

Pack Your
Guiding Bag
for an **Adventure**
with Cheshire Forest





Hi Everyone

Following on from the success of the first County Challenge Badge (which has seen over 1200 girls and leaders from across the county taking part), we have launched our next challenge badge – ‘Pack Your Guiding Bag for an Adventure’.

The badge takes you on a virtual tour to all the five World Centres, and the UK Guiding centres at Lorne Northern Ireland, Broneirion Wales, Waddow and Foxlease England, as well as our own activity centre at Pettypool. As a county, we are aware that some units have been meeting regularly via zoom over the last 10 months whilst others have not. This pack gives the opportunity for everyone to take part, whether you are meeting as a unit or not. Again there is no charge for the badge for members in Cheshire Forest, just let your leader know or show her when we do get a chance to meet face to face and she can order the badge for you.

To gain the badge:

-  **Rainbows and Brownies should complete 2 challenges from each section and 2 more from any section.**
-  **Guides, Rangers, Young Leaders, Leaders and Trefoil Guild members should complete 3 challenges from each section.**

The Challenge runs from 22nd February 2021 until 31st December 2021. As you will see, there is not a badge on the front of this pack, this is because the design will be chosen from those that are submitted for the design competition as part of the ‘Pettypool Challenge Section’.

If you want to take part in the design challenge, then please get in your submission by 30th May 2021, in order that a design can be chosen, and then the badges made. I hope you enjoy completing this challenge and we all look forward to returning to in person Guiding very soon.

Regards Nikki Barker

County Commissioner Girlguiding Cheshire Forest

Our Chalet

- **Our Chalet is in a beautiful area of the Swiss Alps** – Find out what the nearest big hill is to where you live and climb it.
- **Plait or braid your hair in a traditional Swiss style or make a floral headband to wear.**
- **Dress up in lederhosen made of bin bags or make a Klausjagen miter hat out of paper!** You may need to research what they look like!

Klausjagen Miter Hat Instructions

Step 1: Fold the top edge of the paper down to the bottom edge. Fold down the top right and left corners to the center of the paper so that their edges touch to make a triangle with the paper, 1 inch above the bottom edge of the paper.

Step 2: Fold the top flap of the bottom 1-inch edge of the paper up onto the folded over-corners edges.

Step 3: Turn the paper over. Fold the right corner in to the center of the paper. Fold the left corner in to the center of the paper to make a house shape. Fold the bottom flap up over the corners to finish making the bishop hat.

- **Design your own Swiss Army knife!** What extra gadgets and tools would you have and why?
- **Learn how to whittle from wood or carve soap or even use a carrot or a parsnip.**
- **The Swiss Alps are often covered in snow.**
Coconut pyramids are a delicacy that you can shape to look like a Swiss mountain.
Have a go at making some.

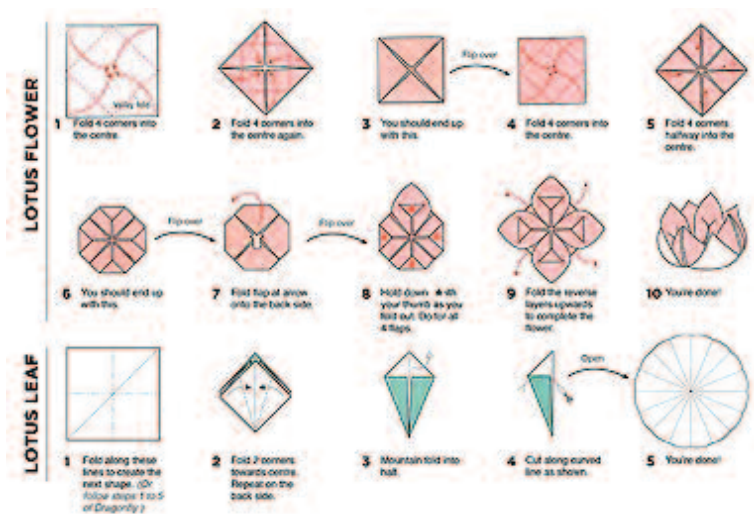
HOW TO MAKE:

Beat 1 egg lightly then stir in 125g of desiccated coconut and 125g of caster sugar. Divide the mixture into 9-10 heaps on a lined baking sheet and mould into mountain shapes (or you could use an eggcup). Top each mountain with half a glace cherry and bake for 15 minutes at 170°C. Enjoy!

Pax Lodge

- **Create a quiz on famous London landmarks.** How many can you name?
Share with your unit or your friends and family.
- **Hold a traditional Afternoon Tea or perhaps make fish and chips!**
- **Plan a trip for your unit to London** – Pax Lodge is our nearest world centre and is a great place to go and stay. Think about how you will get there and what you will do when you are there. Share your plan with your leader.
- **Make a magical Harry Potter inspired drink.** Some of the Harry Potter movies are filmed in London. The book's are famous for its butter beer which is made from butterscotch, sugar and water with a frothy top – can you make it? Does it taste good? Alternatively design your own magical drink, give it a name and then have a go at making it!
- **Find a film set in London, watch it and try to spot as many London landmarks as possible.** Lots have been filmed there; *Paddington*, *Harry Potter*, *Mary Poppins Returns* - how many more can you name?
- **Monopoly is set on the streets of London** – Why not play the Monopoly board game with friends or family - see who can purchase the most hotels. Alternatively choose your own theme and make your own monopoly board – let your imagination go wild!!!

- **Make a Rangoli pattern.** They are brightly coloured circular, hexagonal or square designs – you could make them from rice, pulses and seeds.
- **Learn to fold a napkin into a Lotus flower.**



- **Learn about Diwali and its central themes.**
- **Make a fan and decorate it to look like a peacock** – The peacock is the national bird of India.
- **Try yoga – an ancient practice that was developed in India.**
Here are just a few to get your started:
Tadasana (Mountain Pose), Vrikshasana (Tree Pose)
or the Adho Mukho Svanasana (Downward Facing Dog Pose)
- **Or perhaps have a go at Bollywood Dancing** – Maybe you took part in the County Thinking Day Celebrations on Zoom on 22nd February 2021 so that's one challenge completed!



Our Cabaña

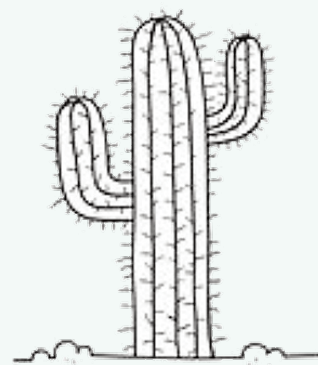
- Find out more about what the tree means on the emblem of Our Cabaña.
- Make a family tree to show how you are related to other members of your family.

- **Make a small sombrero from a paper cup, paper plate and mini pompoms.**
Why not design it first?



- **Mmmmmm - did someone say chocolate?**
Did you know chocolate was originally from Mexico? Have a go at designing your perfect chocolate bar - what would you add? You could even have a go at making it...
- **Ola!** Mexico has the world's largest population of Spanish speakers. Learn to say, "hi my name is [name] and I am a rainbow / brownie / guide / ranger from [unit name]" in Spanish or perhaps you are already learning Spanish, so can you teach someone how to count to 10 or the days of the week / months of the year.
- **Get Tasting** – Authentic Mexican food is more than tacos and salsa. Research Mexican dishes and create one for your family to try or perhaps design a menu for your own Mexican restaurant.

- Play pin the flower / prickly / moustache / sombrero on the cactus!



- **Reflect on your Guiding Journey** – Kusafiri means 'to journey' in Swahili. Not all journeys are physical and for this challenge we encourage you to think about your guiding journey - reflect on your promise and the guiding values and discuss with your unit / family / friends what being a member of Girlguiding means to you.
- **Not just jewellery** – In many African countries, women are known for wearing highly decorative bead necklaces – research the history and meaning behind them and then design and make your own. You could even make the beads from paper / fimo if you are feeling crafty.
- **T-Shirtally Brilliant** – Plastic bags are illegal in Rwanda – make a reusable shopping bag from an old T-shirt.

No Sew T-Shirt Tote Bag Instructions



- Step 1: Cut the sleeves off then turn inside out.*
- Step 2: Cut the neckline area – you can use a washable marker to determine the depth.*
- Step 3: Determine how deep you want the bag to be – remember the fabric may stretch.*
- Step 4: Cut fringe to the line / depth you wanted.*
- Step 5: Tie Fringe – Take your first pair of fringe and tie it into a knot, then tie two more pairs. This next step will close those holes. In the photo above you see three sets of fringe that have been tied in knots. Next grab one strand from the middle set (the one with the arrow pointing left) and tie it in a knot with one of the strands on the left set. Then take the other strand from the middle set (the one with the arrow pointing right) and tie it in a knot with one of the strands on the right set. Then take the remaining strand on the right set and tie it to the next set of strands, and so on and so forth until all the strands are tied. Now turn your t-shirt right side out again and voila, you're done!*

- **Can you learn Swahili?** Hello = Jambo / How are you? = habarigani / Goodbye = kwa heri / Good Night = lala salama – can you learn any more?
 - **Make your own tribal mask, traditionally made and worn by the Maasai people.**
 - In Sub-Saharan Africa 40% of the 783 million people do not have access to clean drinking water. One of the reasons for lack of clean water is Africa's extreme climate. Although there can be lot of rain in the area, it is seasonal and very unevenly distributed - often leading to droughts when no rain falls for many months.
- Can you keep a weather diary for 2 weeks? Record the weather - you could record the temperature and make a rain-gauge to measure the rainfall.**

Lorne Estate

- One of Legends of Fionn Mac Cumhaill tells how in a fight with a Scottish giant, one of the rocks that he throws didn't reach Scotland, ending up in the Irish Sea making the Isle of Man. Can you make up your own legend, either in words or pictures?
- **Make a soda bread loaf** – This popular bread is eaten and made all over Ireland, can you create some exciting flavour combos?
- **Potato printing** – Try potato printing, you could make a repeating pattern like the Giant's Causeway.
- **The Titanic was built at Harland and Wolff shipyard in Belfast and launched on 31st May 1911.** Can you make your own boat from paper or other materials?
- **Game of Thrones is filmed in Northern Ireland** – Can you decorate a chair to look like a throne and take a picture of yourself sat on it. If you are feeling adventurous, then build yourself a throne from scratch.
- **Family, including the extended family, is extremely important** – Draw your own family tree and see how many generations, or 2nd, 3rd, 4th or even more cousins, can you identify.

Broneirion

- **Mythical Beasts** – Wales is famous for having a dragon on its flag. Can you create a dragon of your own?

Dragons appear in lots of stories and books read a story with dragon in it. Here are a few suggestions: *Zogg*, *Pete's Dragon*, *Harry Potter and the Goblet of Fire*, *How to Train Your Dragon*, *Room on the Broom*, *Lord of the Rings*.

- **What's in a name?** Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch is the town with the longest name and it is located on the island of Anglesey. Have a go at trying to pronounce it!! How many other words can you make from it?
- **Try to learn a few phrases in Welsh.**
- **Get silly with a daffo-dilly!** Daffodils are the national flower of Wales. Try growing some from bulbs or making some out of paper.
- **Build a castle using recycled materials** – There are many castles along the Welsh coastline, perhaps research them for design ideas.
- **Making & Baking** – Learn to make Welsh cakes or Glamorgan sausages.

Waddow Hall

■ **Look to the Skies** – Waddow Hall is in the middle of the Lancashire countryside and is an excellent place to stargaze. On a cloudless night try stargazing. Can you spot any constellations or planets?

■ The rooms at Waddow Hall have traditionally been named after local Guiding Counties.

Design a room themed for our county, Cheshire Forest.

■ **Sail Away** – Fleetwood pharmacist James Lofthouse develops a menthol and eucalyptus liquid for fishermen in 1865 which became the Fisherman's Friends lozenges. Make a paper boat – how far can you sail it?

■ **Can you write a poem?** Ian Bland famous poet, born in Rochdale wrote the poem '*The dinner Lady Dance*' plus many more. Read the poem and anymore that he wrote, which is your favourite? Write a poem yourself and share with your unit or perhaps just family.

■ **Make a red rose out of tissue paper** – This is the symbol of Lancashire.

■ **Let's go fly a kite!** One of the campsites at Waddow is on a hill top and it can sometimes get a bit windy and what do you do when it is windy? Fly a kite! Not got one?? Learn to make one, did it fly?



Foxlease

■ **Plan a journey** – Foxlease is in the New Forest in Hampshire. Plan a trip to Foxlease using public transport from your local area. How long will it take you?

■ **Henry VIII had how many wives?** Can you recite the riddle to remember their names? Did they survive or die and who was beheaded?

■ **Challenge Yourself** – When you go to an activity centre you'll probably try lots of new things and challenges. Set yourself a personal challenge and work towards completion. It might be going for a run every day for a fortnight, reading 30 minutes a day or trying a new hobby, it's your challenge to conquer!

■ Hampshire is the home of the sausage and pie competition. If you entered the competition, what type of sausage or pie would you invent?

Have a go at writing a recipe for your new creation and give it a name. Perhaps try to make bake your pie!

■ **On your Bike!** – The New Forest has many great cycling trails – go out for a bike ride in a local park or green area near to where you live.

■ **WAGGS** – The 6th WAGGS world conference was held at Foxlease in 1930 and the World Flag was agreed here. Play World Badge Beetle on email.

Give the girls a black and white print out of the world badge which they colour as they roll:

6 = blue sky 5 = gold sun 4 = flame 3 = trefoil leaves 2 = the stars 1 = the needle

Pettypool

■ **I Spy with my little eye** – Pettypool is full of natural objects. Go for a walk near your house and see if you can spot a natural object beginning with every letter of the alphabet. You might spot A for apple tree, B for Beetle or C for conker. Write a list or take photographs as you go.

■ **I promise...** – There is a large fallen beech tree at Pettypool that Rainbows, Brownies, Guides and Rangers used to make their Promise under - if you have been to the habitat area at Pettypool you will have seen the fallen tree trunk! When we make our Promise, we promise to be 'helpful' or to 'help other people'. Think of a way you could be helpful - will you dry the dishes, walk the dog or help a sibling with their homework? Do your helpful activity every day for a week.

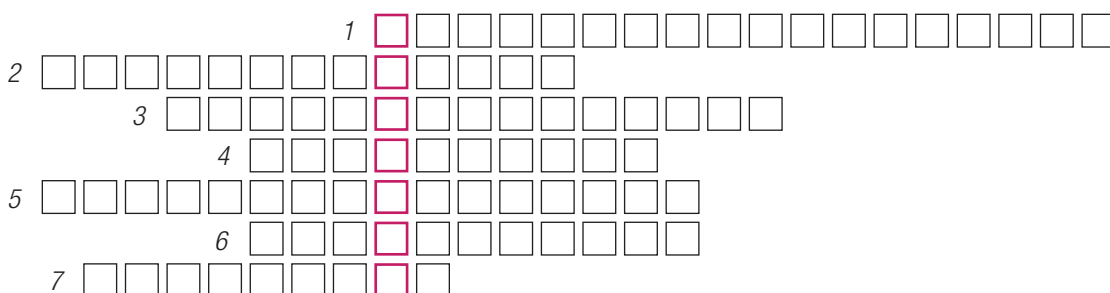
■ **Dedicated follower of fashion** – Pettypool has been in use by Girlguiding since the 1970s. Do some research into fashion in the 1970s and design a uniform for section. Once you have your design, use the internet to look at what members of your section really did wear at that time (Rainbows will have to look at a Brownie uniform, as the Rainbows weren't founded until 1987). How close were you?

■ **Guiding is Great** – One of the fields at Pettypool is named after Olave Baden-Powell, the first Chief Guide. After the Second World War, Olave led a campaign to encourage people across Europe to join Scouts and Guides. Make a poster for people who might like to join Rainbows, Brownies, Guides or Rangers.

Pettypool Puzzle

■ **Where are the clues telling you to go? Complete the puzzle and find the word that links us all.**

- 1) *You can usually see through it!*
- 2) *When your feet don't touch the ground.*
- 3) *Singing will warm you up.*
- 4) *Careful when spending a penny.*
- 5) *Beware of the Twitchers.*
- 6) *When the sun shines and it rains, take cover.*
- 7) *A place for little ones to stay.*



What word does it spell?

Competition Time!!!

■ **Design our Challenge Badge.**

We have not yet got a badge for this Challenge Pack. Could you design a badge that reflects what this challenge pack is all about and submit it to us by 31st May? See page 9 for more details.

All designs submitted by this point will be judged with the winning design chosen and made in readiness to be sent to everyone who has completed the challenge by the end of July.

Congratulations

on completing your
'Pack your Guiding Bag for an Adventure' badge!

Challenge Badge Order Form

Leader's Name

Membership Number

Unit

Division

Contact Email

Contact Telephone Number

Address

Postcode

I can confirm that members of my unit have completed the required number of challenges for the
'Pack your Guiding Bags for an Adventure' Cheshire Forest Challenger. Please send me their badges.

Signed

Please complete the above form and return to:

Tory Relf, 16 The Burrows, Delamere Park, Cuddington, CW8 2UG or email: Tory@cheshireforest.org.uk

Information for Badge Competition

Send your completed badge design to:

Tory Relf, 16 The Burrows, Delamere Park, Cuddington, CW8 2UG or email Tory@cheshireforest.org.uk

Please ensure you include your name and contact details along with your unit name and GO number.

Please note that all badge designs must meet Girlguiding branding guidelines and the winning design may be altered to ensure compliance.