

# Girlguiding Hertfordshire presents: Thinking Day 2021 Challenge Badge



To celebrate Thinking Day Girlguiding Hertfordshire is launching a [challenge badge](#) for all members, from Rainbows to Inspire (18-30s) and Trefoil Guild.

The challenge badge has been created to ensure that it can be run [virtually](#) given the current circumstances. You are welcome to complete the challenge individually, with your unit at regular meeting/sleepover or at a district/division event.

We would love as many people from across Hertfordshire and further afield to complete the challenge badge leading up to and beyond Thinking Day, with a [virtual promise renewal](#) to look forward to on [Sunday 21st February at 4pm](#).

The theme for the badge is '[Unity](#)', consisting of 4 sections:

- [Myself](#)
- [My Unit](#)
- [My Community](#)
- [All Herts Together](#)



# Thinking Day 2021 Challenge Badge

## Requirements

Everyone should complete 1 activity from each section, and their remaining activities from whichever sections they choose. Feel free to do as many activities as you like, and to adapt them as necessary.

- Rainbows 1 activity from each section plus 1 extra (5 in total)
- Brownies 1 activity from each section plus 2 extra (6 in total)
- Guides 1 activity from each section plus 3 extra (7 in total)
- Rangers & YLs 1 activity from each section plus 3 extra (7 in total)
- 18 plus 1 activity from each section plus 4 extra (8 in total)

## Staying up to date and sharing photos

Leaders as this is a virtual event, parents will be the ones in a position to take and share photos! So it is important you encourage your parents to follow our social media, and suggest you send them the following:

Follow us on **Facebook** ([www.facebook.com/GirlguidingHertfordshire](https://www.facebook.com/GirlguidingHertfordshire)) and **Instagram** (@gguidingherts) to stay updated about the Thinking Day 2021 Challenge. We would love to see photos of your daughters taking part, so please share away in comments under our Facebook posts - let's create a sense of 'unity' as we take part in the challenge from all corners of Hertfordshire!

You will find ongoing activities, ideas and information in our daily posts. This is an interactive community, and we encourage everyone to share comments and photos of girls enjoying their adventures in guiding.

## The Challenge Badge

Coronavirus may have prevented us from meeting physically with others from across Hertfordshire but nonetheless we unite in other ways thanks to being resilient, creative and by adapting the guiding that we offer. This challenge has been designed with this theme of 'unity' in mind.

You will be able to pre-order the badge via the form at the bottom of this pack. **Orders will be open until Sunday 7th March 2021** at a cost of £1.50 each (plus P&P). Your unit will normally order these badges, please ask your leader if you are unsure. They will certainly make a great addition to your collection.

## What is Thinking Day?

World Thinking Day is celebrated on 22nd February every year. First celebrated in 1926 to mark the joint birthday of Lord and Lady Baden Powell, it is a day when Girl Guides and Girl Scouts think of others from across the world.



# Rainbows

## Myself

Taking time to self-reflect, to understand and learn about who you are and to accept and share individual differences.

Complete at least one activity

### Finger Counting ☐

Place your left hand flat on your lap or on a table in front of you, palm down. Make sure the hand is fully supported, so you can keep it there comfortably for several minutes.

Use the index finger on your right hand to trace the fingers - As you inhale, trace up the outside of the little finger, reaching to the tip of the finger at the end of the inhale. As you exhale, trace down the inside of the finger.

### Good vs. Naughty

Draw what a 'good' and 'naughty' voice on their shoulders look like and talk through what these two could represent. Good actions and bad actions, good thoughts and bad thoughts.

What can you imagine the 'good' and 'naughty' voice saying in certain scenarios? Are there times when both can be right? Example scenario - "If I got told off for something I did, what could I say back to them and do next time?"

### Self Portrait ☐

Draw a picture that represents you.

What do you like and dislike? What are your favourite things? Your favourite food, animal, activity, craft, game etc.

### Counting Breaths

Engage abdominal breathing and inhale, then pause.

Exhale and at the very end of your out-breath, count out loud "one". Again, inhale, pause, exhale, and then at the end of your out-breath mentally count two.

Keep counting like this at the end of every exhalation until you reach ten. Then, start counting backwards --- nine, eight, seven, six, etc. -- until you reach one again.

### About Me Flower ☐

Make or draw a flower.

On each petal write things about you, for example who loves you, what you love about yourself, what are you good at?



Don't forget to ask your parents to share what you have created



# Brownies

## Myself

Taking time to self-reflect, to understand and learn about who you are and to accept and share individual differences.

Complete at least one activity

### Your Favourites

Think about and describe what your favourite food is.

Think about all your 5 senses.

How does it makes you feel when you eat it?

### Self Portrait

Draw a picture of yourself.

Write adjectives around your portrait, describing your good qualities.

### Inner vs. Outer Me

Use a disposable mask or a drawn/printed template of a mask.

On the inside of the mask, write or draw how you portray yourself and, on the outside, how others perceive you. Is there a difference?

Are you a good friend to others, but not yourself? Do you compliment others but put yourself down?

Discuss what you've written.

### Counting Breaths

Engage abdominal breathing and inhale, then pause.

Exhale and at the very end of your out-breath, count out loud, "one". Again, inhale, pause, exhale, and then at the end of your out-breath mentally count two.

Keep counting like this at the end of every exhalation until you reach ten. Then, starting counting backward --- nine, eight, seven, six, etc. -- until you reach one again.

### Present Moment Meditation

Find a quiet place to sit or lie down and, with your eyes closed, slowly think of answers to the following questions, one sense at a time:

- Three things you can hear
- Three things you can see
- Three things you can feel
- Three things you can taste
- Three things you can smell



Don't forget to ask your parents to share what you have created

Taking time to self-reflect, to understand and learn about who you are and to accept and share individual differences.

# Myself

Complete at least one activity

## Create Your Own Positive Mantra

Think about your biggest achievements, and write them down.

Now, rate them from 1 to 10, with 1 being the item that makes you feel happiest/proud.

Highlight the one that makes you feel most happy/proud and condense it into a word or phrase.

## Self Portrait

Draw a self portrait.

Write words and/or sentences about yourself. Turn any negatives you may have about yourself into positives.

## Physical and Mental Health

Try three things from the physical and mental health categories (in the resources), and note down how you felt before and after each activity.

Once completed, rank the activities on; enjoyment, how much better you felt after, how much effort it took?

Discuss what everyone has found, and how they can now use this information to care for their overall health in a way suited to them.

## Inner Child vs. Inner Adult

Discuss the concept that as you grow up you may have an:

- Inner child ~ a part of you which is still child-like, maybe playful, inquisitive but easily scared.
- Inner adult ~ a part of you which is more objective and sees reality, is strong and makes the majority of decisions.

We can often think of these two as the head vs the heart ~ both are equally important but not often equally cared for.

When you want to accomplish something, whose voice is in your head? Who are you willing to listen to? To your past (inner child)? Or are you willing to tackle what you need from the position of an adult -the person who you are right now? Discuss ideas on how you can care for both your inner child and adult as you grow.

## Favourite Things Charades

Think about your favourite things, then try and act/describe them to someone else to see if they can guess what it is.



Don't forget to share what you have created

Thinking about the benefits of belonging to Girlguiding, looking ahead to the future and celebrating the unity of your unit.

# Rainbows

## My Unit

Complete at least one activity



## Design a Unit Flag or Badge

Design a special flag or badge that could represent your unit.

What colours and symbols could you use?



## Create a Poster about your Unit

This could include:

- Showing what your unit does.
- Why do you like to come to Rainbows?
- Who are your friends at Rainbows etc.?

Please don't use personal information, or location and meeting times of your unit!



## Learn a new Campfire Song



Learn a new campfire song in your unit and sing it in a virtual meeting

## Handprints

Draw around your hand, and in each finger write one thing you love about your unit. Alternatively, in each finger you could write an activity that you would like to do when we can go back to face-to-face unit meetings. (Or you could do a mixture of the two)

These could be taken back to units, when we are allowed to meet again, to make a wreath of everyone's hands for a display at your meeting place!



## Your Favourite Things

Make a collage, painting or picture depicting your favourite things about your unit.

Ideas could include your favourite badge, best friend, favourite game etc.



Don't forget to ask your parents to share what you have created

Thinking about the benefits of belonging to Girlguiding, looking ahead to the future and celebrating the unity of your unit.

# Brownies

## My Unit



Complete at least one activity

### Trefoil Pasta

Make a Trefoil using dried pasta glued to some paper/card and then paint it.

Maybe you could write what Brownies and/or the Trefoil means to you.



### Your Favourite Things

Make a collage, painting or picture to show your favourite things about Brownies and Girlguiding.



### Make an 'About You' Page for a Unit Book

See template in the resources.



Write a profile about yourself, including your likes and dislikes, favourite things. Everyone could make a page to form a unit book.

This can be added to when new girls arrive and can help everyone to learn new things about each other.

Please don't use personal information, such as date of birth, surnames, school information or personal addresses.

### Design a Necker for Your Unit

Design a necker/scarf to represent your unit.

Write a few words or sentences to say how this symbolises your group.

If you don't have a necker/scarf, design one you would like to have, or design a badge or flag for your unit instead.



### Learn a new Campfire Song

Learn a new campfire song and then teach a friend or family member your new song.



Don't forget to ask your parents to share what you have created





Thinking about the benefits of belonging to Girlguiding, looking ahead to the future and celebrating the unity of your unit.

# My Unit

Complete at least one activity

## Friendship Knots

Learn how to tie a friendship knot either on your scarf/necker, on a piece of string or ribbon. Then teach someone else how to tie one.



## Word Cloud Trefoil

Create a Trefoil out of words or sentences to show your favourite things about your unit.

You could include your friends, favourite games/activities, or describe how being a Girlguiding member makes you feel.



## Create a Poster About Your Unit



Create a poster to show your favourite things about your unit to promote Girlguiding. What does your unit do?

Why do you like coming to meetings? Why do you like being a member of Girlguiding?

Please don't use personal information, or location and meeting times of your unit.

## Learn a New Campfire Song

Learn a new campfire song or make up your own song. Then teach someone else the song.

Perhaps you could hold a virtual campfire sing-a-long with your unit.



## Favourite Memory Charades

Act or mime your favourite memory of being in Girlguiding to someone else/your unit to see if they can guess what it is.

If you don't want to act, you could try and describe it and how it made you feel.



Don't forget to share what you have created





Engaging with and showing appreciation for those in your community by saying thank you via acts of kindness.

## Rainbows

# My Community

Complete at least one activity

## Organise Toy Donations



Ask each Rainbow to choose a toy that they no longer need/want (that is still good enough for someone else to use).

Donate to a charity, children's centre, family hostel, refugee centre etc.

## Send a Hug



Use the colouring sheet in the resources (or draw your own) to send a hug picture to someone.

Rainbows should send their hug to a resident(s) in a care/nursing home who is unable to see their friends or family during lockdown.

Hopefully sending them a "hug" will let them know that people care.

## Act of Kindness Helping Hand



Draw around your hand on a piece of paper.

On each finger, write an act of kindness that you plan to do for your community.

When you complete each act of kindness, colour a finger in.

## Envelope City



On an opened envelope (so the flap of the envelope looks like the roof), design a public service building, e.g. a hospital, fire station, police station, supermarket.

When you meet face-to-face again, the envelopes can be put together to make a city.

Please make sure all personal addresses/information are completely covered/removed if using an old envelope.

## You're a Star!

See template in the resources.



Decorate a star to stick on, and decorate, a lollipop - to give to someone/a group of people working in a community organisation.

To make the stars:

- Print on paper (it could be yellow, or you could decorate the stars).
- Cut out the stars.
- The '+' symbol is where you should make a hole to put the lollipop stick through.



Don't forget to ask your parents to share what you have created

Engaging with and showing appreciation for those in your community by saying thank you via acts of kindness.

# Brownies

## My Community

Complete at least one activity



### Send a Kindness card



Design and create a kindness card to send a thoughtful message to someone during this difficult time.

The Brownies can think about who they would like to donate their card to, e.g. nursing home staff, care home staff, a supermarket worker.

### Spread the Love



See instructions/template in the resources.

Create small butterfly-friendly 'seed bomb' packets and post them to either a neighbour, or as a thank you to a public service.

Use the 'Sending You Sunshine' printable tag sheet - or make your own - to attach to the seed packets.

### Acts of Kindness Paper Chain



Create a paper chain of 10 links. On each link write an act of kindness you will do for your family, friends or community.

### Give Something Up for a Week



See sponsor form in the resources.

Each Brownie is sponsored to give something up for a week, e.g. chocolate, sweets, crisps, etc.

Any money they collect should be donated to a local charity.

Each Brownie can decide what their chosen charity will be.

Examples of local charities: Herts Angels, Team Macy, Hope for Children, Herts Young Homeless, Isabel Hospice.

### Organise DVD/Book Donations



Each Brownie finds a book or DVD that they no longer want/need (in a good enough working condition for someone else to use).

Donate to a local hospital children's ward.



Don't forget to ask your parents to share what you have created



Engaging with and showing appreciation for those in your community by saying thank you via acts of kindness.

# My Community

Complete at least one activity

## Organise Food Bank Donations



Collect food donations for your local food bank. Information about your local food banks can be found online.

You should find out about what foodstuffs your chosen charity needs and how you should donate to them. Show what you have donated and why you have chosen this charity/food bank etc.

## Say Thank You



Write a thank you letter to local shops that have stayed open throughout the pandemic and who have kept us all going.

For example, a local shop, supermarket, Doctor's surgery, schools open for key/frontline workers and supporting home learning etc.

## Upcycle Old Clothes



Take an item of clothing that you no longer want or need.

Upcycle it into something new.

Donate it to raise money for a local charity or centre.

## Bingo or Game Event



Organise a bingo or games event with a local nursing home.

With the lack of social interaction with friends and family, it can feel boring and lonely but this activity can put fun back into life.

## Thank You Pack



Make a 'Thank You' pack for members of a public service, fire, police, ambulance/hospital staff.

Items can include: small pack of biscuits, fruit snack (non-perishable), sanitiser, tissues, tea/coffee sachet, granola-style bar, packet of crisps/sweets or chocolate bar etc.

Decide how many items, who to give them to, and how to deliver the packs whilst adhering to Covid-19 lockdown rules.

It can be as small or as big as you wish.



Don't forget to share what you have created

Unite together from  
all corners of  
Hertfordshire to  
celebrate Thinking  
Day.

# All Herts Together

Complete at least one activity



## Renew your promise

Join the promise renewal on Sunday 21st February, 4pm - 4:15pm at our virtual ceremony led by Jenny Maskrey (County Commissioner).

Join the promise renewal on our [YouTube channel](#).

### Programme:

- Introduction from Jenny Maskrey (County Commissioner).
- Promise renewal by section.
- Campfire song - This Little Guiding Light of Mine.

This Little Guiding Light of Mine Lyrics:

This little Guiding light of mine,  
I'm going to let it shine,  
This little Guiding light of mine,  
I'm going to let it shine,  
This little Guiding light of mine,  
I'm going to let it shine,  
Let it shine all the time, let it shine.

Don't you blow my little light out,  
I'm going to let it shine...

Hide it under a bushel, Oh, no!  
I'm going to let it shine...

Take my little light 'round the world,  
I'm going to let it shine...

Repeat first verse



## Connect with a unit outside of your division



Take part in a joint video call (ie Zoom, WhatsApp) or exchange cards/letters with another unit outside of your division.

### Suggested ideas:

- Teach the other unit(s) a new game, song, activity, craft etc.
- Discuss your favourite things about your unit(s).
- Learn about different traditions in the other unit/division.
  - Do they sing Taps, Brownie Bells, their Goodnight Song differently to your unit?
  - How do they start and end their meetings?

Not sure what division you are in? Find out [here](#)

Contact your Division Commissioner to get in touch with another unit or ask in the [Girlguiding Hertfordshire Members Only Facebook Group](#)



Don't forget to share yourself /  
ask your parents to share photos



# Thinking Day 2021 Badge Pre-Order Form

## How to order and pay:

Order deadline date: Sunday 7th March 2021 (for delivery April 2021).

The badges cost £1.50 each, plus postage & packing.

Due to the pandemic we are asking for electronic payment only. Payment for badges and P&P to:

Girlguiding Hertfordshire | Sort code: 40-52-40 | Account: 00013524 |

Reference: TD-Unit name

Email order form to: [hertschallenges@girlguidinghertfordshire.org.uk](mailto:hertschallenges@girlguidinghertfordshire.org.uk)

## Order form:

Name:	
Unit:	
Postal Address:	
Postcode:	
Telephone:	
Email:	
Number of Badges @ £1.50 each	
Plus Postage & Packing 1 - 35 badges - add £1.40 36 - 90 badges - add £1.83 91 + badges £3.10	
Total Cost:	



# Resources

## Physical and Mental Health (**Myself**)

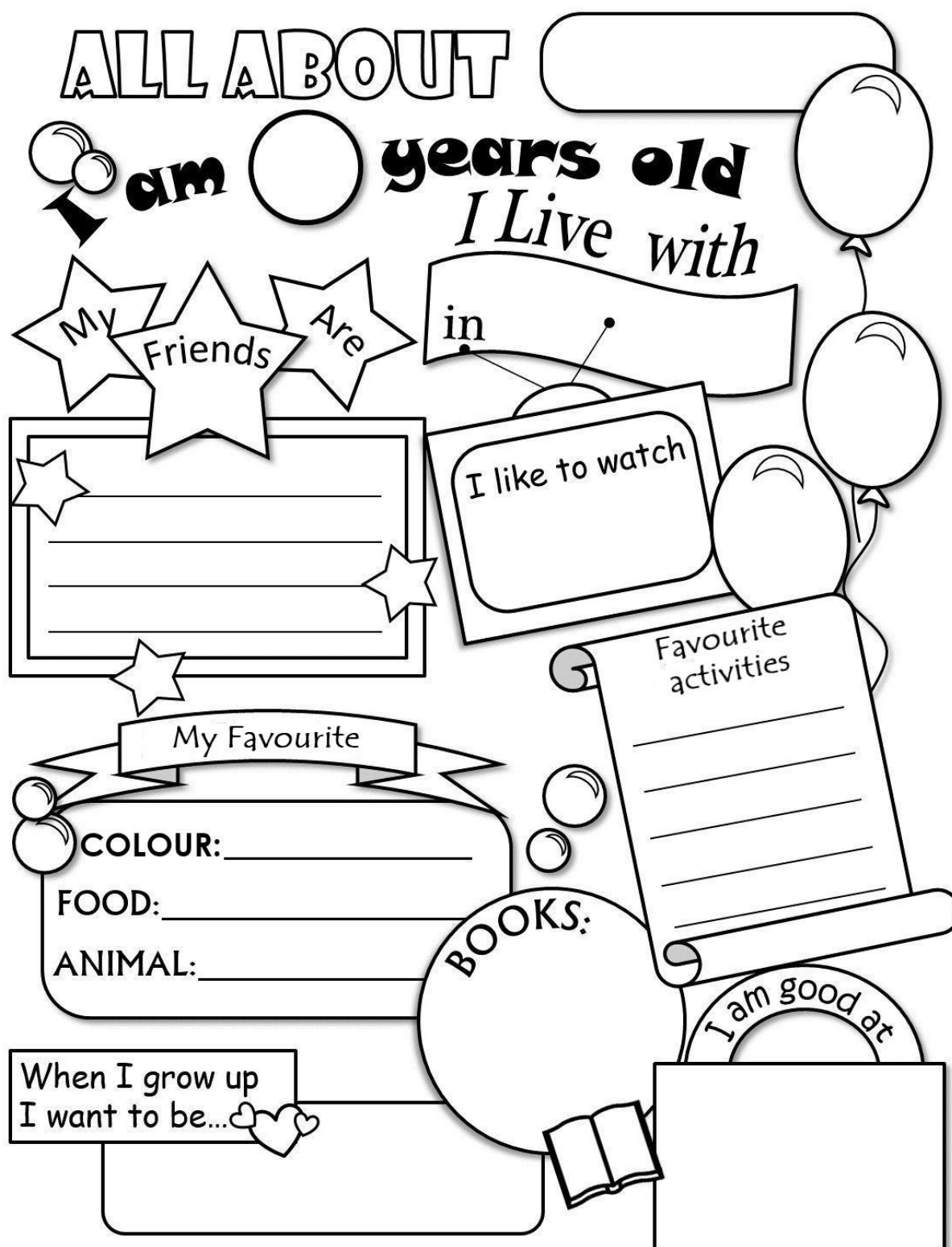
### Examples of physical health activities:

- Drink more water during the day.
- Getting at least 8 hours of sleep a night over at least 3 nights.
- Try a new food, preferably a new form of vegetable.
- Go for a walk during the day lasting at least 30 minutes.
- Dance to your favorite music for at least 10-20 minutes.
- Go for a run during the day.

### Choice of mental health activity:

- Journal what you've been feeling for at least 3 days.
- Try a yoga tutorial.
- Try a mediation technique and focus on deep breathing.
- Express yourself through an art form of your choice.
- Have a conversation with one of your friends about how you've both been feeling recently.
- Unfollow people on social media who damage your self esteem and mental health.

## All About You Template (My Unit)



ALL ABOUT

I am  years old

I Live with

My Friends Are in

I like to watch

Favourite activities

My Favourite

COLOUR:

FOOD:

ANIMAL:

BOOKS:

I am good at

When I grow up I want to be...



## Send A Hug Template (My Community)



## You're a Star Template (My Community)



## Seed Bomb Instructions (My Community)

### You will need:

- Gloves
- Mixing Bowl
- Air-drying terra-cotta clay or red potter's clay powder
- Wildflower seed
- Compost
- Jug of water
- Cup

### Method:

1. Scoop  $\frac{1}{4}$  of wildflower seeds.
2. Mix well with your hands so the seeds are evenly dispersed.
3. Add a little water to the mixture to moisten the compost.
4. Break the clay (around 125g) into small pieces and add to the mixing bowl.
5. Use your hands to combine the mix - add a little water if needed to bring the mixture together. It should be gloopy not running.
6. When combined break pieces off and roll into balls.
7. Finally roll them in the compost to give them a good coating.



## Sending You Sunshine Tags (My Community)

# SENDING YOU SUNSHINE PRINTABLE TAG





## Give Something Up For a Week Sponsor Form (My Community)

Name:

Unit:

What are you giving up:

Date	Name	Address	Amount
Total amount donated			