



# Girlguiding

Hampshire East, Hampshire North  
& Hampshire West Counties



# GOLDEN JUBILEE CHALLENGE



1970 - 2020



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## Hampshire East, Hampshire North & Hampshire West Counties



Welcome to the Girlguiding Hampshire East, Hampshire North and Hampshire West Counties Golden Jubilee Challenge, produced to celebrate the three Girlguiding Hampshire Counties' 50th Anniversary in 2020.

This challenge is designed to be accessible to all. It is a personal challenge and can be completed individually or as a unit/group.

Everyone will need to collect 50 points in each section to gain each of the coloured "50" badges.

A unit/group record sheet can be downloaded from the County website.

Please share how you have completed the challenges or ask for suggestions on the Facebook page:  
 Girlguiding Hampshire Golden Challenge

*Designed and produced by members of Girlguiding Hampshire West County*

# 1970 - 2020



## Explore emotions, build confidence and understand how feelings affect behaviour. Discover your role in Girlguiding and the wider world.

- ★ Think of ways to recruit new members, eg design a poster, speak on the radio, bring a buddy evening. Double points if you recruit a new member 10 points
- ★ Invite someone to your unit, or arrange a visit, to learn how to look after different animals 10 points
- ★ Explore what makes up your local community. Design a map to show this 10 points
- ★ Think about different emotions and incorporate this into a game 5 points
- ★ Find out what members of Girlguiding were wearing and what badges they could work towards in 1970, who could you ask to help? 15 points
- ★ Play a game to find out some things you have in common with others in your group, i.e. parachute game, find someone... 5 points
- ★ Hold a pamper evening and discuss how this makes you feel 10 points
- ★ Play a game or go for a walk in the dark, discuss if you all felt the same 5 points
- ★ Explore what makes you feel good, eg spending time with friends, family or animals, going to an event, eating a favourite meal. Make a collage to show this 5 points
- ★ Attend a Golden Event and speak to someone from another group that you haven't met before 10 points
- ★ Visit a place of interest you've not visited before within 50 miles of your home 10 points
- ★ Find out about the local history of your area by visiting somewhere or inviting someone to speak about it 10 points
- ★ Visit or find out about the next section you could move up to, or take on a new role in Girlguiding 10 points
- ★ Invite a Peer Educator to your unit 10 points
- ★ Celebrate World Thinking Day 10 points



**Develop creativity in all sorts of ways, make up stories and create inventions to solve problems. Start thinking laterally and teach creative skills to friends**

- ★ Read a book that you borrowed from your local library, then review it with friends 5 points
- ★ Sing some songs with yellow or gold in the title or verse 5 points
- ★ Celebrate the Japanese Golden Week, which starts on 29 April each year by trying some Japanese crafts 10 points
- ★ Listen to songs with gold in the title and make up a dance to one of them 5 points
- ★ Go and see “live theatre”, eg street theatre, amateur dramatics, a pantomime, play, puppet show 10 points
- ★ Learn a dance that is new to you, eg belly, samba, street, ballet, folk, line 10 points
- ★ Try playing different musical instruments, eg drums, hand chimes, boomwhackers, ocarinas, chime bars 10 points
- ★ Bake or cook something using a traditional recipe from 1970 15 points
- ★ Decorate a recycled item to celebrate the Hampshire counties’ Golden Jubilee 10 points
- ★ Try putting sound effects to a short story 5 points
- ★ Make a short film promoting Girlguiding, showing the different activities you can do as a member 10 points
- ★ Take part in a theatre workshop or visit a local theatre to go backstage 10 points
- ★ Try a craft that is new to you, then teach others this craft 15 points
- ★ Hold a skills evening where everyone shares a skill they have 10 points
- ★ Bake or cook something using at least two different techniques 10 points
- ★ Come up with ideas for a new invention, then sell your idea “Dragon’s Den” style. You could submit it to the “Kids Invent Stuff” YouTube channel for the chance for your invention to be built by real engineers 10 points



## Learn how to stay healthy and how to help others when they're hurt

- ★ Try a new fruit or vegetable 5 points
- ★ Try a new sport 5 points
- ★ Take part in a sport regularly. Double points if you keep it up for a month 5 points
- ★ Water makes up more than 50% of our bodies. Try to drink the recommended amount of water for your age for a day. Double points if you keep it up for a week 5 points
- ★ Sit silently for a period of time, what can you hear? What do you feel like? 5 points
- ★ Learn some basic first aid 10 points
- ★ Try different ways of relaxing before you go to bed to help you sleep 10 points
- ★ Plan some healthy meal options. Cook or prepare one of these 20 points
- ★ Make something to remind you of all your happy memories, eg a glitter or sand jar 10 points
- ★ Make up a fitness routine and try it out with your friends 20 points
- ★ Try yoga 10 points
- ★ Take part in a sports-type 50 target event, with everyone having to score 50 by completing various activities, eg hop, skip, jump, catch, throw 10 points
- ★ Hold a fire drill and talk about the importance of smoke and carbon monoxide detectors 15 points
- ★ Register for and complete your first "parkrun" 15 points
- ★ Keep a food diary for a week. Try to eat five portions of fruit or vegetables a day 20 points
- ★ Find out how to stay safe in the sun 10 points
- ★ Have a go at making healthy smoothies or mocktails 10 points
- ★ Find out about F.A.S.T. (face, arms, speech, time) and how to call the emergency services 20 points



## Overcome fears, try new activities and learn survival skills, get outside and have adventures

- |   |                            |
|---|----------------------------|
| ★ Explore somewhere new   | 5 points                   |
| ★ Climb to the highest point in your area   | 5 points                   |
| ★ Climb to the highest point in Hampshire   | 10 points                  |
| ★ Can you get to the top of a UK mountain?  | 15 points                  |
| ★ Have an adventure in a new country  | 20 points                  |
| ★ Sleep somewhere new indoors - double points if it's somewhere people would not normally sleep   | 5 points                   |
| ★ Sleep somewhere new - outdoors  | 10 points                  |
| ★ Sleep in a bivouac  | 15 points                  |
| ★ Follow a map to go on an adventure  | 5 points                   |
| ★ Eat something you have cooked on a fire   | 5 points/item              |
| ★ Technology can help with adventures - find a geocache   | 5 points/cache             |
| ★ Go on a story walk. Take a piece of card with a strip of double sided tape on, collect things along the walk (no bigger than your little finger nail) and stick them on. Retell the story from the things you have collected. | 10 points                  |
| ★ Plan your perfect adventure trip  | 5 points                   |
| ★ Learn a new campfire song   | 5 points                   |
| ★ Share your new campfire song with others  | 5 points                   |
| ★ Discover the STOP method and explore different situations when this can be used   | 5 points                   |
| ★ Visit a planetarium or invite someone to your unit/group so you can discover the solar system   | 5 points                   |
| ★ Try a new adventurous activity  | 5 points                   |
| ★ On a clear night look up at the night sky and identify some constellations  | 5 points/<br>constellation |



**Build skills to make a positive difference, whether in the community, the wider world or with the people you know**

- ★ Take part in a community action project local to your unit 5 points/hour
- ★ Write a letter to someone important eg MP, Councillor, teacher about an issue that you care about. 5 points
- ★ Upcycling - find something that is no longer needed and give it a new life 10 points
- ★ Bee friendly - bee populations are declining, plant an area of bee friendly seeds 5 points
- ★ Encourage others to plant wildlife/bee areas in their garden 5 points
- ★ The Brownie motto was Lend-a-Hand. Lend a hand to someone without being asked 5 points
- ★ Use 50 coins to make another 50 coins and donate to a worthy cause 20 points
- ★ If you could make the rules, decide on one thing you would change introduce or keep the same, eg play if I was prime minister, I would .... 10 points
- ★ Find out about endangered animals and what can be done to help them 10 points
- ★ Donate to a food bank 10 points
- ★ Keep a diary of food waste for a week, How can this be reduced 10 points
- ★ Organise a fundraising event for your unit 20 points
- ★ Design and make a “Free Speech” t-shirt 10 points
- ★ Make a home for an animal 10 points
- ★ Find out about the work of a charity and share your findings with your unit/group 10 points
- ★ Find out about refill options - double points if you visit one 10 points
- ★ Research how people in the past have made a difference world wide, nationally or locally and whether this is still being put into practise 10 points
- ★ Volunteer locally in some way, eg in Girlguiding or at a charity event 15 points



## Investigate what you might like to do in the future and how you can grow life skills.

- ★ Learn a new life skill - double points if you develop that skill further 5 points
- ★ Teach someone a new life skill 10 points
- ★ Borrow a book from your local library 5 points
- ★ Encourage someone you know to read a book you like 5 points
- ★ Communication is important to us all. Take part in an activity using non-verbal communication 10 points
- ★ Hold an evening where you discover what different people do in their job 10 points
- ★ Take part in a STEM event or evening. Find out how these subjects are used in different jobs 10 points
- ★ Try to mend various things, eg sew on a button, mend a puncture 15 points
- ★ Play a trading game where you get to exchange money for items 10 points
- ★ Become an architect. Design your ideal house in either 2D or 3D 10 points
- ★ From a selection of tools decide which is best for which job 10 points
- ★ Learn some basic household skills that may be useful if you go away on a residential event with Girlguiding 15 points
- ★ Discover the importance of water safety 10 points
- ★ Grow something yourself then eat it 10 points
- ★ Cook a two course meal (10 points per course if the challenge is shared) 20 points
- ★ Learn and practice good cycle safety 10 points
- ★ Find out about managing money. You could arrange for someone from a bank to visit your unit/group 10 points
- ★ Organise and arrange an activity for another Girlguiding section 10 points