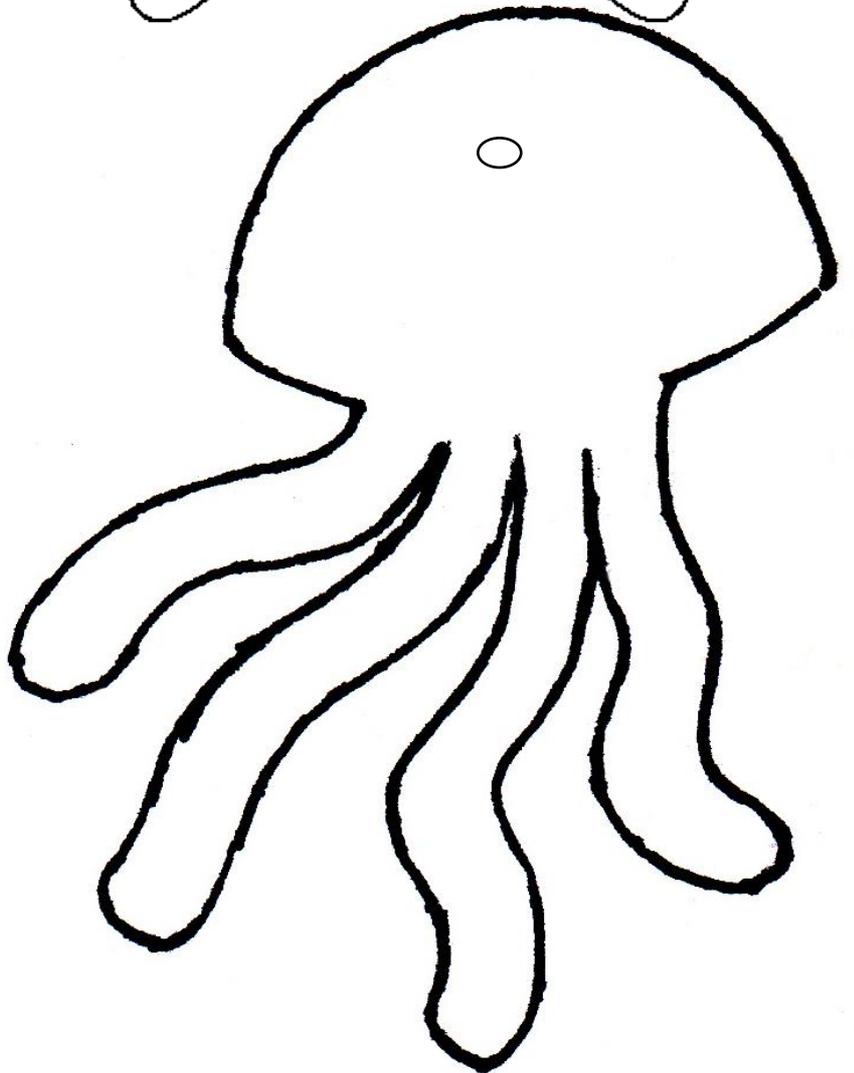
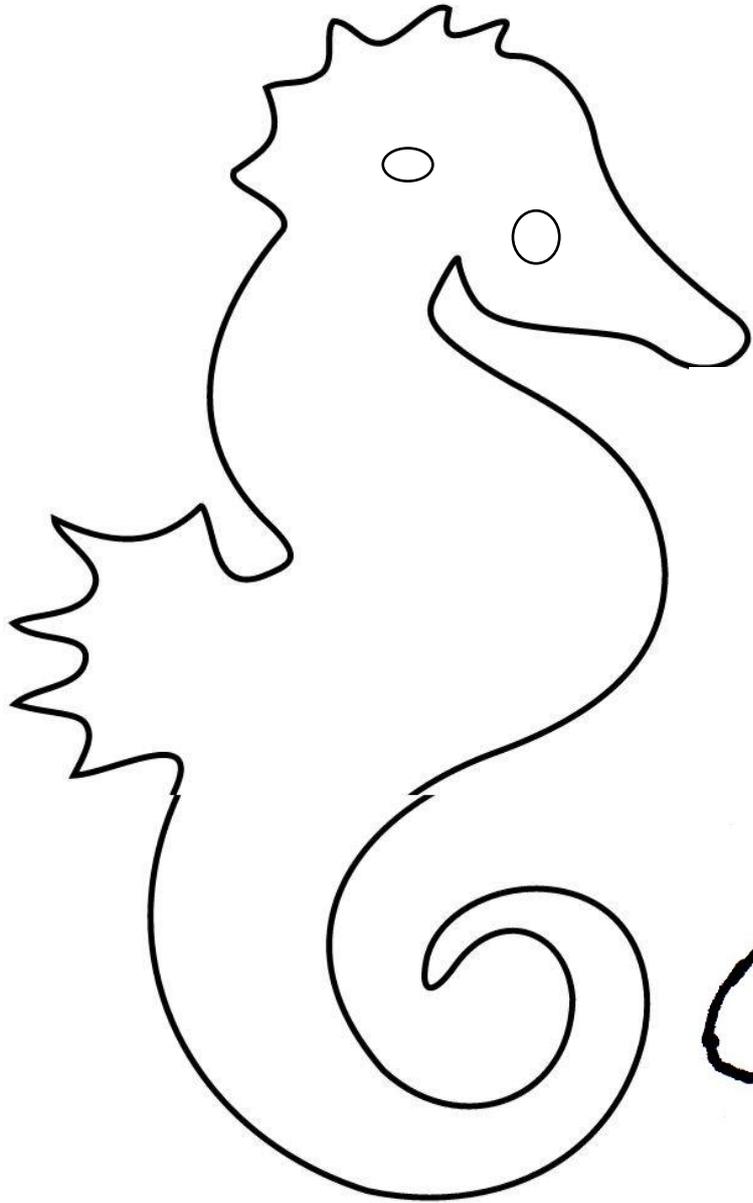
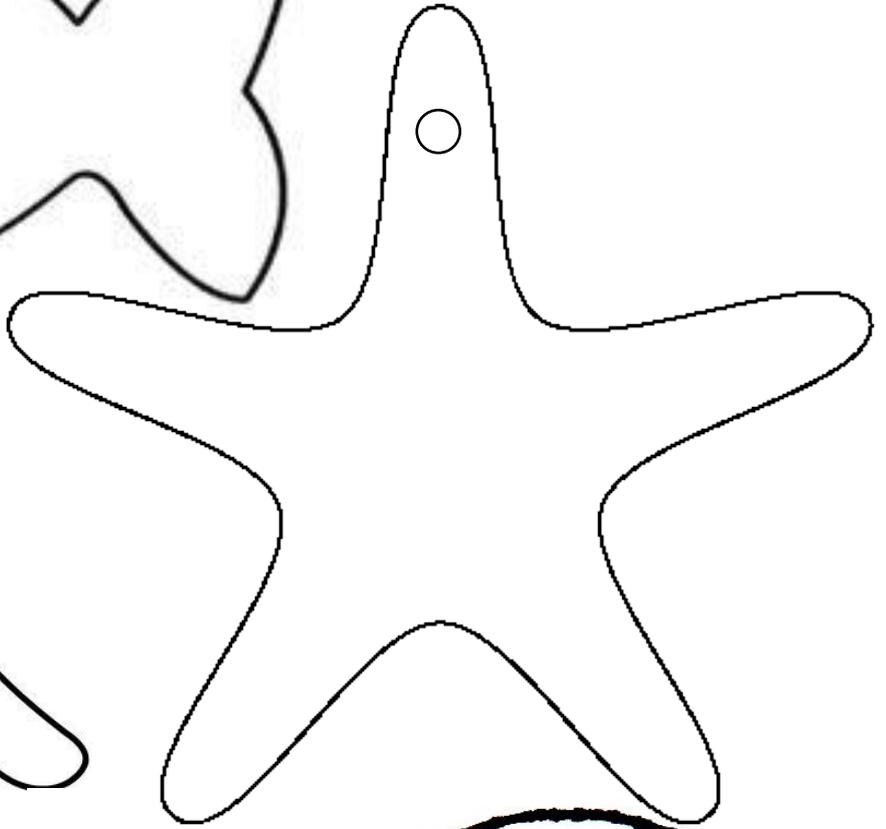
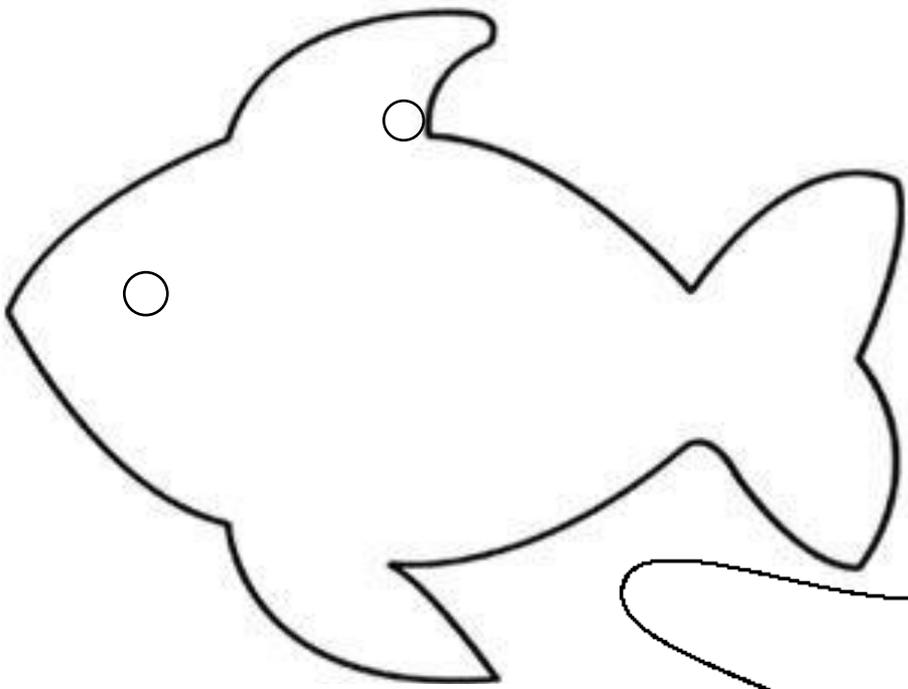
Sea life mobile

You will need:

Black or coloured thin card
Cellophane sweet wrappers or tissue paper
Scissors
Fine thread
Glue
Thick card for templates

1. Draw around each shape and cut out templates.
2. Using templates draw and cut out two pieces of each shape. If the card is only coloured on one side, cut mirror images.
3. Put glue around edges of cut-outs and stick sweet wrappers or tissue paper to cover holes.
4. Carefully glue both parts of each shape together, sandwiching sweet wrappers or tissue paper between pieces.
5. Make small holes where marked 'o'.
6. Put thread through the top of octopus, and attach the mobile parts to the tentacles using different lengths of thread between the holes.





Bird Feeder

Not suitable for children with nut allergy

What you will need:

Bird seed

Raisins

Peanuts

Grated cheese

Suet or lard

Yoghurt pots or Plastic cup

String

Mixing bowl

Scissors

1. Carefully make a small hole in the bottom of the yogurt pot or plastic cup. Thread the string through the hole and tie a knot on the inside, leaving enough string so that you can tie the pot to a tree or bird table.



2. Allow the lard to warm up to room temperature, but don't melt it. Cut it up into small pieces and put it in to the mixing bowl.



3. Add all the other ingredients to the bowl a little at a time and mix them together using your hands. Keep adding and squidding it all together until the fat holds it all together.



4. Fill your yogurt pot or plastic cup with bird cake mixture and put them in the fridge to set for an hour or so.



5. Hang your speedy bird cakes from trees or your bird table, watch to see what the birds enjoy.



Snowflakes

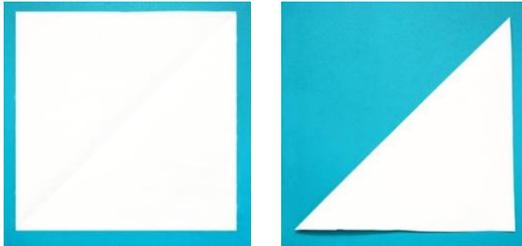
What you will need:

Paper

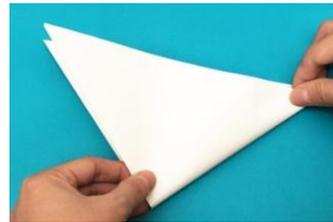
Scissors

Protractor (optional)

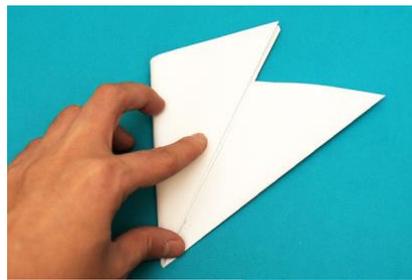
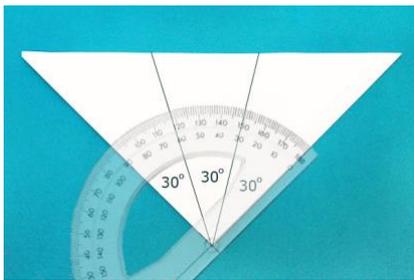
1. Make a paper square and fold it diagonally in half so that you end up with a triangle



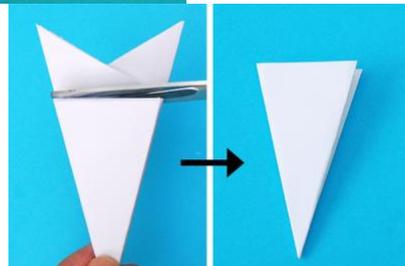
2. Fold that triangle in half to make a smaller triangle.



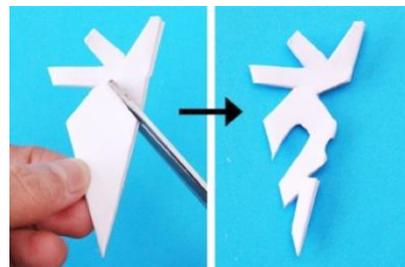
3. Divide that triangle up into 3 equal sections and fold the sections inwards.



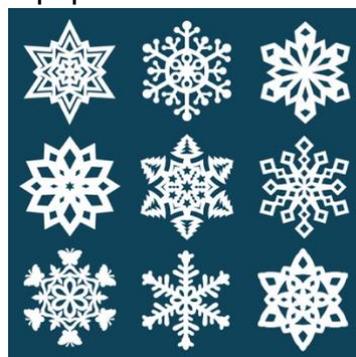
4. Cut along the horizontal edge so that you end up with a wedge.



5. While keeping the wedge folded, cut out random shapes out of the edges.



6. Unfold the paper to reveal your paper snowflake.



Kite

What you will need:

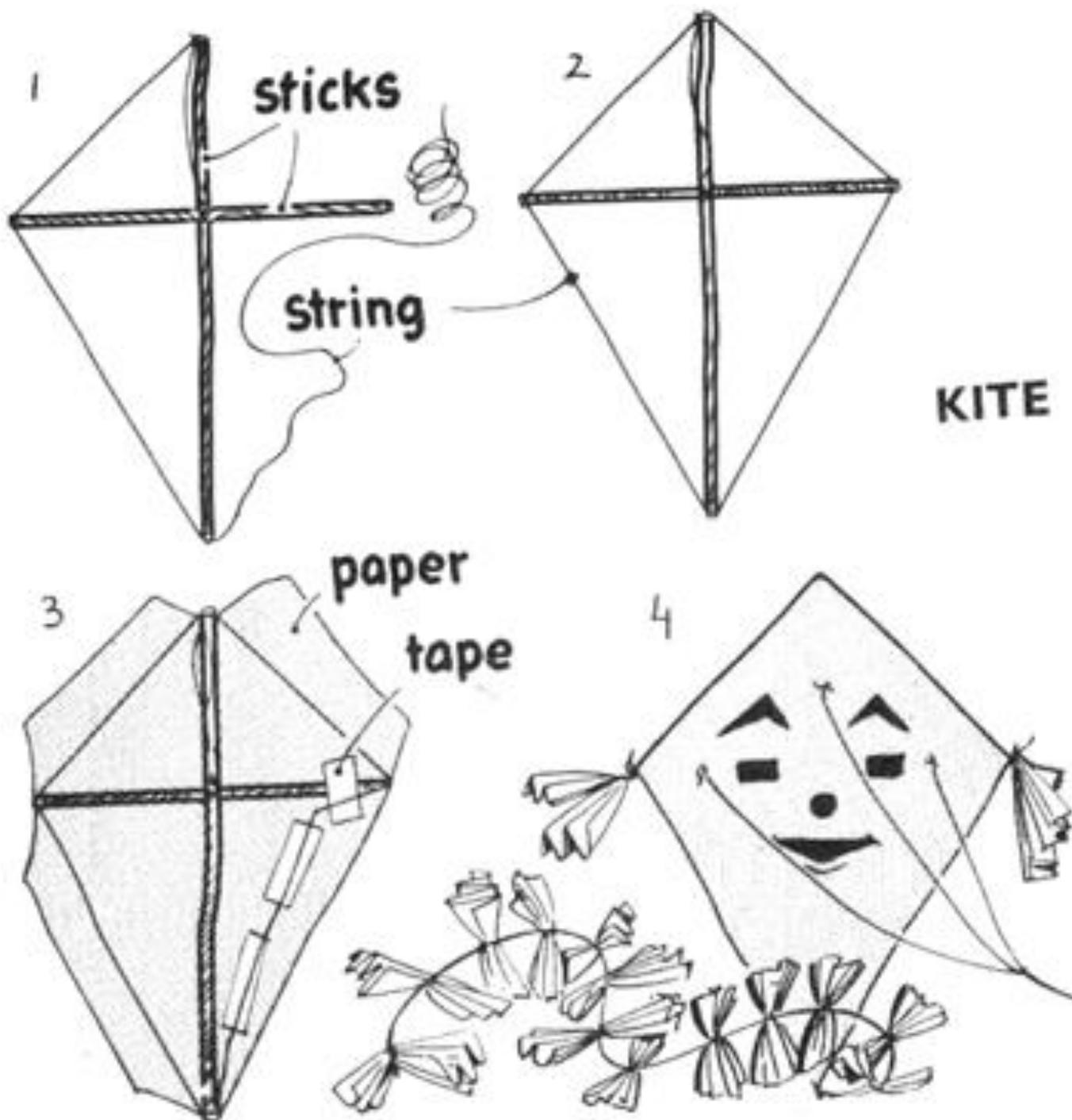
Sticks

String

Paper/tissue paper

Sellotape

1. Attach the two sticks together to make a cross.
2. Stick string around the edge to make a diamond shape.
3. Attach paper/tissue paper to the diamond to fill in all the gaps.
4. Attach string and a tail to the kite and have a go at flying it on a windy day.



Fruit & Vegetables word search

U S E G N A R O M X C S E O T A T O P X Q V K S
 U V B C L L I T J J H P T A V D P C D Z R A W E
 H Z X E M Z D Z H X E Z P X J F X O M D G M X H
 N Q O U E H G K B U R A E E U R S M N W I C B C
 Y Z O Y O A K B T R R M P I X U A H A L W D R A
 L P E P F U D B M Z I Z M L C O U P I X A Q U E
 F K R B V Q O E K D E T A P U C S X V R T B G P
 X W S B Q P U D P T S F G W X N A W M R E M X A
 J S Q M T L H U E R C S K B D Q M A P O R H E X
 B Z S T I U R F E P A R G K Z F U X R B M K M D
 U E F M S R V I S Q N U M E W S S Q U N E N I H
 S R A E P T J U X E V W R D H V A D Y I L G L A
 A A V D U N E H A S A K F W P B W J T D O A R I
 G V N Y S U D J Y E P U O L A T N A C P N O X Z
 Y O V Z C O B G R X H H K Z K I E S T O R R A C
 Q C T M Y P I D C I S I B W I D X T A P P L E S
 B A H E Z D W C O T A Z L L B Q Y Y N N R X Z K
 F D O V X F J P R B U M V N Y T G N H K Z A G N
 P O N R R B T O N D Q U Y E W D C S H T Z D N T
 S S E A J U G Z E B S Q W N V Q V O Q W H Y O C
 Z D Y P O M E G R A N A T E S V C T I H G C M K
 R K D Y F X V T M Z R W H N D B Z B H X N T E J
 L X E F B X M R H G X Z V N J O A N A N A B L W
 O W W C G R Y Z E V D P G I Z E L P P A E N I P

squash	cantaloupe	lime	lemon
apples	avocados	banana	carrots
cherries	corn	grapefruits	honeydew
oranges	peaches	pears	pees
pineapple	pomegranates	potatoes	watermelon

Wildlife Walk Challenge

On your walk collect or draw as many of the following as you can.

A feather	A small stone	A blade of grass	A tree seed	Draw a flower	A pine cone
A pine needle	Something yucky	A forked twig	A green leaf	A flower petal	Something that feels nice
A rose petal	A clove leaf	A red leaf	An oak leaf	A conker	Sycamore seed (helicopter)
A stone/pebble that is smooth	Something beautiful	Leaf with 5 points	Draw a duck	A stone that is rough	Draw a bird

Positive Glitter Jar

What you will need:

- A jar or plastic bottle
- A jug of warm water
- 60ml glitter glue
- 3 drops of gel food colouring
- 60-80g glitter



1. Add warm water to your jar or bottle until it reaches around a third of the way up.
2. Add the glitter glue and stir until it combined with the water. While adding the glitter think about things that make you happy.
3. Add around 3 drops of food colour and stir. You can add more or less depending on your preferred shade. But remember not to add too much or the mixture will become very dark and it will become hard to see the glitter.
4. Pour in the glitter! Again, you can use more or less than suggested, or go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture.
5. Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.
6. When you are feeling low, give your jar a shake and think about all the things that make you happy.



Swansea Jack

Here are some links you might find useful.

https://en.wikipedia.org/wiki/Swansea_Jack

<http://www.swanseamuseum.co.uk/swansea-a-brief-history/the-sea/swansea-jack>

<https://www.walesonline.co.uk/news/wales-news/amazing-tale-hero-dog-swansea-15954212>

<https://www.friendsofthedog.co.za/swansea-jack-famous-dog.html>

<https://www.bowerlandcottageholidays.co.uk/saturday-stories-swansea-jack/>



Badge order form

All badges are subject to availability.

Please pay via PayPal to westglamorganpr@gmail.com
or cheque made payable to 'Girlguiding West Glamorgan'

Orders to be sent to 171 Belgrave Road, Gorseinon, Swansea, SA4 6RB
or westglamorganpr@gmail.com

	Quantity	Total price of badges (£1.50 each)
Sponsored Challenge badges		

Postage Add the required amount of postage	1-20 badges	£1	
	21-50 badges	£3	
	51-100 badges	£5	
	Total		

Unit Name	
Your name	
Your address	

For office use only			
Receipt number		Date posted	
Initials			