

Activity Sheet WB3

WELL-BEING, CHALLENGE 3



Text It Code!

Can you work out the words from the phone keypad?

TV Programmes

Clues

227639 Giant Purple Dinosaur

6397 What's happening?

Fave Foods

74992 Italian classic

246265283 Every girl's fave

3474 263 24477 Is it Fry-day?

2253 Birthday treat

423 27326 Cool Treat

Brilliant books

6284532 Dahl's cleverest girl?

25225 232889 Dark Horse

73837 726 Flying boy

2427568837 932 Pig and a Spider



Activity Sheet WB5

WELL-BEING, CHALLENGE 5



Soap on a Rope

- 500ml soap flakes
- 125ml hot water
- A bowl
- 50cm thin cord
- A whisk

Put the soap flakes into the bowl. Add the water and whisk them together until they are well mixed.

Gather the mixture together and press it into a firm ball of soap 'dough'.

Tie the ends of the cord together in a large knot.

Press the soap dough around the knot, making sure it hangs securely from the cord. Mould the dough into a shape, such as a star or a heart.

Leave the soap to dry for a few days, then tie another knot in the cord, just above the soap.

Octopus Shower Buddy

- A body buff
- A sponge
- 3 flannels in different colours
- Fabric Glue
- Fabric Pen
- Scissors

Carefully cut a small hole in the centre of one flannel. Thread the loop of the body puff through the hole.

Gather the flannel beneath the body puff and tie a length of flannel around it to keep it in place. This is the head of the octopus. Trim the excess material to make it look neater.

Cut out two circle shapes from the sponge to make eyes and glue them to the octopus' head.

Use scraps of flannel for pupils, and draw on a smiley mouth with a fabric pen.

Cut out eight leg shapes, from another flannel. Use these as templates to cut eight more from the remaining flannel. Glue the matching strips together so each of the eight legs is made up of two colours.

Glue the legs on to the strip of flannel tied around the head. Try to make sure they are evenly spaced.

Face Mask

- A small tub of plain yoghurt
- A very ripe banana
- 2 slices of cucumber

Mash the banana in a bowl and mix it with a couple of spoonfuls of yoghurt until you have a smooth gloop. Smear the yummy mixture on your face, avoiding the delicate skin around your eyes. Pop a slice of cucumber over each eye, sit back and relax. Rinse the mask off with warm water after about five minutes. Pat your face dry with a clean fluffy towel.

Manicure Studio

- A strong cardboard box
- Fabric
- Craft knife
- Sponge
- Scissors
- Pencil
- Paint
- Masking Tape
- Paintbrush
- Tacky glue
- Small Crisp Tube

Remove the lid from the box. Carefully cut off one long side of the box and cut the two shorter sides to the shape shown. Use the long cut off side to make a shelf. Bend it lengthways and make sure it fits.

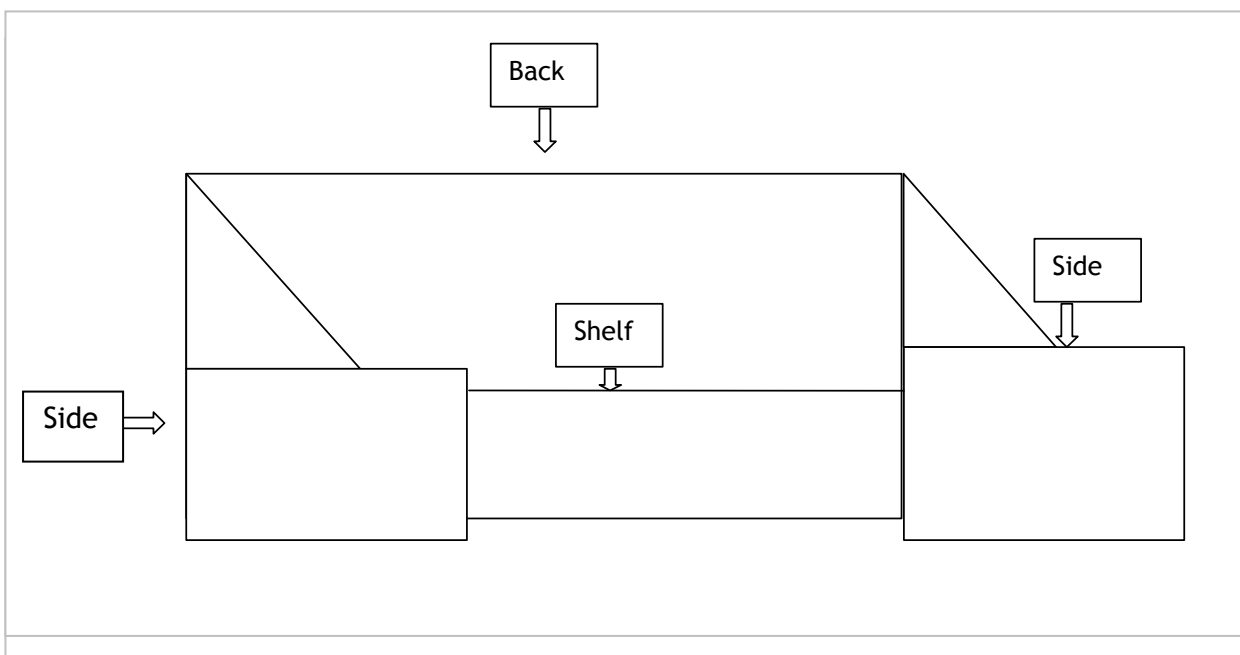
Draw round the small crisp tube on to the top of the shelf and cut out the circle. Cut another circle to hold your nail polish remover and one for hand cream. Make a slit for a nail file and a hole for nail scissors.

Attach the shelf to the back, base and sides of the box with the masking tape.

Paint the whole structure and leave it to dry.

Cover the strip of sponge in fabric keeping the material taut. Glue it on to the base of the box.

Decorate your nail studio with fabric scraps, sequins or anything else you like. Put all your nail accessories into their slots on the shelf.



Wheatgerm Face Scrub

- 8 tablespoons wheatgerm flakes
- 8 tablespoons warm milk
- Small bowl
- Towel

Mix the wheatgerm flakes and warm milk into a smooth paste.

Spread the scrub all over your face, massaging gently in small circles and avoiding your eyes.

Rinse your skin well with warm water. Pat dry.

Strawberry Crush

- 2 large ripe strawberries
- 2 tablespoons of ground oatmeal
- 1 tablespoon natural yoghurt
- Small bowl
- Fork
- Towel

Strawberries are really good for cleansing skin that's becoming slightly greasy.

Remove the green stalks from the strawberries and mash them really well in the bowl. Add the oatmeal and the yoghurt and mix everything together really well to form a paste.

Spread the mask over your face and neck using your fingertips and avoiding your eyes.

After ten minutes, rinse it off with warm water and pat your face dry.

Body Scrub

- 1 cup fine sea salt
- ½ cup baby oil
- 20 drops of an essential oil, like lavender or rose
- Small bowl

Mix together all the ingredients in a small bowl. Apply the mixture to damp skin and gently massage in, concentrating on rough areas, like your feet and elbows.

Rinse off the excess scrub and your skin will feel lovely and smooth!

Foot Soak

- Olive Oil
- Body Lotion
- Dried Lavender
- Bowl of Warm Water
- Talcum powder
- Towel

Add a few drops of Olive Oil into the bowl of warm water to help soften your skin, sprinkle in some dried lavender as well.

Soak your feet for ten minutes and then dry thoroughly with the towel.

Massage some body lotion into your feet and sprinkle some talc for a fantastic finish.

For a fresh twist add a few drops of peppermint oil instead of Lavender.

Luscious Lip Balm

- 6 teaspoons clear honey
- 4 drops rosemary water
- Small bowl

To make the rosemary water, steep $\frac{1}{2}$ cup rosemary leaves in a cup of boiling water for a couple of hours, or until the water has cooled. Any left over makes a great hair rinse for brown hair. Just pour it over your hair at the final rinse.

Add the rosemary water to the honey and mix together well. Spread the lip balm over lips before bed.

Bathtime Hint

In the mood for a skin softening bath? Add a cup of honey to your bath water and you will climb out feeling smooth and smelling fragrant.

Activity Sheet WB10

WELL-BEING, CHALLENGE 10



The Sunshine Challenge

Your group will be discovering about lots of things to do with sunshine and the outdoors. Over the next few weeks you will be set a number of challenges for which you will need to work both together and individually to complete.

Equipment required:

- Compost
- Sunflower seeds
- Pots
- Copies of the Sundial template and instructions (link provided - Week 3)
- Yellow paper
- White card
- Sunflower Measurement Charts (included)
- Weather Measurement Chart (included)
- Weather Quiz and answers (included)
- Sunglasses and equipment to decorate them

Week 1

Each girl will take a plant pot, fill it with soil and plant a sunflower seed. Over the next few months they must look after their sunflowers.

In your unit meeting talk about how you look after plants and the importance of sunshine and water.

In your group discuss the different types of weather we have in this country and other countries around the world. Try the weather quiz and see how much the girls know.

Get the girls to take home a blank Weather Measurement Chart and fill it in for the following week to see what the weather is like. Prepare and show them an example.

Week 2

Talk about how your sunflower is growing; has it started to grow yet? How big is it? etc.

Give each girl a copy of the blank Sunflower Measurements chart and explain to them that when they measure their sunflower every week they need to fill in the measurements on the chart. Explain that when it gets really big it will have to go in a bigger pot or in the garden.

The girls are now going to create a special Promise Sunflower. Each girl needs to cut out a petal from some yellow paper/card and write on it something that they have recently done that shows they have kept the Promise. All the petals must then be stuck onto some white card to make a giant sunflower. Talk about what the girls have written and what the Promise means to them.

Week 3

Talk about the Sun and how important it is to help plants grow. Discuss ideas for how to measure sunshine and rainfall.

Make a sundial using either of the methods illustrated at the following website:

www.astronomy2009lebanon.org/index.php?option=com_content&view=article&id=54:paper-sundials-&catid=55:buildown&Itemid=69

Week 4

Get the girls to bring in a pair of sunglasses to decorate. Make them fun and funky to wear. Talk about the importance of being safe in the sun and not looking directly at it.

Week 20!

Collect in the completed Sunflower Measurements charts from the girls and transfer the final height and flower diameters to the Unit Sunflower Measurements chart to see who has the tallest/biggest sunflower.

SUNSHINE CHALLENGE - Sunflower Measurements

NAME:

Measure your sunflower every week and write down how tall it is in centimetres. If it gets really tall don't forget to put it in a bigger pot or in the garden. You may have to measure it in metres if it gets really, really tall! You may even want to take a picture of it at each stage.

Week 1	Week 2	Week 3	Week 4	Week 5
Week 6	Week 7	Week 8	Week 9	Week 10
Week 11	Week 12	Week 13	Week 14	Week 15
Week 16	Week 17	Week 18	Week 19	Week 20

FINAL HEIGHT OF SUNFLOWER:

FINAL DIAMETER OF FLOWER:

Paste a Photo of you
and your sunflower here!

SUNSHINE CHALLENGE - Weather Measurements

NAME:

Measure the weather twice every day, once in the morning and again in the afternoon. Draw the symbols by following your key. You may wish to add more symbols e.g. wind, snow etc!!

SATURDAY	SUNDAY	MONDAY	TUESDAY
AM	AM	AM	AM
PM	PM	PM	PM

WEDNESDAY	THURSDAY	FRIDAY	KEY
AM	AM	AM	Rain
			Showers
			Cloudy
PM	PM	PM	Sunny intervals
			Sunny

SUNSHINE CHALLENGE - WEATHER QUIZ

1. What does a thermometer measure?
 - a. Wind speed
 - b. Time
 - c. Temperature
2. What do you call an instrument that measures air pressure?
 - a. Barometer
 - b. Carometer
 - c. Darometer
3. Complete this weather saying "Red sky at night ..."
 - a. Shepherd's warning
 - b. Shepherd's are right
 - c. Shepherd's delight
4. What makes thunder?
 - a. Clouds banging together
 - b. Air heating up
 - c. Rain
5. What does the Beaufort scale do?
 - a. Measure wind speed
 - b. Measure hot air
 - c. Measure rainfall
6. Which of these is a type of cloud?
 - a. Cirrus
 - b. Columbus
 - c. Circus
7. Which of these is not a colour of the rainbow?
 - a. Red
 - b. Brown
 - c. Indigo
8. What is a cumulus?
 - a. A type of storm
 - b. A type of hurricane
 - c. A type of cloud
9. What is the sun?
 - a. A Star
 - b. A Moon
 - c. A Planet

10. Which gas protects us from the sun's harmful ultra violet rays??
- a. Nitrogen
 - b. Krypton
 - c. Ozone
11. What is a hurricane?
- a. A huge wind
 - b. A cloud
 - c. A whirlwind
12. How many sides has a snowflake?
- a. Eight
 - b. Six
 - c. Four
13. Drizzle is a type of what?
- a. Wind
 - b. Sun
 - c. Rain
14. What does a wind vane show?
- a. How fast the wind is blowing
 - b. The direction the wind is blowing
 - c. How cold the wind is
15. How much snow needs to fall on December 25th before the Met office would call it a White Christmas?
- a. 1 Flake
 - b. 1 Centimetre
 - c. 1 Inch

SUNSHINE CHALLENGE - WEATHER QUIZ (Answers in bold)

1. What does a thermometer measure?
 - a. Wind speed
 - b. Time
 - c. **Temperature**
2. What do you call an instrument that measures air pressure?
 - a. **Barometer**
 - b. Carometer
 - c. Darometer
3. Complete this weather saying "Red sky at night ..."
 - a. Shepherd's warning
 - b. Shepherd's are right
 - c. **Shepherd's delight**
4. What makes thunder?
 - a. Clouds banging together
 - b. **Air heating up**
 - c. Rain
5. What does the Beaufort scale do?
 - a. **Measure wind speed**
 - b. Measure hot air
 - c. Measure rainfall
6. Which of these is a type of cloud?
 - a. **Cirrus**
 - b. Columbus
 - c. Circus
7. Which of these is not a colour of the rainbow?
 - a. Red
 - b. **Brown**
 - c. Indigo
8. What is a cumulus?
 - a. A type of storm
 - b. A type of hurricane
 - c. **A type of cloud**
9. What is the sun?
 - a. **A Star**
 - b. A Moon
 - c. A Planet

10. Which gas protects us from the sun's harmful ultra violet rays?
- a. Nitrogen
 - b. Krypton
 - c. **Ozone**
11. What is a hurricane?
- a. **A very strong wind**
 - b. A cloud
 - c. A whirlwind
12. How many sides does a snowflake have?
- a. Eight
 - b. **Six**
 - c. Four
13. Drizzle is a type of what?
- a. Wind
 - b. Sun
 - c. **Rain**
14. What does a wind vane show?
- a. How fast the wind is blowing
 - b. **The direction the wind is blowing**
 - c. How cold the wind is
15. How much snow needs to fall on December 25th before the Met office would call it a White Christmas?
- a. **1 Flake**
 - b. 1 Centimetre
 - c. 1 Inch



SUNSHINE



Has done her best by completing the following challenges

Grown a Sunflower Seed

Decorated Sunglasses

Learnt about the Weather around the World

Recorded the Weather for a Week

Learnt how to stay Safe in the Sun

Learnt the Country Code

Made a Sundial

Signed: Dated:

CHALLENGE



Activity Sheet WB14

WELL-BEING, CHALLENGE 14



“Keep Healthy” Catwalk

Equipment

- Karoke Machine
- Compilation of Music: Sports themes, Ready Steady Cook theme, Oranges & Lemons, Agadoo
- Soap & Towel

Each Six/Patrol puts together a small routine for the catwalk. Allocate them a category from the list below:

Fruit/Vegetable

Each girl has to dress up as the fruit/vegetable of her choice. Then in their groups they work on a small routine to a suitable piece of music or song, e.g. Five Fruits a Day or If You're Healthy and You Know It

Fun and Games

Each girl to dress up in sports clothes - ideas for activities to this, tug of war, sack race, skipping, egg and spoon, 3 -legged race. Then work on a small routine to suitable piece of music or song, e.g. Cha Cha Slide

Grooming

Each girl dresses up as an item used for grooming, e.g. toothbrush, toothpaste, soaps, bubbles etc, or in a towel with hair tied up holding regular sized items. Then work on a small routine to a suitable piece of music or song, e.g. Under Arms, Over Arms

Sports

Each girl dresses up as a sports person of her choice, e.g. tennis player, swimmer, netballer, footballer, gymnast etc. Then work on a small routine to a suitable piece of music or song, e.g. Chariots of Fire

All of these group performances are then linked together with a small piece of commentary that says how you should look after yourself in the correct way etc.

Healthy Living Songs

Grooming (to the tune of The Wombles)

Under arms, over arms, Flannelling free
The Brownies (/Rainbows / Guides) of (name of town/group), Washing their knees
They wash every morning and wash every night
They run around with nothing on, Oh what a sight!!
They wash all their fingers and they wash all their toes
They wash both their elbows and the tip of their nose
Tonight is the night that we all must be clean
For tomorrow's inspection, you know what that means
You can't have forgotten you must be really clean
'Cos of Inspection our Brown Owl is Queen!!
Under arms, over arms, Flannelling free
The Brownies of (name of town/group), Washing their knees

Fruits (to the tune of Pizza Hut)

Five fruits a day, Five fruits a day
An apple, apple, apple and an orange juice,
Five fruits a day, Five fruits a day
A kiwi, kiwi, kiwi and a pineapple
Fruit salad, fruit salad
Five portions a day keeps you healthy
Fruit salad, fruit salad
Five portions a day keeps you healthy

Vegetables (to the tune of If You're Happy and You Know it)

If you're healthy and you know it eat green beans
If you're healthy and you know it eat your peas
If you're healthy and you know it
And you really want to show it
If you're healthy and you know it
EAT YOUR VEG!

“Keep Healthy” Cat Walk - Instructions for Girls

Your group is to take part in a fashion show that will show others how to “Keep Healthy”. Over the next few weeks you will need to work together and come up with a routine that will be based on a category given to you by your Leader.

Week 1

Each girl in your group should choose what they would like to be in the show (there can be more than one of each but a variety is good!) Discuss why you want to be that thing (for example a pineapple if you are in the fruit group) and why you think it is healthy. Talk about what you should wear in the show: what colours, clothes, etc.

In your group start to discuss the types of music that may be suitable for your group to do a routine to. Discuss movements for the routine. The routine should be no more than 1 minute long and should not be too complicated.

Week 2

Continue to discuss the routine and music, and start to put it into action. Remember it should only be 1 minute long and not too complicated.

Also continue to discuss what you will be wearing and any preparations that need to be done at home.

Week 3

Practice your group routine all the way through, it should be really good by now! Next week you will be practicing with the other groups - be prepared!

How's everyone's outfit coming on? Do you need any help? Talk about what is still left to do. Full outfits are needed for next week's dress rehearsal.

Week 4

In your group put on your outfit and be prepared for a final run of your group's routine, this will then be put together with the other groups' routines.

Week 5

“KEEP HEALTHY” CAT WALK!

Activity Sheet WB18

WELL-BEING, CHALLENGE 18



Beautiful Buns

- Hair gel or mousse
- Hair elastics, clips and grips
- Comb

Comb some gel or mousse through your hair. Divide a small section of hair into three equal pieces. Plait the hair all the way to the end by crossing the right piece over the middle, and then the left piece over the middle, pulling the plait taut all the time.

Secure the plait with a hair elastic and plait the rest of your hair the same way. Wrap each plait around itself until it forms a bun close to your head. Secure the buns with grips.

Get Ziggy with it!

- Hair Spray
- Comb

Dampen your hair and comb the front part forwards. Place the point of your comb on your crown and trace a zig-zag shape through your hair to your forehead. Gently shake your hair into place and spritz it with hairspray.

Scrunchies

- Soft fabric (different colours or patterns)
- Scissors
- Pencil
- Narrow (1cm) Elastic
- Pins
- Needle
- Ruler
- Cotton (same colour as fabric)

Using a pencil and ruler, draw a 50cm x 10cm rectangle on your fabric and cut it out carefully.

Fold the fabric in half so the long edges are together. Make sure the patterned or correct side of the fabric is inside. Carefully pin the long edges together. Thread the cotton through the needle and tie a knot in one end.

Sew small running stitches all the way along the long edges of the fabric. 1cm in from the edge. Do a backstitch every third or fourth stitch. This will make the seam stronger. When you have sewn to the end of the fabric do three or four backstitches to finish it off.

Tie a knot in the cotton and cut it off. Remove the pins.

Turn the fabric inside out so the patterned side is in on the outside.

Cut a piece of elastic about 20cm long. Thread the elastic through the tube scrunching up the fabric as you go. Tie the ends together in a tight knot and cut off the loose ends.

Check that the elastic will fit. If your hair is thick, you may need a looser scrunchie.

Turn in one end of the fabric tube by 1cm. Use a pin to hold it in place. Put the other end of the fabric into the turned-in end. No raw edges of fabric should show. Push in a pin to hold it in place. Stitch the two ends together. Use small, neat stitches and backstitch a few times to finish it off. Cut off the end of the cotton. Remove the pins.

Your scrunchie is now ready!

Hair Tidy

- 5 lengths of thick floral stem wire
- Glue
- Plant pot
- Beads
- Paint
- Coloured Stones

- Paintbrush
- Pliers
- Florist's foam
- Marabou trim
- Sticky Tape
- Sequins or Gemstones

Paint the plant pot in your chosen colour. When the paint is dry, put the florist's foam inside the pot. You may need an adult to help you to cut the foam so that it fits.

Bend one end of each length of stem wire to form different branch-like shapes. Use pliers to bend over the tips of the two branches so that there are no sharp ends. You may need an adult's help with this.

Thread coloured beads on to the bends on the branches. It's up to you how many you put on.

Push the straight ends of the stem wire branches into the florist's foam until they touch the bottom of the pot. Leave some space between them. Turn them until they make an arrangement you like. Pour some glue around the bottom of each piece of wire, where it touches the foam, to make it more secure.

Attach a length of marabou trim around the rim of the pot, using sticky tape. Put some sequins or gemstones on the pot for extra sparkle. Hang your scrunchies and hair bobbles on the branches of the 'tree'.

Fancy Hair Slides

- Plain Hair Slides or Hair Grips
- Gold & Silver Embroidery thread
- Gold & Silver Tape

Use the gold or silver embroidery thread to wrap around the plain slides or hair grips. Secure in place with the tape.