

‘Healthy Herts’ WELL-BEING CHALLENGE



Choose at least one challenge out of the 25 available.

Try to pick something that the Unit has not tried before and is a challenge in the true sense!

Please do check that you have the correct adult-to-child ratio for your section when meeting outside and that you follow the guidelines in the Guiding Manual.

1. Have a yoga night
2. Make someone laugh!
3. Test your mind
4. Look after your body
5. Try out some ‘beautiful’ ideas
6. Learn about drugs and addictions
7. Be safe and happy
8. Discover the importance of sleep
9. Play some waiting games
10. Learn how to be safe in the sun
11. Improve your self-esteem
12. Find out about well-being drinks, how do they differ from caffeinated ones?
13. Have a day out to improve your well-being
14. Put together and perform a “Keep Healthy” Catwalk
15. Take a look at the well-being of the World
16. From little acorns... - find out about trees and try to grow one
17. Investigate the work of the British Heart Foundation
18. Have fun with hair
19. Learn more about money and how to manage your own
20. Improve your safety awareness skills when out and about
21. Visit a local medicine or herb garden
22. Discover ‘natural’ ingredients in the products around you
23. Hold a themed night
24. Learn about aromatherapy
25. Discover how the five senses affect our sense of well-being

The Challenges in more detail...

1. Have a Yoga Night

How much do you know about yoga? Find out when and where yoga started. How long has yoga been around? What are the benefits of doing regular yoga, how does it keep your body fit and healthy?

Invite a yoga instructor to your unit meeting to tell you more about yoga and show you some moves that you can do at home. Join a local yoga class and keep a diary of your progress over a few months. Note any changes to your fitness level and body shape/posture etc.

2. Make someone laugh!

Laughter is one of your body's greatest natural medicines. Laughing and making people laugh can give you such a wonderful feeling. Try some of the following ideas for an evening full of Laughter.

- What is Laughter! Find out how your body reacts when you laugh, what chemicals are released and how does the brain react.
- How do people feel when they laugh, do they cry with laughter or does their face ache!
- What makes people laugh? Jokes, being tickled, etc. Do a survey of the members of your Unit or Family to find out what makes them laugh, check the results with others: Are they similar or very different?
- Invite friends and family for an evening of laughter at a comedy night with stand up, jokes, impressionists, etc. Think about staging, sound system, compère, seating, format (times and age of audience).
- Ask the members in your unit who their favourite Comedian/Comedienne/Comedy TV Show/Stand Up Artist is. Sit and talk about why they make you laugh and then watch a selection of these acts on DVD.
- Compose a joke book made up of all the Unit Members' favourite jokes and sell it to raise funds.
- Play the Giggle Game. All the girls lie on the floor in a circle, each with her head on the tummy of the girl next to her. One person should either tell a funny joke, or say "ha, ha, ha" in a deep, booming voice. How long is it before they are all giggling?

3. Test your mind

There are so many different ways to test your mind and have fun at the same time. Try some of the following ideas for an evening full of brain teasing and testing!

- Hold a Brain Training evening. What is your real Brain Age?!
- Organise a Quiz Night for friends and family or how about competing against other units in your district?
- Compose a Puzzle book of your Units favourite Brain Teasers, Riddles, Sudoku and Maths Puzzles and Logic Puzzles

- Come up with a Coded Message and set challenges for other members of your unit. Play Memory Shopping Game or Kim's Game.
- Play the Text It Code! Use Activity Sheet WB3 to help with this activity.

4. Look after your body

The human body is like a machine, it has to be looked after in many different ways. The following suggestions will help you to continue to look after yourself.

- Find out about the professionals who help us to look after our body when it sometimes needs an extra bit of help, e.g. dentists, opticians and doctors. Which bit of your body do they help look after?
- Invite a dentist, optician or doctor to your meeting and talk about how they help to look after your body and how often you should go to see them to make sure your body is working well. Make a poster to encourage people to go regularly.
- Discuss how you can look after your body at home, e.g. brushing your teeth, washing regularly, brushing your hair, getting a good night sleep etc.

5. Try out some 'beautiful' ideas

There are so many different lotions and potions out there that help us to stay 'beautiful'. Try out some of these 'beautiful' ideas.

- Hold a pamper party at your unit meeting. Try out face masks, foot soaks, hand massages and manicures on each other.
- Make your own pamper products, face masks, body scrubs, hand creams, etc. See Activity Sheet WB5 for ideas of recipes to try.
- Visit a beauty shop e.g. Boots or the Body Shop, to find out about their products and the ethics of their suppliers.
- Invite a beautician to your unit meeting. Ask them to talk about the different products available and give a skin analysis for the products which are suitable for your skin.
- Ask a Virgin Vie, Body Shop or Avon representative to bring some of their products for you to try.
- Make a Soap Buddy. Try the recipe on Activity Sheet WB5.
- Make a Manicure Studio to hold your nail varnishes, files etc. Activity Sheet WB5
- Treat your Leaders to an evening of relaxation and pampering.

6. Learn about drugs and addictions

How much do you know about drugs and addictions? Try and raise your awareness about the issues around them.

What is an addiction? How do addictions harm your body?

- Not all drugs are bad for you. Some people need to take drugs everyday to keep them alive - find out about these drugs e.g. inhalers for asthma, epipens for allergies etc.
- Design a poster that says "NO" to drugs/smoking/alcohol.

- Ask a Police Officer to your unit meeting to talk about the different types of drugs there are and what classes they fall under.
- Some people harm their bodies by wrongly using solvents, alcohol, cigarettes and harmful drugs. Find out what these things can do to your body and how they can harm you.

7. Be safe and happy

There are lots of things that make us feel safe and happy.

Draw a poster of places, things, people, etc that make you feel safe and happy.

Happiness - discuss the following in a group: How do you show you're happy? Do you smile, laugh, hug someone? If happiness had a colour, what would it be? If happiness were a chocolate bar, which one would it be?

8. Discover the importance of sleep

Sleep is very important to help make us feel good and healthy. Take a closer look at sleep and what happens to your body if you don't get enough.

Make a chart showing what time you went to bed each night for a week and what time you got up. How do you feel if you don't get enough sleep? Compare the results with other members of your unit.

Do you dream - keep a record of your dreams and find out what they mean.

Does diet affect your body when you want to sleep? Find out which foods can keep you awake and which foods help you go to sleep.

Which natural plant and herb extracts help you sleep e.g. lavender, camomile, etc.

Sleep Hints

Get the sleep you need! Your body deserves a break, even if you don't feel like you need one.

- Don't drink caffeine, eat heavy foods or watch scary TV before going to bed.
- Reading a book or having a bath may help you to relax before bedtime.

9. Play some waiting games

Sometimes when you are stuck in a traffic jam or delayed at an airport it can be very long and boring and you can feel really low.

Try out some of the following games to help pass the time and cheer each other up:

- Eye Spy
- Alphabet Game
- Guess Who

10. Learn about the importance of the sun

Take up the Sunshine Challenge. Ideas can be found on Activity Sheet WB10.

Being outside can make you feel really good - but you must be careful when you are exposed to the sun. Talk about ways to stay safe in the sun including Slip, Slap, Slop.

Design a poster about staying safe in the sun.

11. Improve your self-esteem

Try some games to help improve the girls' self-esteem. Here's one for starters:

Follow the Thread

To play this game you will need a big ball of string. Passing the string around the circle helps to bind the group together, practically and psychologically. All the girls are involved and encouraged to feel a sense of belonging.

Tell the girls to imagine that they are going on a journey together. They are going to travel somewhere warm and sunny by the sea. Ask them to think of one thing that they would like to take with them - it may be something for the journey or the destination.

Give the ball of string to one girl. She holds on to the end of the string, tells everyone the item that she has thought of and passes the ball to the next girl. The girl who passes it on keeps hold of the string. It continues around the circle with each girl saying what she wants to take with her and keeping hold of the string once she has passed the ball on.

When the ball has travelled around the circle all the girls will be holding the string. The first girl then winds the string back on to the ball. Younger children could sing a song while this is happening older children could play a word association game.

This process can be used for all sorts of activities such as rounds, storytelling and brainstorming. It helps the children to concentrate and anticipate their turn. You can also pass the string randomly across the circle, asking girls to raise their hands to answer. This creates an interesting web effect.

You can find more self-esteem activities in the Right Now! Resource or ask your local In4mer to come and run a meeting about self-esteem.

12. Find out how drinks can affect your well-being

Learn about caffeine: What is it? Where is it? What does it do to you? What happens to your body when you have too much caffeine?

Research alternatives to caffeinated drinks - decaffeinated tea/coffee (do these taste different?), smoothies, fruit juices, etc.

13. Have a day out to improve your well-being

Going out for an hour or two or spending the day with friends can give you a great sense of well-being; try some of the following ideas with your unit, friends or family:

- Visit a spa or health farm for the day
- Try something new - dancing, singing, learning an instrument, etc.
- Have fun at a water-park, jumping waves and riding the chutes!
- Go for tea or coffee and cake with friends have a good chat and catch up
- Or have a day out of your own design.

14. Put together and perform a "Keep Healthy" Catwalk

Use Activity Sheet WB14 to put together your own unit "Keep Healthy" Catwalk.

15. Take a look at the well-being of the World

Take a look at the well-being of the World.

Find out about our planet and the effects we have had on it - think climate change, the rainforests, the environment etc.

What impact does recycling have on the world?

How does our environmental impact compare to that of a third world country?

16. From little acorns... - find out about trees and try to grow one

From little acorns great oaks grow:

Check out the Woodland Trust website to find out about planting trees in your area

www.woodlandtrust.org.uk.

Get the girls to plant an acorn and watch it grow, when they are big enough plant them in a local wood.

Get the girls to compare themselves to a tree.

Get the girls to draw up a family tree and see how far back in history the girls get - do any of them have interesting ancestors?

17. Investigate the work of the British Heart Foundation

Take a look at what the British Heart Foundation does.

Register your unit with Artie Beat Club for regular newsletters and fun and games to help keep your hearts fit and healthy.

Have a fund-raising evening, based around Hearts, Red, Love, etc.

Raise awareness about how to look after your heart, design posters, look at your diet, health and exercise regimes.

18. Have fun with hair

Our hair is such an important part of how we look. Take a look at the following to find out more about our lovely locks:

Find out about what goes on behind the scenes at a hair salon; visit a salon or ask someone to visit your meeting. Ask a hairdresser to your unit meeting to talk to you about styles and how to look after your hair. Practice different styles on each other: plaiting, bunches, ponytails, etc. See Activity Sheet WB18 for ideas. Make hair scrunchies and braids or decorate hair slides and other accessories. See Activity Sheet WB18 for ideas.

Talk about different types of hair, including hair colour, texture, etc. and the products that are available to help look after your hair. What do other people in your unit use?

Make a hair tidy to hold your hair accessories. See Activity Sheet WB18 for ideas.

19. Learn more about money and how to manage your own

Learn more about the world of money and independent living appropriate for your age group.

20. Improve your safety awareness skills when out and about

When you take part in activities you sometimes have to follow safety rules and guidelines so that you avoid coming to any harm.

Become safer whilst out and about. Look at assessing where you are going and note any risks that may cause accidents, injury, etc.

Refresh your first aid skills.

Put together a small first aid kit for a day trip.

21. Visit a local medicine or herb garden

Visit a local medicine or herb garden, find out about plants and how they help relieve ailments and help illnesses. Try your local council parks department for support.

22. Discover 'natural' ingredients in the products around you

Clothing

Learn more about natural clothing: What natural materials are there (cotton, linen, silk, wool, etc.)? Find out where they come from and how they are used. What about natural dyes?

Cleaning

There are many products in the supermarkets that help to keep our house clean. Find out about natural cleaning products and what they do, e.g. lemon juice, vinegar, etc. and why they might be preferable to artificial products.

23. Hold a themed night

Singing and dancing can give you a great sense of well-being. Hold a themed song and dance evening to make you feel good.

24. Learn about aromatherapy (possibly not suitable for younger age groups)

Ask an expert to visit your Unit. Find out about the plants and oils that are used and what treatments they are used for.

Treat yourself to an Aromatherapy treatment.

25. Discover how the five senses affect our sense of well-being

Find out how the five senses affect our well-being: How do they make you feel when you use them and how would you feel if you were unable use them.