



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 BROWNIES...

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.

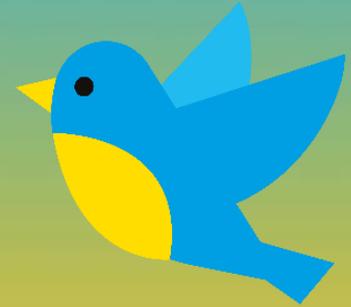
Tips for Leaders and Parents/Carers

- 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

Brownie challenges



“Be a nature observer”

Identify 3 different plants and 3 different animals you see in the wild.

What do you notice about them?

Size?

Colour?

Habitat?

Take time to look at what you want to identify and then draw them.

“We’ll leaf it to you!”



How many different leaves can you find?

Put some paint on the leaves and create your own print picture.

Make sure you only take leaves that you know and wash your hands carefully afterwards. Some plants can make you poorly.

“Grow your own lunch”

Food is tasty when you grow it yourself. You don’t need a big garden to grow vegetables in - you can use pots, growbags, even an old boot!

There are lots of vegetables that are quick and easy to grow. How about tomatoes, cress or herbs?

Are you going to grow your food from seed, or buy a plant to look after?

What are you going to do with the fruit or vegetables you have grown?

Don’t forget to wash your fruit and vegetables before you eat them.

If you have grown extra plants or have some spare fruit or vegetables, why not swap them with a friend?

In the Daylight



Brownie challenges

“Become a tracker”

Follow a trail made by someone else, or make up your own trail for others to follow.

“Make a mini-garden”



Design and make a miniature garden.

What are you going to put in your garden? A pond? Trees for the birds to nest in?

How about pretty flowers to look at? Or vegetables to eat?

What are you going to put your miniature garden in? How are you going to look after it?

“Splish! Splash! Splosh!”

Make a bird bath in your garden for birds to splash around in.

You can use an old tray or lid, decorate it or put it on a little pedestal so that the birds can bath in safety.

Make sure you put your birdbath where no one can trip over it.

Make sure it's out of the reach of cats - they make birds very scared.

In the Dark



This part is all about doing things in
the dark!



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



In the Dark



Brownie challenges

“Let’s have an adventure”

Create your own night-time adventure. What will it be?

If you go out at night, make sure you can be seen. Wear a reflective jacket.



“Sunset sky”

Sunsets can be beautiful - a whole range of bright pinks, oranges and yellows as the light fades and it gets darker.

Sit somewhere quiet and watch the sun setting. It can be a lovely way to unwind after a busy day.

Draw or paint a picture of what you have seen.



“Star spotter”

On a nice, clear night look up at the stars.

Identify at least 3 different constellations. Can you spot any more if you use binoculars or a telescope? You might like to make your own star telescope. Cover one end of a loo roll tube with printer paper and secure it with a tight elastic band. Use a pin to prick out the position of stars in a constellation.

Look through your telescope towards a light and you will see the constellation where the light shines through the pin pricks.

Draw, paint or use star stickers to show what you’ve seen.

In the Dark

Brownie challenges



“Can you hear a hoot?”

Learn the sounds that nocturnal creatures make and identify 4 of them.

“Road Sign Safari”

There are lots of different signs around telling drivers and pedestrians what to do and where to go.

Plan a route to walk and see how many different signs you can find and learn what they mean.

Roads can be very busy. Take care when you are close to the road and watch out for cars and bikes.



“Play in the dark”

Play a game in the dark.

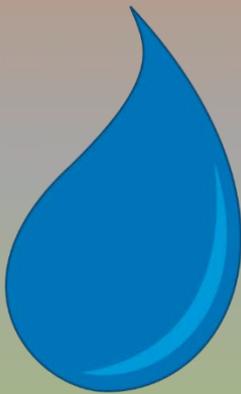
There are lots of games you can play in the dark. How about ‘find the shoe’ or ‘fox in the den’?

Or maybe you want to invent your own game to play?

It’s really useful to have a torch to play games in the dark.

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

Brownie challenges



“Let’s go fly a kite!”

Make a kite and fly it. Experiment with different materials to make your kite. Which works best?

How about a tail on your kite?

Are you going to have a traditional shape for your kite, or maybe a dragon?

Hold on to your string carefully - you don’t want your kite to fly away! Make sure you only fly your kite in a wide open space where it can’t get caught in trees, cables, etc

“Paper Aeroplanes”

Get together with some other Brownies, a group of friends or your family members. Give everyone a few sheets of paper and ask them to make a variety of paper aeroplanes. When you are ready ,have a competition to see whose will fly the furthest.

[How To Make 5 EASY Paper Airplanes that FLY FAR - YouTube](#)

“Build a pretend campfire”



Build a pretend campfire - this means you can use it indoors because you won’t be lighting it. You need to collect some twigs and small pieces of wood, something to put the campfire on (maybe a tray or the lid of a cake tin) and, if you have it, some tissue paper (red, orange, and yellow is best).

Build your campfire then poke bits of crumpled up tissue paper between the twigs to look like flames. If you have a torch, you can cover the end with tissue paper and turn the torch on - this will look like a lit fire. When it’s ready sit around it and sing some campfire songs.

In the Elements

Brownie challenges



“Make a stained glass picture”

Make a stained glass picture using just food colouring and water. You need to find some moulds - an ice cube tray will work well. Put some water into a small jug and add some food colouring, give it a stir to mix well, then pour it into some of the moulds. Repeat this using other colours. Carefully put the ice cube tray into the freezer and leave it to set solid. When it is frozen get a plate, push out the ice cubes, and arrange them on the plate to make your picture. As they start to melt you might find they will stick together. Don't hold ice cubes too long or they can stick to your fingers and burn you.

“Design and make a small raft or boat”

Design and make a small raft or boat that will float on water and successfully carry an egg! You will need to make sure the egg doesn't roll off. When you think your raft or boat is ready, try it out in the bath or sink. If it sinks, what can you do to make it float? If the egg falls overboard, what can you do to make it stay on?

“Recycling sculpture”



Get your recycling bin, take it outside, tip everything out on sheeting, and create the most amazing sculpture using just recycled materials. Maybe you can do this activity with a friend - then see whose is the highest, or widest, or strongest, or

Be very careful when looking through the contents of the bin in case there is something sharp in there - maybe ask an adult to help you to choose what you will use.

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