



WE DISCOVER, WE GROW

Girlguiding

Herefordshire

Ditch the Sofa



Welcome to "Ditch the Sofa"- a challenge created by Girlguiding Herefordshire to encourage everyone to get up, go out, and have fun!



FOR ADULTS...

Welcome to our “Ditch the Sofa” Outdoor Challenge!

Being outdoors is an excellent way for us all to enjoy Girlguiding safely. Girlguiding is all about fun and adventure, and this challenge pack will encourage our girls to go back to basics and have some fun outdoors. We can make a huge difference to their overall mental health and wellbeing and encourage them to enjoy the wonderful country at the same time.

The final part of the challenge is to help Girlguiding Herefordshire to cover the coastline of the UK. Each kilometre covered is recorded on the Girlguiding Herefordshire marker and will move around the coast of the UK - how exciting is that!

You can choose to cover the distance however you want to from walking, cycling or even horse-riding, you just need to be enjoying the outdoors and make sure you record it on our website.

We’d love to see the adventures you have and the places you go so please share your photos (with consent) using the hashtags #getoutdoors and #girlguidingherefordshire. If you are a leader don’t forget your hashtag #inspiregirls.

Thank you to our organising team - Anne, Julie, Claire and Sandy for putting together the activities; to Sam and Beth for the presentation of the activity pack, Shannon for the photo and Lisa @ [Lisa’s Guiding Illustrations](#) for the images.

Have fun!

Sue Bucknell

County Commissioner



This challenge is open to all ages - Rainbows, Brownies, Guides, Rangers, Young Leaders, Inspire, volunteers and Trefoil members. This is a flexible resource. It can be done on your own at home, with a group of friends or your family, or with your unit - or mix and match. Leaders: you can use some of the activities for your unit meetings over the summer, whether meeting virtually or face to face.

The challenge has 5 parts to it -

- Activities to do in the daylight
- Activities to do in the dark
- Activities to do out in the elements
- A community good turn
- Count the Kilometres - help us to travel virtually around the UK

There are different activities for each section (Rainbows, Brownies etc) - but you don't have to stick to your section if you see another activity that you would like to do. The challenge pack is available in all sections, as well as individual section packs to make it easier for leaders to find suitable activities, as well as having a choice!

It's easy to take part - you just need to do two activities from In the Daylight, two from In the Dark, two from In the Elements, your good turn, and travel a distance out in the open. When you have done all that you can buy your very special badge which is going to look amazing on your camp blanket.

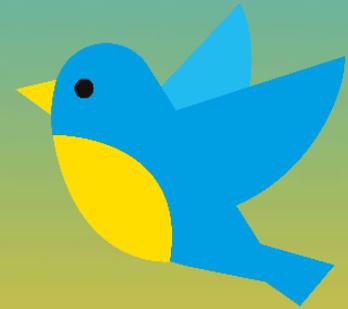
Tips for Leaders and Parents/Carers

- The activities are deliberately vague - so you can be as creative as you want to be
- If you don't have the right resources, be inventive
- Activities can be done in any order
- If it isn't dark when you want to do an activity from In the Dark can you find a way of mimicking darkness (draw the curtains, wear a blindfold, close your eyes, etc)?
- If going out in the elements, wrap up well to keep warm and dry
- Don't forget to risk assess all activities, especially if girls are going out in the dark
- Nothing has to be perfect - in guiding all we ask is that you do your best

In the Daylight



This part is all about doing things in
the daylight!



Remember you only need to do 2
tasks for your section, but you can
do more if you want to...



In the Daylight

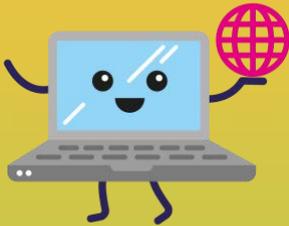
Adult challenges



“Capture the moment”



Using images of nature taken on your phone or with a camera, create your own screen saver.



“Flower Power”

Press flowers and create something from it.

Pick the flowers on a dry day.

“Jam-boree time! A challenge to relish”

Make an unusual jam or chutney.



If you are picking ingredients from the wild, make sure you know what you are picking!

In the Daylight



Adult challenges

“Off to pastures new!”

Visit a place of interest that you have not been to before.

“Hidden in plain sight”

Have a go at geocaching.

Geocaching is where an item, or a container holding a number of items, is hidden at a particular location for GPS users to find by means of co-ordinates posted on the internet.

Getting started:

- You will need a GPS device (or smart phone) - don't forget batteries
- Find a cache near you on geocaching.com
- Choose a cache and enter the co-ordinates into your GPS
- Follow your GPS towards the spot - then use your wits to find it
- Fill out the log book and return the cache to its hiding place
- Log your find on opencaching.com and pick your next one!

“This little Guiding light of mine”



Make a lantern for your garden.

You can use any old, clean jar or be as fancy as you like. Decorate your lantern using paint, sharpies, or even glass engraving.



In the Dark



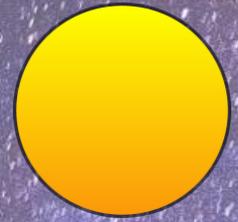
This part is all about doing things in
the dark!



Remember you only need to do 2
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do more if you want to...



In the Dark



Adult challenges

“Let’s get personal...”

Partner up with someone and give each other a walking challenge to do in the dark. You might decide to do them together or you can do them separately, it doesn’t matter. Don’t forget to share your experiences with each other afterwards - and visit <https://www.girlguidingherefordshire.org.uk> to add the distances covered to the coastal challenge 😊

“Visit a planetarium”

Learn about astronomy and the night sky. You could have a mobile planetarium at your meeting, or go stargazing during your meeting.

[Click here](#) to get started

If going out at night make sure you are visible to any traffic and take a torch if needed.

“Share a sunset with a friend in an unusual way”

Sunset is a lovely time of day - a time to relax and reflect. Share a sunset with a friend in an unusual way - perhaps you will draw it, paint it, photograph it, enjoy it with a cocktail or mocktail, eat something delicious.....

In the Dark



Adult challenges

“Reminisce around a campfire”

Sit around a campfire with some special friends and share your memories of all those amazing guiding outdoor adventures.

“Build a mini den”

Using natural objects build a mini den for your chosen favourite item, maybe the Girlguiding gnome, Girlguiding bear or something created by you.

Can be created in groups or individually.

“Make a reflective item to wear in the dark”

Make your own reflective piece of clothing or accessory to wear in the dark.

You could have a glow party at your meeting.

[Click here](#)

[Or here](#)

For some ideas to get you started



In the Elements

This part is all about doing things in
the elements!



Remember you only need to do 2
tasks for your section, but you can
do more if you want to...



In the Elements

Adult challenges



“Make a kite and fly it”

There are so many ideas out there on how to make a kite but to get you started check out these links:

[Click here](#) for a traditional kite

[Click here](#) for a box kite

[Click here](#) for a butterfly kite

Don't fly near pylons or overhanging cables.

“Make a wind chime”

Using various materials, create a wind chime that looks and sounds attractive. You could use flower pots, keys, cutlery or metal tubes. You could decorate it with paint, shells, beads, basically use what inspires you.

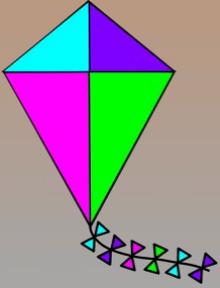
Be aware of sharp edges on metals.

“Cook some food on an outside fire without using pans with your friends.”

This could be done on open fire outside or using an oven. There are lots of ideas available online plus you can ask friends and family for more ideas.

[Click here](#) for lots of ideas to get you started.

Remember food hygiene and safety with any fires, particularly open fires.



In the Elements

Adult challenges

“Sketch a pond, river or lake”

Pick a suitable day and either go on your own or with friends to do your sketch, perhaps take a picnic to share? Afterwards, compare your artwork: which one of you is the Monet and which is the Hockney in your group?

If going on your own, tell someone and think water safety.



“Do something on or in water”

The choice is yours but here are a few ideas to get you on your way:

On water could be: A boat trip/Duck racing/Surfing/make floating lights

In water could be: Wild water swimming (or swimming at your local pool)/fishing/Pond dipping/paddling.

“Create a stained glass window using food colouring and water”

Are you up for a challenge?

You will need to think carefully how you can create this. You will need to think about your design, create your “moulds” - making sure they don't leak! You may want to use coloured water and pour into your mould and freeze, or maybe freeze thin layers of coloured water, and then break carefully in to the “mould”, reset with a drop more water to hold then freeze. Alternatively, you may want to use crushed ice in your “mould”, firm down and refreeze?

You will need to work quickly with this. Be aware of cold burns from the frozen water.

The good turn- Something for your community

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

In our Promise - whatever section we belong to - we promise to help other people. We would therefore like you to do an outdoor good turn as part of this challenge. It can be something small such as weeding a neighbour's flowerbed, or taking someone's dog for a walk - or it might be something bigger that involves lots of people - or perhaps you can join something run by another organisation. It can be done on your own, with your family or friends, or your unit - and if you decide to “go large” it might be worth seeing if you can get some funding to help.

Not sure how to get started? Follow this plan:

- Decide what to do
- Check what permission you need - and ask for it
- Fix a date
- Make sure you have whatever you will need to do it
- Do it!
- Don't forget to tell your leader what you did

“A brownie guide thinks of others before herself & does a good turn every day”



Here are some ideas to get you thinking...

Please note this list covers all sections and some activities may not be suitable for the section you are running. Remember to risk assess before completing any activity.



Litter Picks

- Join in with a community Litter Pick
- Download a Litter App such as Litter Stopper (aged 4+)
- Download a Litter App such as LitterAct which gathers data about plastic pollution or [click here](#) to find out about a plastic pollution App and how you could use it. Remember the Girlguiding [#PlasticPromise](#) introduced as part of the future girl campaign.

Promoting Community spirit

- Take part in/or help with organising a community event, such as local Gala, Best Kept Village, Village Fete, A local Charity Auction or something similar
- Offer to mow a neighbour's lawn
- Hold an event of your own to encourage neighbourliness, such as a picnic or street party

Our green environment

- Grow wild flowers in your garden for Bees and Butterflies to visit
- Make some nesting boxes and put up in appropriate places (gain permission)
- Raise funds to buy trees to plant for Organisations such as the '[National Forest](#)' or '[Woodlands Trust.](#)' Visit their websites to find out more
- Get involved with a local environmental project or survey. [Click here](#) for the Wildlife Trust website for inspiration or do something similar

Helping others

- Have a clear out at home and take items in good condition, such as clothing, games etc to a local charity shop
- Raise funds to buy food for your local "Food Bank"
- Offer for free to do the shopping or babysit for a family you know who needs help
- Donate Blood either on your own or with a group of friends. [Click here](#) for more information (if you are over the age of 17).

Other ideas

- Have a cake sale to raise funds for a local event
- With permission, in your locality clear up an unused space inside or outside for the benefit of your community
- Lobby for better provision of community spaces in your area if needed such as: Senior Citizens Day centres, Public toilets, Access to venues for Youth Groups etc

"A guide is honest, reliable and can be trusted"



Count the Kilometres!

Get together with some “metre mates” and help us to complete our coastal challenge

Build your confidence

Have fun

Herefordshire is about as far from the sea as you can get in the UK so we thought it would be a great challenge to walk (virtually) around the entire coastline of the UK - but we need your help to do this. Did you know the UK coastline measures about 12,500 kilometres? Far too far for one person to cover - but if we all do a bit, we think we can achieve it!

When you have totted up some kilometres, please visit our website (<https://www.girlguidingherefordshire.org.uk>), complete the simple form, and then see on our digital map how you have helped us to make progress - and you can do this as many times as you like!

So: decide on a challenge (which could include some of those mentioned already in this resource) to cover as many kilometres as you can in whatever way you choose - and why not encourage your family, the dog, and your friends to join in too, or perhaps compete against them. It's a great reason to get outside and enjoy some summer weather - and get fitter at the same time.

You don't have to go far - you could even just walk around your garden and count your steps. Did you know that 1250 steps is approximately 1 kilometre - so if you do 10,000 steps, a day you are already covering about 8 kilometres! If you do that for 30 days you will have walked around Wembley Stadium 250 times!

You can cover the kilometres however you choose - you can walk, ride a bike, run, use a scooter, ride a horse, skip, swim - just as long as you are doing it outdoors. You could even try "prancercise" if you fancy learning something new. [Click here](#) to find out how

Maybe you can join an event local to you? If you are in Herefordshire you could use the Teddy Bear Hunt activity for this challenge (ask your leader for details).

The important thing is - whatever distance you cover and however you do it - don't forget to make it count by recording it on our digital mapping tool at <https://www.girlguidingherefordshire.org.uk>

Thank you for joining us on our journey around the UK coastline 😊

"A guide faces challenges and learns from her experiences"





Badge Order Form

Your name:	
Your email address:	
Contact phone number:	
Membership number (if known):	
Unit name:	Rainbows/Brownies/Guides/Rangers/Inspire/Trefoil Guild
Girlguiding County:	
Address for delivery:	
Please tell us briefly what you did for your good turn (if ordering for a unit please summarise):	
Please tell us how you covered your distance for the coastline challenge (if ordering for a unit please summarise):	
Badge Order Number of badges @ £1.00 each = £ Plus P&P = £ Total payable = £	P&P charges: 1-50 badges £1.00 51 - 150 badges £1.50 151+ badges £3.20
How to pay: By cheque payable to Herefordshire Guides Association Badge Account By bank transfer to Sort Code 30-94-99 (Lloyds Bank); account number 01021272; account name Herefordshire Guides Association Badge Account; please put your surname as the reference	Send completed form to: Email: nancyjustpoppingout@gmail.com Post: Mrs N Wheatland, 27 Church Street, Kington, Herefordshire HR5 3BE