



1st Tardebigge Brownies



We are delighted to share our new challenge badge with you and hope you enjoy it.

We decided to create this badge as one of our leaders works in child mental health and a young leader is keen to study medicine with an interest in children.

We saw how many girls were getting worried about things like changing schools, exams, moving house, family changes felt that this would be a good resource for units of all ages and leaders.

The suggested activities are as a guide, and we have created sections based on

- * Thinking and talking about feelings and emotions (thinking about me)
- * Talking and sharing ways of relaxing ourselves
- * A relaxing evening for girls and leaders
- * Resources for helping get through the stress times of life
- * Relaxation session

We are not prescribing how many activities you do, as we think a lot of groups will enjoy them and want to keep going with them. We just want to share ways of helping girls feel less stressed during times in their life.

The activities are all suitable for using for all sorts of reasons. If during the course of doing the badge you have concerns about a girl's emotional wellbeing however, please talk within your Guiding team and then with the young person's permission talk to parents. Be aware that the girls may share things with you that are perfectly natural for their age, but any concerns more than that you need to inform parents.

There are many resources online for parents to access, but if your concern is serious then a visit for parents/young person to the GP is the best way forward.

The proceeds of this badge will be used for a parachute, to give a donation to Beth our young leader for her trip next year representing Worcestershire with Midlands Guiding to the 23rd Scout Jamboree in Japan. And fundraiser towards being a leader for the Worcestershire Guiding group attending the Haarlem Jamboree 2015. Any extra will be put towards kit expenses for our group

Feelings

- a) Think in small groups(sixes or patrols etc) about the many feelings we can have. Then either act or draw them out. You can design your own emoticons if you wish.
- b) Think of the things that make you really happy and share.
- c) Think of a time when you've been really sad and what you have done to feel better again. If you feel you need ask a leader to join your group to share their thoughts too.
- d) Decorate biscuits using strawberry laces/ buttons/icing to create different feelings faces. This works brilliantly.. Use choc drops for eyes, halved choc buttons for mouth, tiny pink/ coloured hearts for noses.
- e) Do a paint a face session and see who the Van Gough of your group is.
- f) If you have an artist get them to sketch different girls faces and expressions.
- g) Do a big mind map of everything you've felt in the past few months, the girls may like to contribute. If its difficult because a member has been through a difficult time don't do this one.
- h) Make playdough people and do facial expressions with them and see who the most realistic is.

Just before the end of a session, take a square of choc each (check for allergies) sit down peacefully and just let the choc melt in your mouth, think how it feels, tastes etc. This is a great way of thinking in the moment you are in, and a great way to end a session too!!



How do you relax?

- i) Think of the ways that you relax at home. Think bigger than TV and music.
- ii) Think about how the people you live with relax
- iii) Split into your small groups and feed back.
- iv) If you had lots of money would you relax differently? How?
- v) How do you think children in less developed countries relax?
- vi) Ask your leaders/ young leaders to discuss in their groups as well. The leaders don't have to feed everything back to you.
- vii) What things do some people do that you don't think are good ways of relaxing. Use it as a debate for the older girls/leaders.
- viii) How do you think people in years gone by relaxed. Before ipods, kindles etc?
- ix) What food or drink makes you feel relaxed? Why?

Using some bright glass pens, or wrapping paper, decorate first some jars, then with bright strips of paper, write down the ideas you have had for relaxing or calming yourself. Put them individually in your jars. When you're having a fed up day, then you can pick out something you like to do, do it and cheer yourself up, as sometimes when we are miserable it's harder to make a choice about things that will make us feel better.



Relaxation Evening

- i) Encourage the girls to come in pjs/ onesies.
- ii) Create stations for them to choose to have hand massages, manicures, foot spas(check for verrucas etc). The girls could bring a bucket or a washing up bowl /towel and then add warm water and nice relaxing bubble bath. The can take turns in hand massaging each other with nice hand cream (check for allergies)
- iii) Play some relaxing music in the background.
- iv) Older groups can google easy shoulder massages, hand massages.,
- v) Make your own facemasks, or give the girls slices of cucumber to put on their eyes to relax, or cold teabags.



If you have any parents that are in beauty or similar invite them along to help.

Hand massage tutorial

<https://www.youtube.com/watch?v=p8WgP14V2bo>

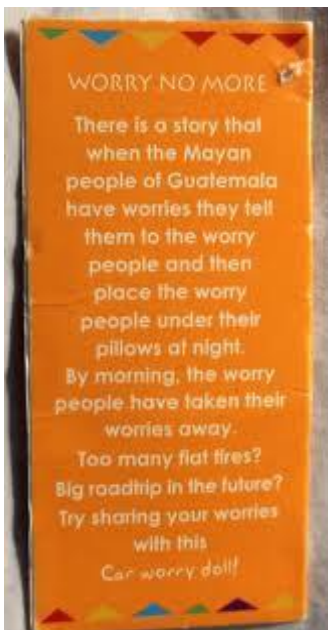
Practical ideas for resources to make with the girls.



We have included some different types of worry dolls to make with the girls.

Younger units may like to make flat worry dolls, or easier peg dolly ones, and the older ones could use pipe cleaners and make theirs more intricate.

Worry dolls can be made in all sorts of ways.



The theory behind them is as left.

Stress Balls

For this you need a balloon, several boxes of corn flour, a funnel or one made with cardboard to fill the balloon, wool googly eyes and a sharpie!

Use the corn flour to fill the balloon until the base feels firm and it fits in the palm of your hand, then tie a knot. It can then be personalised so use your imagination to make a friend,, Expressions can change when you squeeze them.

Take some photos to share with us of your new pack of stress heads!



Relaxation Session

For this the girls need a mat and blanket. You need to create a calm room, with the lights dimmed or bring your camp lanterns .

You can put some sea music on in the background if you wish, and one of your leaders/young leaders will read the script in a really calm soothing voice. Do it in the last part of your meeting so the girls go home relaxed and ready for bed. You can also use this at camp/pack hols before bed!!! Make sure you allow the girls time to come round after the session and encourage a bit of quiet afterwards.



Relaxation Script to use.

Get comfortable. Sit in a supportive chair or lie on your back.

Relax your body by releasing any areas of tension. Allow your arms to go limp... then your legs....

Feel your arms and legs becoming loose and relaxed...

Now relax your neck and back by relaxing your spine.... release the hold of your muscles all the way from your head, down your neck....along each vertebra to the tip of your spine...

Breathe deeply , drawing air fully into your lungs.... and release the air with a whooshing sound....

Breathe in again, slowly.... pause for a moment.... and breathe out.....

Draw a deep breath in.... and out....

In..... out.....

Become more and more relaxed with each breath....

Feel your body giving up all your worries.... becoming relaxed.... and calm.... peaceful....

Allow your entire body to rest heavily on the surface where you sit or lie. Now that your body is fully relaxed, allow this relaxation to begin.

Imagine you are walking toward the sea.... walking through a beautiful, tropical forest....

You can hear the waves up ahead.... you can smell the ocean spray.... the air is moist and warm.... feel a pleasant, cool breeze blowing through the trees....

You walk along a path....coming closer to the sea....as you come to the edge of the trees, you see the brilliant turquoise colour of the ocean ahead....

You walk out of the forest and onto a long stretch of white sand.... the sand is very soft powder.... imagine taking off your shoes, and walking through the hot, white sand toward the water....

The beach is wide and long....

Hear the waves crashing to the shore....

Smell the clean salt water and beach....

You gaze again toward the water.... it is a bright blue-green....

See the waves washing up onto the sand..... and receding back toward the ocean.... washing up.... and flowing back down..... enjoy the ever-repeating rhythm of the waves...

Imagine yourself walking toward the water.... over the fine, hot sand.... you are feeling very hot....

As you approach the water, you can feel the mist from the sea on your skin. You walk closer to the waves, and feel the sand becoming wet and firm....

A wave washes over the sand toward you.... and touches your toes before going...

As you step forward, more waves wash over your feet... feel the cool water on your toes....

Walk further into the clear, clean water.... you can see the white sand under the water.... the water is a pleasant, relaxing temperature.... Cooling you down from the hot sun... cool but not cold....

You walk further into the water if you wish.... swim if you want to.... enjoy the sea for a few minutes..... allow yourself time to dream and be more and more relaxed...

Now you are feeling calm and refreshed... You walk back out of the water and onto the beach...

Stroll along the beach at the water's edge.... free of worries... no stress... calm..... enjoying this holiday....

Up ahead is a comfortable lounge chair and towel, just for you...

Sit or lie down in the chair, or spread the towel on the sand.... relax on the chair or towel.... enjoying the sun.... the breeze.... the waves.....

You feel peaceful and relaxed.... allow all your stresses to melt away....

When you are ready to return from your trip, do so slowly....

Bring yourself back to the room....

Keep with you the nice relaxed feeling feeling ready to return to your day....

Open your eyes, stretch your muscles... and become fully alert... refreshed... and filled with energy

Hold a yoga evening if you can get an instructor



A mind jar



A Mind Jar can be shaken, and it is filled with glitter. The glitter represents how busy our mind and body can be with thoughts and physical sensations, such as anxiety and worrisome thoughts. For kids, shaking up the mind jar is way of expressing how they feel. Watching the glitter slowly settle and noticing the breath while doing so teaches kids a way of self-regulating their emotions, and allowing thoughts or reactive tendencies to settle.....just as the glitter settles. Eventually, we can see more clearly through the jar, just as we teach ourselves to allow the mind to settle, we “pause” and learn how to respond to a situation more skilfully , rather than impulsively react.

So, what’s the trick? It’s not that difficult to make, nor is it an exact science, but here are my guidelines (and I’d love to hear what you learn as you try it yourself!).

Choose your container(s) and heat enough water to fill the container almost to the top (quite hot water, but not boiling). When water is heated, ideally in a large measuring cup, add a lot of glitter glue (any colour) and whisk it so the glue doesn’t clump. Essentially, add glitter glue as well as any combination of colours and textures of regular glitter. Add a few drops of a clear dishwashing soap (like Dove) and a far amount of glycerine (this thickens the water and makes the glitter drop more slowly).

Now here is the in-exact science of it: Put the lid on tight after you’ve poured your mixture over into the mind jar container. Shake it up and decide for yourself if there is enough glitter, too much glitter, and if the solution is thick enough to suit your liking. If you want to make adjustments, pour the solution back into a mixing cup and adjust the thickness and amount of glitter. Just repeat until you are pleased with the way your Mind Jar “behaves” when you shake it up. When you’re satisfied, use a super glue adhesive to seal the lid on tight and prevent leaking (or a child opening it up!). And voila!

Have fun with your Mind Jar! Adults love them too.....

Badge order form

Unit _____

Name and Address for badges to be sent. Please include full address with postcode.

Phone number in case of clarification necessary.

Number of badges @£1 each _____

Postage £ _____

Postage and packing are: 1-10 £2 _____

10-30 £3 _____

30-60- £4 _____

60+£5.50 _____

Total £ _____



For International Postage please ask.

Please make cheques payable to 1st Tardebigge Brownies. You can also pay by BACs into our brownie account. Please email for details.

Badges will not be sent until payment is cleared.

C/O Claire Wilson

19 Wentworth Drive

Blackwell

Bromsgrove

B60 1BE

Email tardebigge1st@aol.com

Please keep a copy of your order as your receipt for end of year accounts. We hope you enjoy doing the challenge and learn from it!

Yours in Guiding Claire and Beth Wilson and Leaders of 1st Tardebigge Brownies.