



Blackmore 50 Challenge

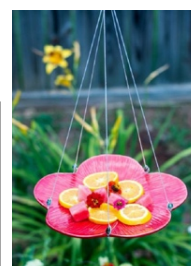
Individual Challenge

We are excited to welcome you to our Blackmore 50 Challenge, celebrating the Golden Anniversary of our beautiful County Campsite at Blackmore, which nestles at the foot of the Malvern Hills.

All activities have been developed to be accessible at home, whilst self-distancing outside or virtually with your friends or unit members.

The challenge is packed full of fun activities for all sections including adults.

So why not challenge yourself to complete one of the activities from each letter of BLACKMORE **plus** a '50' challenge to be able to gain this very special badge.



Don't forget to share your progress with your units (if you are meeting online), or on social media if you have permission to!
Tag us on twitter
[#blackmorechallenge](#)

Under each activity you'll see a logo indicating which section that activity is suitable for. This is just a suggestion – more important is for you to choose activities that are a personal challenge to yourself.



Adults - (Trefoil, Leaders, Unit Helpers) can decide which ones are suitable for themselves!

B

Butterflies



Design a butterfly feeder for your garden.
See how many butterflies it attracts.

(Ideas at the end of this booklet
or make up your own)



Find out which plants attract butterflies
and grow some in your garden.
(Get parents/carers permission first)



Make something in the shape of a butterfly
e.g. a pin cushion,
cross stitch,
embroidery, fridge
magnet etc.

L

Laughter



Try playing the laughing game:-

Lay on the floor or grass outside with friends or family
(social distancing if they are from different households)

First person says Ha followed by the next person

How long can you go before you have a fit of giggles.



Write a limerick – this should be 5 lines and can
be silly, funny or nonsensical. Something to
make someone laugh.



Take part in a laughing yoga session
or on your own – you could link up
via zoom or a few of you could meet
up outside.

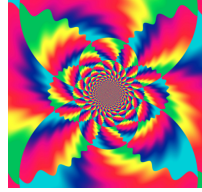
Link for help, if required, below.

<https://www.wikihow.com/Do-Laughter-Yogo>



A

Art



Design a mascot or emojis for your unit or Blackmore celebrations.



Create a cartoon – plan a story and make a cartoon with 10 photos or you could draw it yourself or make it animated.



Try unusual types of creativity e.g. bubble painting with dry ice; slime art; string pictures – get inventive!



C

Cakes



Decorate a 3D character cake -

No need to bake the cake – the challenge is to decorate the cake in a 3D way using icing, fruit, sweets etc. You could use fairy cakes or a large sponge cake. Decorate whatever you like e.g. a caterpillar, ladybird, your favourite character or anything you like.



Make some cakes to celebrate at a tea party – invite your family, friends or support bubble.

(Recipe to make simple dough balls at end of booklet if required).



Put together some healthy snack bars – don't forget that some people have allergies so if you are sharing them make a note of the ingredients.



K

Keep Fit



Make up own dance/keep fit routine with a series of steps or whilst sitting in a chair. Could do as a group, on your own or link up via zoom.



Try a new sporting activity that you can easily do at home. How about giving yoga a go, or skipping, hula hooping, aerobics, Pilates, gymnastics, hockey, skittles, juggling, or another activity that gets you moving? To find out more about how to do activities like these, have a look online or ask a family member, or a trusted adult, to help you out.



Jump, dance, run or wiggle for total of 5 minutes or make up a funny walk.



Note – If you need equipment for your sport try making it yourself - for example:-

- A hockey stick could be made out of old newspapers
- Skittles from water bottles
- Juggling balls from fruit or used dried beans in socks

M

Music



or a few

Come up with your own cheerleading chant
/ compose a song for your unit or about
Blackmore.



Have a karaoke session or all learn the
same song and sing together via zoom
or outside in the garden.



Build an orchestra
using items from
around the house -
suggestions at the end
but do try your own!
e.g. glovaphone, straw
oboe



O

Outdoor



Make a tent in your back garden from any items you have at home (get parents/carers permission first!).
Make a picnic or something yummy for your family or friends



Go on a walk and decide before you go what you are going to challenge yourself to do e.g, take photos, play nature bingo (sheet at end), invent an activity to do whilst you walk etc.



Outdoor Selfie Challenge – see end of booklet for instructions.



NOTE: Do not go outdoors on your own for these challenges – liaise with your parents, carers or Leaders for current regulations.

R

Robots



Make a robot with moving parts from some items
around your house

(ask parent/carers permission first)

You can make it as small or big; easy or difficult as you
like – older girls and adults could look up online and
could even make a life-size one to do jobs for you!



Design your own robot
marshmallows.

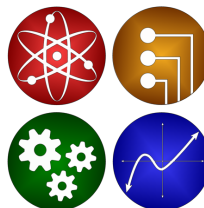


Dress up, act and move
like a robot

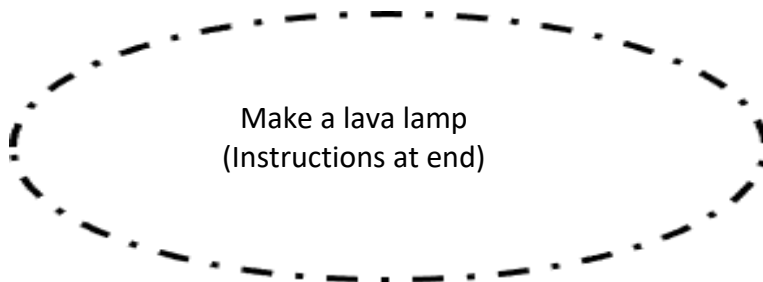


E

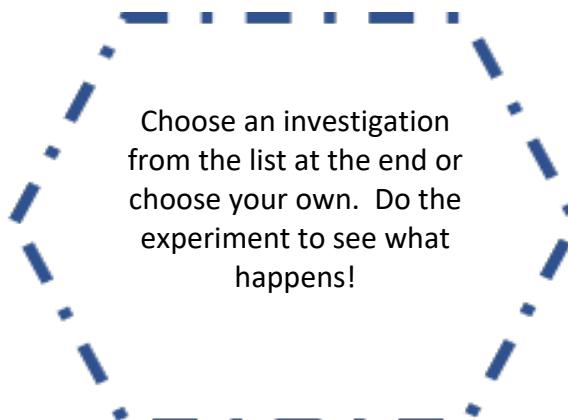
Experiments



Using household items or recycled materials design a marble run. Try to include as many interesting features as you can e.g. loops, see saws etc. Test your marble run to see if it works and how fast it is. For older girls try to get an exact time of 1 minute for the run.



Make a lava lamp
(Instructions at end)



Choose an investigation
from the list at the end or
choose your own. Do the
experiment to see what
happens!



50



As a personal challenge choose one of the activities that you have already done and progress it to 50

For example:-

- Make 50 cakes and sell them for charity.
- Take a note of 50 butterflies that go to your butterfly feeder.
- Do 50 skips with skipping rope.

The choice is yours as long as it is a challenge to you.

Don't forget to record it in some way (video, photo etc) and we will upload some of the more unusual ones onto the website



Instructions

- Choose an activity from each letter of BLACKMORE which is a personal challenge to you. The symbols suggest the sections but it is up to you to decide. Adults can choose whichever activity they like.
- To complete the badge there is a '50' challenge.
- As this is an individual challenge, young members can work through the pack on their own and seek help from a family member or trusted adult when they need. Girls can also report back to their leader about their progress (much like how interest badges work) if their unit is running online guiding meetings at the moment or to unit meetings when they resume.
- Leaders to liaise with girls as to how you are going to record what they have completed e.g. parents to send her photos electronically, via closed Facebook group, virtual meetings, videos, bring to unit meetings.
- There is a recording sheet attached for activities to be verified and initialled by appropriate adult e.g. Leaders, parents, guardians, commissioners etc. You don't have to use this form you can use your own system if you prefer.
- Leaders / Trefoil to email (communications@girlguidingworcs.org.uk) approx. numbers that are taking part in the challenge so that we can order the badges.
- We are hoping to have some sort of Christmas celebration so if you could aim to finish before then. If there is a demand we can continue the challenge badge into 2021.
- Adults taking part in challenge badge to either collate evidence and send it electronically to Janet Long (communications@girlguidingworcs.org.uk) or get another Leader/commissioner/ Trefoil Guild member to verify.
- Badges can be ordered using the form at the end of the booklet. Please order through your unit and not individually.

Safety Advice

- Please wash your hands before and after each activity.
- Activities for the girls will need to be supervised by parent/carer/leader.
- Leaders will provide consent forms if planning to have a virtual meetings (link below :-
<https://www.girlguiding.org.uk/globalassets/docs-and-resources/safeguarding-and-risk/virtual-meeting-parental-consent-form.pdf>)

Recording for Blackmore Challenge Badges

Name _____ Unit _____

	<u>Activity chosen</u>	<u>Date completed</u>	<u>Verified</u>	<u>Points</u>
B				
L				
A				
C				
K				
M				
O				
R				
E				
50				
5 points for each activity completed (50 points needed for badge) Can be verified and initialled by Leader or adult				TOTAL POINTS

Instructions for Butterfly feeder



Materials needed

- | | |
|---------------------------|----------|
| • Plastic bottle with lid | Scissors |
| • Decorations/photos | String |
| • Water | Sugar |
| • Soy sauce | Glue |

INSTRUCTIONS



Take a plastic bottle of any size.



Very carefully cut off the bottom with scissors.



Punch a hole through the lid with scissors (ask an adult for help!) and push a piece of string through. Tie a knot in the end of the string so it doesn't pull all the way through the bottle cap.



Cut the sides of the plastic bottle into petals shapes.

Ur



Punch 2 holes either side for the string to be pulled through so it can be hung from a tree or post



Decorate brightly and then fill with sugar water – 1 teaspoon soy sauce, 1 teaspoon of sugar and mix with water.

Your feeder is now ready to hang outside to attract butterflies

<https://childrens-binary.files.bbci.co.uk/childrens-binarystore/cbbc/bp-butterfly-feeder-make.pdf>

The website below is very good and has 19 different butterfly feeders but it is an American site and some things will need adapting. May be too difficult for younger members but could make some of them with adult help.

<https://balconlygardenweb.com/diy-butterfly-feeder-ideas/>

Dough Balls



Recipe

3 heaped tbsp self-raising flour

2 tbsp thick yoghurt

Optional – pinch of salt for savoury dough balls or 1 tsp sugar or sweetener for sweet dough balls

Method

- Mix the flour and yoghurt (and sugar or salt if using) in a small bowl or mug to make a dough.
- Roll out onto a floured surface and portion into balls
- Place the balls on a plate and microwave for one minute (based on a 900w microwave)
- OR can be cooked for 10mins in the oven – put balls on buttered baking tray and cook on 180 degrees celsius / 350 degrees Fahrenheit/gas mark 4
- Serve with a small pot of butter for dunking or roll in cinnamon sugar

Note – if you bake in the oven they will get a lovely golden crisp shell and will be less squidgy than the microwave version

Suggestions of things to use for orchestra from around the house

Suitable for all sections

Chicken Sounds	Growler	Straw Oboe	Glovaphone
<ul style="list-style-type: none"> • Plastic cup or yoghurt pot • String • Damp cloth 	<ul style="list-style-type: none"> • Cardboard box • Pencil • String • Wet cloth 	<ul style="list-style-type: none"> • A straw • Scissors 	<ul style="list-style-type: none"> • Thin latex glove • At straw • Cardboard tube with open ends

PURPOSE OF THE ACTIVITY - The sound of musical instruments is always created by making things vibrate. In woodwind it is the reed, in string instruments the strings, in brass the player's lips and in percussion it is by hitting things. The sound is often amplified by creating chambers for the sound waves and the pitch of the note is often related to the size of the instrument or chamber. Here we will show you how to make four "instruments" that explore these ideas. Older girls to try creating their own.

STRING VIBRATIONS: THE CHICKEN AND THE GROWLER

In these first two, the string is made to vibrate by holding a damp cloth tightly round it and pulling it along the string. Try doing it to some string by itself. You can feel the vibrations and hear a quiet sound.

Chicken sounds	Growler
<ol style="list-style-type: none"> 1. Make a hole in the bottom of the cup 2. Cut a length of string 3. Thread through the hole and tie a knot to stop it slipping out 4. Now take the cloth and pull it along the string again 	<ol style="list-style-type: none"> 1. Make a small hole in the cardboard box 2. Tie some string round a pencil 3. Feed the string through the hole so that the pencil is inside 4. Pull the wet cloth along the string again

In each case, the box and the cup has **amplified** the sounds of the string. The size and shape has affected the pitch. The tightness of the cloth and speed of movement are also factors. Try changing them – see what happens.

STRAW OBOE

1. Cut away the bendy part of the straw
2. Flatten one end about 2cm from the tip
3. Make two cuts along the folds to make a triangular tip
4. Insert the tip into your mouth so that that triangles do not touch anything. Blow hard!

The triangles vibrate in the air. What happens if you shorten the straw?

Suggestions of things to use for orchestra from around the house

(continued)

GLOVAPHONE

1. Cut a small hole in one of the fingers of the glove
2. Feed the straw a small way in and seal with tape
3. Put the end of the glove over the cardboard tube and tape down to the tube – make sure there are no holes
4. Insert the tip into your mouth so that that triangles do not touch anything. Blow hard!
5. Pull the rest of the fingers down against the side of the tube and blow until the top of the glove vibrates.

TIME TO GET CREATIVE!

You've now seen some of the ways to make sound vibrations – and we haven't even plucked a string or hit anything yet! You have seen how we can use boxes or "horn-shaped" cups to **amplify** the sounds (make them louder). The size of the instrument will change the note, as will how hard you blow things or rub things.

Instruments rely on what we call a **standing wave** – a vibration that keeps repeating on the same frequency. When you change the length of the straw oboe, the shorter ones have a smaller wavelength and so the note rises. On a flute or recorder you change the "length" by covering holes. On a string instrument, you change the length of the string by putting your fingers on it.

In percussion instruments, smaller things generally give higher notes – think of the blocks on a xylophone. Or maybe fill glasses with different amounts of water.

So, now you can invent your own instruments.

Build yourselves an orchestra!



Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!



BitznGiggles.com

Remember not to pick up or disturb any wildlife you see and don't pick leaves, flowers or berries.

Outdoor Selfie Challenge

How Does the Selfie Challenge Work?

You can use a camera, a phone, or even the camera on your Kindle to basically go on a selfie scavenger hunt. You don't have to do this challenge via social media. It could be just having fun over zoom. Or, you could even just do it as an at-home activity for your family... and then no social media posting is needed at all!

Some ideas for Selfie challenges

- Sitting in the grass
- Reading a book
- Holding a leaf
- With an animal in the picture
- With the clouds
- In a tree
- Wearing a hat
- Showing 4 different colours
- With something blue
- Of you laughing
- With a bird that is singing
- Drinking water
- By a car
- With a flower
- By the window

Make your own Lava Lamp



EQUIPMENT:-

- A clear jar or glass
- Vegetable oil
- Salt (or alka seltzer)
- Food colouring

INSTRUCTIONS

Fill the jar or glass about 2/3 full of water. Add a few drops of the food colouring to the water to give your lava lamp some colour. Next, fill the jar/glass almost to the top with vegetable oil; you should see that the oil sits on top of the water. Finally, add a teaspoon of salt on top of the vegetable oil, and watch your lava lamp work! When the lava lamp stops working, you can add more salt on top of the oil to start the process again.

- How do you think the lava lamp works?
- What do you think the salt does?
- Could you use other things instead of salt?

Investigations and experiments

Rainbows / younger Brownies

MAGNETS

INSTRUCTIONS

- 1) Write a list of stuff around you.
- 2) Guess if it'll stick to a magnet or not – write down your guess next to each
- 3) Try it. Were you right? Don't worry if you weren't. Not all metals are magnetic.

Top tip: to help get a good range of materials, including some sticky and some non-sticky metals.

EXTENSION

- 4) Does the magnet work through paper? material? card?
- 5) How many layers of card do you think? Try it– are you right?
- 6) Make a maze – magnet one side of the card, paper clip the other, can you lead your paper clip through the maze you drew?

SINK OR FLOAT

INSTRUCTIONS

- 1) Write a list of things you're going to test to see if they float or sink in water.
- 2) Think back to other floating experiments you have done for this badge and guess if they will – write down your guess next to each.
- 3) Try it by putting each into a bucket of water. Were you right? Don't worry if you weren't. Not all materials will float.
- 4) Get a piece of modelling clay or playdough if you haven't already. Drop it in as a ball. Does it float?
- 5) Is there a different shape you could mould it into to make it float?

Investigations and experiments

MILK BUBBLES (Brownies)

You will need: Full fat milk, semi-skimmed milk, skimmed milk, three identical glasses/beakers, 3 straws, stopwatch.

INSTRUCTIONS

- 1) Pour 5cm of each milk into a glass – remember which is which.
- 2) On the word “go” have three of you blow through straws. Bubbles should build up.
- 3) Use the stopwatch to time how long it takes for the first bubbles to reach the top in one glass and shout stop.

FIZZING FAIRY POTIONS

This is the perfect experiment to get Rainbows and Brownies thinking about science by creating a fabulously sparkly, colourful and frothy fairy potion!

What you need:

- Bicarbonate of soda
- White vinegar
- Washing up liquid
- Powder paint or food colouring
- Glitter
- A small glass jar
- A magic wand (ok, a spoon will work too!)
- A tray or large dish which can contain the overflow

Here's some quick instructions on how to start making your potion:-

- First, half fill the jar with vinegar, then stir in a spoonful of your chosen colour.
- Next add a big squeeze of washing up liquid and lots of sparkly confetti and glitter.
- Then add in a spoonful of baking soda and start to stir with the magic wand.
- The potion will bubble and froth, fizzing out over the jar and making a gorgeous, sparkly mixture!

DIY Fizzy Bottle Rocket (older Brownies, Guides and Rangers)



What do I need?

- An empty plastic bottle (500ml or 1 litre water bottles work well)
- White vinegar
- Bicarbonate of soda
- Straws for legs
- A cork that fits tightly into the bottle
- Sticky tape
- A piece of kitchen roll
- A spoon

How do I do it?

1. Turn your bottle upside down and tape four straws onto it. The top should now stand about 2cm above the ground. Make sure that it is stable and doesn't fall over. Don't forget to decorate your rocket!
2. Tear off one piece of kitchen roll.
3. If you're using a 500ml bottle cut the piece of kitchen roll in half and place one dessert spoon of bicarbonate of soda in the middle. Carefully roll the kitchen roll and twist each end so the bicarbonate of soda is wrapped like a sweet. If the paper starts to unroll dampen your finger ends and twist the paper again but be careful, don't make it too wet. If you're using a 1 litre bottle, do the same, except use a full sheet and two spoonfuls of soda.
4. Pour vinegar into the bottle until it is $\frac{1}{4}$ full. Screw the top on until you are ready.
5. Take everything outside. Find some level ground and test that your rocket stands up steadily.
6. Your rocket will shoot up quickly so you will need to stand well back; five adult paces (5 metres) should be sufficient.
7. One adult will be the launcher. Turn the bottle so the screw top is upwards, take off the top and put to one side. You will need to do the next bit quickly. Slide the package of bicarbonate of soda you made earlier into the bottle containing the vinegar, holding the bottle as steadily as you can. Quickly push the cork firmly into the bottle. Turn the bottle over and carefully place it on the launch pad. Move back 5 paces as soon as you can and watch the launch.

Safety Advice:

IMPORTANT GENERAL SAFETY NOTE FOR SUPERVISING ADULTS. This Terrific Scientific investigation has been devised so that with adult supervision, reasonable care and by following the instructions provided, no special safety equipment or knowledge is required to enjoy the experience safely. These safety reminders are designed to assist the supervising adult when planning and carrying out the investigation. Please read the instructions fully before starting.

- Everyone should be at least 5 adult paces, about 5 metres, away when the rocket is launched.
- Wash hands thoroughly after handling the vinegar.
- Replace the vinegar bottle top as soon as you've taken the vinegar you need.
- As the rocket takes off some vinegar will spray out. If any goes onto clothes wash off immediately with water.
- Throw a bucket of water over the launchpad when you have finished to wash away any vinegar.

SOME QUESTIONS FOR RANGERS FOR INVESTIGATIONS

We suggest that Rangers come up with their own investigations, and design and investigation accordingly. However, if they are stuck for ideas, here are some suggestions:

- What makes pendulums swing at different speeds?
- How do you build the perfect paper plane?
- How could you measure the rotation of the Earth with a weight and a piece of string?
- If ice is the solid form of water, why does it float in your glass on a hot day? What makes water and ice so special

OTHER SUGGESTIONS FOR EXPERIMENTS

Other experiments for all age groups can be found online – the BBC has a good site – link below:-

<https://www.bbc.co.uk/teach/terrific-scientific/KS2/zr63d6f> where they also have video guides

Activities include – marshmallow catapult; sticky rice experiment; making a rainbow; bendy water!



Name of Unit	
Division	
Leader	
Email address	
Address if you would like your badges to be posted. (p & p costs below)	
Number of badges required	
Amount enclosed (£1 per badge) + p& p if required.	

Please send to:- Blackmore 50 Challenge, Girlguiding Worcestershire, AcreLane, Droitwich,
WR9 9BE and enclose a cheque for the full amount made payable to:-

“Worcestershire Guide Association”

If you wish to collect your badges or pay by BACS please contact county office:-

Phone : 01905 797377

Email: office@girlguidingworcs.org.uk

Postage and Packing charges:-

1 – 20 badges - £1.50

20 – 50 badges - £2.50

50 – 100 badges – please contact office if posting is required

Office use only			
Received		Sent/collected	