



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 RAINBOWS...

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.

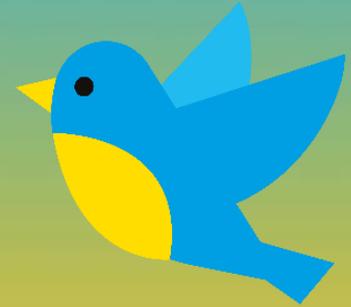
Tips for Leaders and Parents/Carers

- 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

Rainbow challenges

“Identify 3 flowers and 3 animals you might see outdoors in the wild”

There are some excellent spotter sheets [here](#)

or you can try making your own [here](#)

Try the free PlantNet app to help identify plants

“Have a go at making some bark rubbings, then use them to create a picture”

All you need is some white paper and large crayons. Try different coloured crayons and different types of tree.

When you have several rubbings cut out shapes and arrange them together to make your picture.

“Grow something from a seed - it could be something you will be able to eat or something to look pretty in your garden”

You could try growing a sunflower to see how tall it gets - or some sweet peas to find out what they smell like - or some herbs to use in cooking.....



[Click here](#)

[Or here](#)

[To get started](#)

In the Daylight

Rainbow challenges



“Lay a trail for someone else to follow”

You could use food items like rice or cereal which birds will eat afterwards so you won't need to collect it all up. If it's a nice day you could squirt water to make your trail - but it will soon dry and disappear!

Another idea is to cut out some pictures - or draw some - perhaps on a theme (e.g. butterflies or flowers) and hide them along the route of your trail for someone to spot.

“Make a miniature garden”

Think about what you might like to have in your garden, and find something to make it on - perhaps a paper plate or an ice cream tub lid.

You then need to collect twigs, moss, grasses, gravel, sand, etc to use to make the garden.

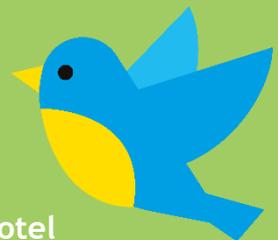
[Click here](#) and [here](#) for ideas

“Make a home for an animal or insects”

Perhaps a bug hotel or a hedgehog house

[Click here](#) to find out how to make a minibeast hotel

[Click here](#) and [here](#) to find out how to make a home for hedgehogs



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

Rainbow challenges



“Find out about nocturnal creatures”

Some animals are active at night when we are usually asleep - they are called nocturnal creatures. Find out about nocturnal creatures, then go for a walk in the evening to see if you can see or hear any. You will need to be very quiet to hear them!

Sounds of the night - CPRE

“Create your own night-time adventure”

Create your own night-time adventure. Where will you go? Who will you take with you? What will you do? If you can't do it outside, can you turn the lights off at home and make your adventure real?

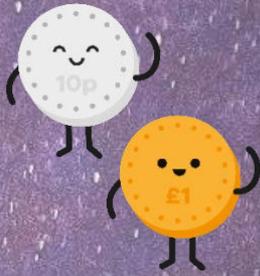


“Play a game in the dark!”

Play a game in the dark! It can be a game you make up, or a game you already know. You might need a torch so you can see what is going on. If it's a running around game, first make sure there is nothing you will run into or fall over. It can be a sitting down game. Board games played by torchlight can be great fun!

In the Dark

Rainbow challenges



“Go on a 2 pence piece walk”

Take a 2p coin (or any coin) on your walk. Decide before you go if heads means turn left or right. Each time you come to a junction you toss the coin to decide which way to go. Don't forget to always remember how to get back to where you started! Take a torch with you and make sure you are wearing something reflective so you can be seen.

“Draw a sunset”

A sunset can be lovely - lots of beautiful colours. Watch one after a good day and then draw or paint a picture of it to enjoy on other days. If you can't stay up that late, ask someone to take a photo of the sunset and paint your picture using that.

“Star Spotter”



Summertime is a really good time for getting to know the stars, especially after a good day when the sky is clear. Some groups of stars which form a pattern are called constellations. See if you can learn to recognise 3 constellations.

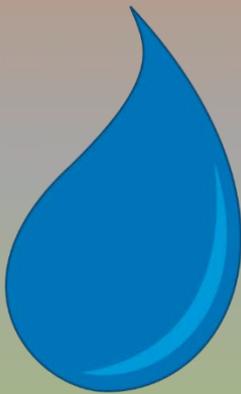
You can download the free SkyView app

Constellations: Connect the Dots in the Sky!

If you have some luminous stars, you could recreate constellations on your bedroom ceiling.

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

Rainbow challenges



“Make a kite - and fly it!”

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

[Click here](#), [Here](#), [And here](#)

to learn how to make a kite using different materials.

Make sure you only fly your kite in a wide open space where it can't get caught in trees, cables, etc.

“Make a paper windmill and fix it somewhere in your garden”

Perhaps you could pop it on the table if you're having a meal outside. If you want you can try decorating your paper with stickers or potato prints - or even just draw patterns onto it.

[Click here](#) or [here](#) for instructions.

“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. When it's ready sit around it and sing some campfire songs.

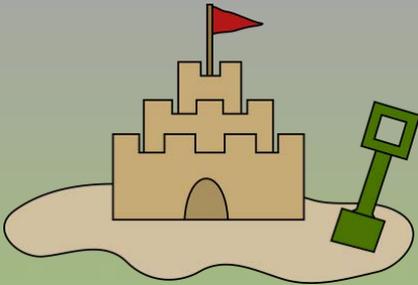
In the Elements

Rainbow challenges



“Play under a garden sprinkler”

This is just the best kind of challenge for a hot sunny day! Put your swimming costume on and play under a garden sprinkler 😊 If it's rainy and you don't want to wait for a sunny day pop on your wellies and find some puddles to splash in instead.



“Build a mud or sandcastle”

Can you find some mud? If not, you can do this with sand instead. Build a mud or sandcastle. Imagine who will live in it and what their life will be like?

Can you make up a story about the castle?

“Create a sculpture using recycled materials”



Get your recycling bin, take it outside, tip everything out onto sheeting, and create the most amazing sculpture using just recycled materials. 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