

‘Healthy Herts’ TRADITIONS 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. Explore the history of your unit and create a unit scrapbook
2. Learn how to play cat's cradle, try French knitting or have a string evening
3. Explain to the unit the problems with rationing & attempt some war-time cooking
4. Try some traditional playground games
5. Lay a table correctly and make a table decoration
6. Invite a former guiding member to your unit meeting
7. Find out about the changes to the uniforms over the years for your section
8. Play a Guiding tradition game
9. Learn about life abroad, choose a country, find out all about it and visiting there
10. Find out about how guiding has been involved with important historical events
11. Find out about someone famous who has been involved with the movement
12. Make a friendship bracelet and card to give to someone for the Hertfordshire Centenary
13. Lamp, Lanterns or Torches - try them out and see which is most effective
14. Learn about tracking and go on a trail
15. Try putting up an "old" tent
16. Neckerchief for everyone - adaptable for lots of things
17. Find some animal footprints and make casts of them
18. Learn about the different trees in your local area and what uses they have
19. Have a go at making paper and use it for something special
20. In many Guiding countries Guides take part in cookie challenges, find out about these
21. Find out how Kim's game originated and improve your memory and observation powers
22. Learn some traditional campfire songs and try them out at a suitable event
23. Make a campfire blanket (or add to one). Collect new badges and sew them on!
24. Find out about the Guiding symbols - what they mean and how we use them
25. Traditions at Thinking Day - learn how Guiding abroad and your local area celebrate

The Challenges in more detail...

1. Explore the history of your unit and create a unit scrapbook

Tracing your family history is a popular pastime today - can you do it for your unit? Are any past members of the unit still involved or live locally? Are there any press cuttings held within the unit or district records? The registrations team at County can help you with the names of former leaders and the date of registration of the unit and whether this unit has always been "open". Has the unit always met at the same place? Or on the same day? Find out as much as you can and present this in an interesting way.

2. Learn how to play cat's cradle, try French knitting or have a string evening - get knotted!

Knotting has always been part of the Guiding programme. Whilst many girls and leaders do not use the lashings and knots in quite the same way for gadgets these days, today's guide can give it a go and see what they can produce. Try old Guide handbooks for ideas or the Internet. Cat's Cradle and French knitting are also popular and in many craft ideas books - what can the unit make?

3. Explain to the unit the problems with rationing & attempt some war-time cooking

Guiding has been adaptable throughout its 100 year history and played an important role during war-time Britain. Whilst war-time life is on the school curriculum and the girls will have some knowledge of this, why not try an evening thinking about it and trying out some recipes and ideas of how to cope with limited resources. Perhaps invite a member of the community to help at the meeting. What can you come up with? Send in your recipes and photos please!

4. Try some traditional playground games - hopscotch, skipping, sevens, hula hooping, spinning top, stick and hoops

Try these websites for some ideas:

www.gameskidsplay.net/

http://www.essex.gov.uk/Business-Partners/Early-Years-Childcare/Documents/Traditional_playground_games.pdf

5. Lay a table correctly and make a table decoration

This challenge has appeared for interest badges and for a Second Class Brownie challenge in the past. Invite a special guest and make a 'meal' of it.

6. Invite a former guiding member to your unit meeting and find out about their Guiding experiences

Can the girls devise a questionnaire to ask four family members or neighbours?

You may be able to access support from your local Friends of Guiding Group, Trefoil Guild or even Women's Institute or Mothers' Union group for sources of former Guides!

How many parents of the girls from your unit were involved in Guiding in their youth? What do they remember? What did they like to do?

7. Find out about the changes to the uniforms over the years for your section

There are posters and pictures of former uniforms produced by Girlguiding UK. Some areas may be able to locate old uniforms through local contacts. Can the girls try them on? What do they think of them? Which is the most popular design?

Research uniforms and Promise badges from abroad, many are quite surprising!

8. Play a Guiding tradition game

See these sites for some ideas or use some of your own:

dragon.sleepdeprived.ca/games/international_games/international_games.htm

<http://guidinguk.freesevers.com/games.html>

9. Learn about life abroad, choose a country, find out all about it and imagine you are visiting there

What would you do, eat, see, what language you would need to speak, what games might you play, what special clothing might you need - get the girls to share their findings with each other. This challenge could be done as an individual, small group or whole unit - it's up to you.

10. A guide has always been prepared; find out about how guiding and scouting has been involved with important historical events. Try to create a toolbox to help you be prepared!

This clause is deliberately broad leaving lots of scope for adapting it to what you are currently doing in your programme. The toolbox could be something as simple as a personal first aid kit, but can you stretch this challenge further? Do let us know.

11. Find out about someone famous who has been involved with the movement

Or you could find out about someone known locally within your community.

12. Guides are always friendly - make a friendship bracelet and a card to give to someone special to promote the Hertfordshire Centenary

In celebrating the Centenary we hope to have lots of public interest in what the current Guide actually does - not the myths of dib, dib, dib! This challenge could be a good PR exercise - why not get your PRA involved to help you make the most of this challenge.

13. Lamp, Lanterns or Torches - try them out and see which is most effective. Why not try to make one?

See these websites for more ideas:

www.howstuffworks.com/paper-lanterns.htm

www.gardenersworld.com/how-to/projects/tin-can-lanterns

14. Learn about tracking and go on a trail

For ideas see:

www.scoutingresources.org.uk/codes/codes_tracking.html

www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs170058.pdf

If you are unable to go out of the meeting place, this clause could be adapted to an evening of codes, making them up and deciphering them.

15. Try putting up an “old” tent

Your unit or district may have some different tents to those that you are used to pitching, or you could always swap with another area.

16. Until recently all uniforms included some form of neckerchief for everyone - adaptable for lots of things. Think of as many things as possible that they can be used for and try them out within the meeting.

Let us know how many you manage to pitch and what they are!

17. Prints - outdoor activities have always been important - find some animal footprints and make casts of them

This might be a good activity to carry out at your local campsite, wood or park. For help see:

www.bear-tracker.com/plastertracks.html

home.howstuffworks.com/outdoor-activities-for-kids1.htm

18. Learn about the different trees in your local area and what uses they have - e.g. holly, hedging, birch bark, kindling, etc.

For ideas see:

www.woodlandtrust.org.uk/en/Pages/default.aspx

www.forestry.gov.uk/

www.british-trees.com/

19. Have a go at making paper and use it for something special

Some places to look to get you started:

www.pioneerthinking.com/makingpaper.html

www.funsci.com/fun3_en/paper/paper.htm

www.ecofriendlykids.co.uk/PaperMaking.html

This activity may take a little time.

20. In many Guiding countries Guides take part in cookie challenges, find out about these and try to make some

Have a look at www.girlscouts.org/program/gs_cookies to get started. What can you do, especially for the Hertfordshire Centenary, that is different with your cookie batch?

21. Find out how Kim’s game originated and how to play it. Use it to improve your memory and observation powers

This can be adapted for any season or theme, indoors or outdoors. These links will help you find out more:

en.wikipedia.org/wiki/Kim's_Game

guidezone.e-guiding.com/kimsgame.htm

scoutmaster.typepad.com/my_weblog/2006/08/instructional_m_1.html

22. Learn some traditional campfire songs and try them out at a suitable event

This challenge could be carried out at one of the many celebrations open during the Centenary year for your Unit/District/Division or County. Why not share what you have

learned with others or compile a recording or book so that it helps you remember them for another time.

23. Start making a campfire blanket (or add to one) and collect at least 5 new badges for it and sew them on

Over the year there will be many badges to collect or swap - sew them onto something special to keep. If individuals are unable to purchase a blanket, adapt this clause and use something else or make a Unit blanket.

24. Find out about the Guiding symbols - what they mean and how we use them

Guiding can be full of symbols and jargon. How many can the Unit think of and when are they used, e.g. salute, world flag, left hand-shake etc.

25. There are lots of traditions at Thinking Day - learn about Guiding abroad and how your local area celebrates this special time

Start this challenge from the WAGGGS website www.wagggsworld.org as it has lots of links to guiding overseas.