

Outdoor

Challenge



50 Activity Ideas to get your unit out and about.

Complete activities from each section to earn two badges.





Outdoor Challenge

This challenge is made up of 3 badges and is suitable for all sections. You can work towards just one badge, two of them or aim for all three.

Once three badges are awarded you can sew them together to complete the flower shape.

Most clauses are designed to be completed within your units but some could also be completed individually or organised within districts / divisions.

To earn each badge you should complete the following number of clauses from the relevant chapter of this resource

Rainbows - Complete 3

Brownies - Complete 4

Guides - Complete 5

Senior Section / Adults - Complete 6

All proceeds raised from this challenge will go towards building a shower block at Blackmore.



Badge Order Form

Badges can be ordered by completing this form.

Name of Unit

Badge	Quantity Reqd	Price (Each)	Total
Outdoor Skills (Pink)		£1	
Outdoor Adventure (Purple)		£1	
Centre		£1	
		TOTAL	

Please send to **Outdoor Challenge Badges, Girlguiding Worcestershire, Acre Lane, Droitwich, WR9 9BE** and enclose a cheque for the full amount made payable to **“Worcestershire Guide Association”** Please also enclose a **Stamped, Self addressed envelope** for return of badges, ensure that the envelope is large enough and carries enough postage.

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Outdoor Skills

To Earn the Outdoor Skills Badge then complete the relevant number of clauses for your age group from this section.

Information on how to do each activity is listed on the following pages.

- 1) Have a go at mirror walking
- 2) Photograph a sunrise / sunset
- 3) Grow something edible from a seed
- 4) Collect natural objects from all colours of the rainbow
- 5) Carry out a litter pick with your unit
- 6) Write a picture trail / follow another groups picture trail
- 7) Create a woodland perfume
- 8) Make a bird feeder and keep a diary of birds that visit
- 9) Try stick weaving
- 10) With a group follow a string trail blindfolded
- 11) Make S'mores
- 12) Draw a chalk picture on the ground
- 13) Pick fruit and make something to eat from it
- 14) Keep a Photo diary of your outdoor adventures
- 15) Go on a road sign safari
- 16) Take bark rubbings from 3 different types of tree
- 17) Build a den and use it to hide during a wide game
- 18) Take part in an outdoor treasure hunt
- 19) Learn and use trail signs
- 20) Have a go at outdoor first aid
- 21) Send a message across an open space using semaphore or morse code
- 22) Cook something without utensils on an open fire
- 23) Build your own woodland shelter and spend a night in it
- 24) Cook a three course meal on an open fire
- 25) Make a ballista and fire a water bomb - measure how far it travelled
- 26) Scouts pace challenge over 500m
- 27) Practice compass skills by drawing a string elephant
- 28) Make a camp gadget and use it all weekend

Mirror Walking

Equipment Required:

- Small Handheld Mirror Each
- Safe Outdoor Space

Age: All Sections

Time: 20 Minutes
- whole meeting

Instructions

Provide each person in the group with a small handheld mirror, school science mirrors are good for this if you can get hold of them or ask each girl to bring a pocket/handbag sized mirror from home.

Set a start and end point for your route, ensure that the route is an easily manageable distance for the age group.

Walk the whole group from the start point to the end point, ensure that they are paying close attention to their surroundings.

Now return to the beginning of the route and ask each person to take out their mirror.

Place mirror at chest height facing upwards.

Each person must now walk the same route but this time they must only look into the mirror.

Mirror must be held still and always face in the direction of the sky.

This activity could be completed in pairs, with one person being used a guide to reduce the risk of trips, falls or collisions.



Photograph Sunrise / Sunset

Equipment Required:

- Camera or mobile phone

Age: All Sections

Instructions



Either complete this challenge as a unit, maybe you can adjust the time of your unit meeting so that you can catch sunset or challenge the girls in your unit to bring in/ email their best photographs of sunrise or sunset.

Guides / Senior Section - You could organise a sunrise walk so that you experience this together or why not turn it into a night away and enjoy a camp breakfast on your return.

Please note that correct licences must be held before camping or walking. Seek advice from your outdoor advisor if you are unsure.



Grow Something Edible from seed

Equipment Required:

- ☐ Seeds
- ☐ Plant Pot / grow bag
 - ☐ Compost
 - ☐ Trowel
- ☐ Plant Label

Age: All Sections

Time: 30 Minutes

Instructions

Plant something as simple as cress seeds, these will grow on cotton wool and a paper plate if necessary. Ask the girls to taste the cress once it has grown. What do they think of it? Were they more likely to try it once they had grown it themselves?

You could be more adventurous and try planting salad vegetables, if each girl had a different salad vegetable to plant then you could combine the crop at the end of term and prepare and eat a full salad during your unit meeting.

Maybe some of your girls already grow fruit / vegetables at home in the garden or have an allotment. Could you visit an allotment and help to plant root vegetables?



Potatoes will grow in an unused dustbin, take a look at www.growveg.co.uk for some ideas on how to make this work for your Unit.

Rainbow Collection

Equipment Required:

- Outdoor Space
- Box / Card & Sticky Tape

Age: All Sections

Instructions

You could provide each group with a box as small as a match-box to collect all of their items



in or as large as a lunchbox. It's up to you. You could ask the girls to make a collage from the items that they have collected when they return from foraging.

Another great idea is to tape a piece of double sided sticky tape to a piece of cardboard. Peel off both sides and then ask the girls to stick their objects, in the correct order of colours to the sticky tape / card.



Litter Pick

Equipment Required:

- ☐ Grabbers
- ☐ Bin Bags / Rubbish Collection point
 - ☐ High vis Vests
 - ☐ Gloves
- ☐ Suitable risk assessment

Age: All Sections

Instructions

A great activity to get your unit out and about and to help out in the local community.

Just beware of the dangers that can be involved with litter picking and they type of litter that you might find.

Organise this as a daytime activity / summer evening so that you have plenty of light available.

Ensure that girls wear gloves and are aware of what is safe to pick up i.e broken glass bottles, sharp fragments of cans etc.

Visit your local council website, they very often will help to provide litter grabbers, bin bags and gloves for organised litter picks and can also arrange for collection of the rubbish / recycling gathered.



Woodland Perfume

Equipment Required:

- ☐ Rose Petals
- ☐ Water
- ☐ Rose Essential Oil / Rose Water
- ☐ Fine Glitter
- ☐ Spray Bottle / labels
- ☐ Red Food Colouring
- ☐ Measuring Jug
- ☐ Pan & Lid
- ☐ Hob
- ☐ Wooden spoon
- ☐ Funnel & sieve

Age: All Sections with adult support for Rainbows and Brownies



Instructions

Collect fallen rose / flower petals by either taking your girls out of the unit and collecting from the local area or ask them to collect these at home. Remember only to collect fallen petals, this is best done towards the end of summer or beginning of autumn term. They will need around a handful each.

Ask girls to bring in a bottle to store their perfume. You can take some time to decorate this bottle and they could think of a name for their perfume.

Measure the petals that you have in a measuring jug. Take a note of this measurement and remove petals from jug. Place same amount of water in jug as there are petals. Pour water into pan, place a lid on the pan and bring the water to a low boil. Turn off the heat, but leave the pan on the stove. Open the lid and pour in petals, using a spoon to push them all down into the hot water. Put the lid back on the pan and let the petals steep until the water is cool. Think of this as making tea. You are extracting the oils and fragrances from the petals.

Strain the cool water into a glass bowl. Use the back of a spoon to squeeze as much liquid out of the petals as possible. Discard the petals. Add one drop of red food colouring to the mix to make it a pink colour. You can add more commercially prepared rose water or rose essential oils, or you can leave the recipe alone. You can consider adding fine body glitter to the formula if you'd like. Bottle and keep for up to two weeks.

Bird Feeder

Equipment Required:

- ☐ Good quality bird seed
 - ☐ Raisins
 - ☐ Peanuts
- ☐ Grated cheese
 - ☐ Suet or lard
- ☐ Yoghurt pots
 - ☐ String
- ☐ Mixing bowl
- ☐ Scissors

Age: All Sections



Instructions

Carefully make a small hole in the bottom of a yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table

Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl

Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidding it until the fat holds it all together.

Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so

Hang your speedy bird cakes from trees or your bird table. Watch for greenfinches, tits and possibly even great spotted woodpeckers.

Keep a diary of all of the birds that visit your bird feeder over the next few weeks

Visit www.rspb.org.uk for more information on activities like these.

Stick Weaving

Equipment Required:

- ☐ A forked Stick
- ☐ Wool / String / Ribbon
- ☐ Plastic Needles
- ☐ Scissors
- ☐ Beads, Shells, Seed Pods etc.

Age: All Sections

Instructions

The Outdoor part of this challenge is to take your unit out of the meeting place and ask them all to find a suitable stick. A strong stick with a fork is perfect, as pictured here however, Guides / Senior Section may like to lash several sticks together to create a square canvas for weaving.

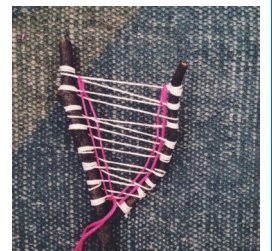
Start by tying the string tightly at the base of the fork. Then zig zag the string around either side of the stick. It is very important to anchor at each side by wrapping the string around a few times at each point. This will ensure your loom has good tension. It is really important to do this. Once you reach the top of your stick, tie it off. Make sure the string is nice and tight, if not, do it again



Start weaving up the centre of the loom, weave four lines and then split them in half, pushing them to either side so that the loom sits well, then start adding other colours, always add colours from the bottom, tying all the ends together at a designated back, leaving them a little long until finished.



You can get creative and weave in lace, or ribbon and add shells or seed pods too...or leave some space where the loom shows still. You can also work on a much larger scale



When the whole surface area of loom is woven then make sure the knots are secure and trim off the long ends.



String Blind Trail

Equipment Required:

- ☐ Blindfolds
- ☐ Rope
- ☐ Woodland / Outdoor Space

Age: All Sections

Instructions

Using rope / string, lay out a course for the girls to follow whilst blindfolded. Tie rope to tree or any object that will indicate the start of the trail. Now wrap rope around other objects along route to keep it off the floor (rope should be at about hip height for the girls) - make the route as complex or simple as necessary for your group.

Split girls into groups of around 5 or 6, ask each group to make their way to the start point. Blindfold all members of the group, all group members should place one hand on the shoulders of the person in front of them and then guide the girls other hand to the rope.



Aim is for the whole group to follow the string trail whilst blindfolded, using only their hands.

How difficult did they find it? How well did the group work together? Were they able to effectively communicate down the line using their voices?

S'mores

Equipment Required:

- Newspaper, Wood & Lighter or Tealights or Disposable BBQ
- Wooden Skewers—pre-soaked in water
 - Marshmallows
 - Chocolate covered digestives
- Fire Extinguisher / Bucket of Water / Fire Blanket

Age: All Sections

Instructions

A **s'more** is a traditional night time campfire treat popular in the United States and recently in Canada, consisting of a fire-roasted marshmallow and a layer of chocolate sandwiched between two pieces of graham crackers.

Make your own version of this tasty treat using chocolate digestives and marshmallows.



Light a campfire and toast your marshmallows, use a disposable BBQ to toast marshmallows or you could even toast them over a tealight, although you will need more patience to do it this way.

Toast the marshmallow by placing it on the end of the water soaked wooden skewer and then use two chocolate covered biscuits to sandwich the marshmallow and pull it off the skewer.

CAUTION: Marshmallow centre will be hot so leave for a few minutes to cool

before eating.



Chalk Pictures

Equipment Required:

- ☐ Pavement Chalk / Old Chalks
- ☐ Playground / Patio / Paving Slabs (with permission of land owner)
 - ☐ Bucket of Water

Age: All Sections

Instructions

The origins of modern street painting can be traced to Britain. Pavement artists were found all over the United Kingdom and by 1890 it was estimated that more than 500 artists were making a full-time living from pavement art in London alone.

The British term for pavement artist is "screever". The term is derived from the writing style that typically accompanied the works of pavement artists since the 1700s. The works of screevers often were accompanied by poems and proverbs and political commentary on the day's events. They were described as "producing a topical, pictorial newspaper of current event. They appealed to both the working people, who could not read or write, but understood the visual images; and to the educated members of the middle-classes who appreciated the moral lessons and comments.



The first recorded street-painting competition and 'festival' was held in London in 1906. In 2008 Mark Wagner and 6,000 people over 4,000 school children set a Guinness World Record for the World's largest Pavement Art covering over 8,361 sq. metres. A satellite photograph was taken of the artwork

Maybe you could hold your own street painting competition in your unit or could you create one large street painting picture between you all? Just grab some chalks and get creative.



Fruit Picking

Equipment Required:

- Basket / Bag / Box

Age: All Sections

Instructions

Visit a Pick Your Own farm with your unit or forage the local blackberry bushes during September. Grown in abundance in all manner of hedgerows across the country blackberries are not restricted to rural areas but regularly spotted along canal paths and across wasteland in towns and cities alike. Try not to stack loads on top of each other or they'll bruise and squash before you get them home. Store in the fridge when you get home and they'll keep for two to three weeks or freeze your crop for use at a later date.



Make anything edible that you can think of with your fruit from no cook fruit kebabs with chocolate dipping sauce to a homemade apple and blackberry pie from scratch. Aim this part of the activity at the age group and time-scale that you are working with.





Photo Diary

Equipment Required:

- ☐ Camera
- ☐ Photo Album / Memory Stick

Age: All Sections

Instructions

Keep track of all of your outdoor adventures, send the best pictures through to the outdoor team for inclusion on our website pages.

Each girl could keep her own photo diary or you could keep a unit photo diary of all of the outdoors adventures that you have been on throughout the year.



Road Sign Safari

Equipment Required:

- ☐ Road Sign Spotter Checklist

Age: All Sections

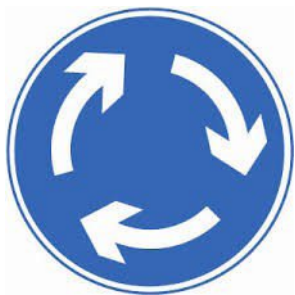
Instructions

Take a short walk around the local roads outside your meeting place, how many of the road signs can you spot in your local area?

Road Sign Spotter checklist template on following page or make your own.

Ensure adult:child ratios are adhered to when out of your unit meeting place and ensure that consent forms are completed by all parents. Don't forget to inform your commissioner that you will be out of your normal meeting place.





Bark Rubbing

Equipment Required:

- White Paper
- Charcoal Pencils or wax crayons
- Trees

Age: All Sections

Instructions

Bark rubbings are a simple way to appreciate the patterns of tree bark, or can easily be turned into a work of art using different colours, or used to make a collage. You can make a bark rubbing anytime of year, and bark rubbings reveal the texture and all the pits and bumps of the bark. Once you are done with your bark rubbing, it can be used in tandem with a field guide to identify the tree it came from.

Find a tree. This can be anywhere, any type, any time of year.

Take out your white sheet of paper and press it against the bark of the tree.

Take your charcoal or crayon and rub it against the paper, applying gentle pressure.

Once an image of the tree bark has formed, take it off. you can create rubbings in different colours, off of different trees, and use your rubbings to make collages and art works.

Maybe you could swap bark rubbings with another person and see whether you can guess which tree their bark rubbing was taken from.



Wide Game

Equipment Required:

Outdoor Space
Game Dependant

Age: All Sections

Instructions



Wide game. A **wide game** is a kind of **game** played in a large area, such as a field, heathland or woodland, or a defined urban area.

You can design your own wide game or take some ideas from the following web pages. They can be as simple as you like or you can create a complex story/ theme for your activities to fit in to. Just get creative.

<http://www.inquiry.net/outdoor/games/wide/>

http://www.scoutingresources.org.uk/games/games_wide.html

<http://youthgroupgames.com.au/category/8/wide-game/>

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



Treasure Hunt

Equipment Required:

Clues
Prizes
Outdoor Space
Map (optional)

Age: All Sections

Instructions

Another activity that you can make as simple or complex as you like to suit the age group and ability of the unit.

A simple treasure hunt could consist of the girls finding coloured ribbon or wool that you have hidden around the playing area. Each group could be responsible for collecting a different colour or you could have a competition in which girls try to collect the most pieces of ribbon/ wool in a set amount of time.

Hide treasure in the dark with glow sticks wrapped around each piece and have a treasure hunt in the dark or hang old CD's in trees with treasure attached, get girls to bring a torch and find the treasure by finding the reflective CD's hanging from the trees.



To make things a little harder you could write cryptic clues that the girls must follow until they reach an end point in which the “treasure” is hidden.

You could provide the girls with a map of the area and ask them to navigate to “X” and find the treasure.

Whichever type of treasure hunt that you decide to organise for your unit, just remember to complete a suitable risk assessment of the area (this can be done mentally) and remember to inform the girls of the boundaries of play.

Trail Signs

Equipment Required:










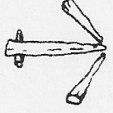

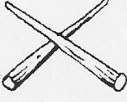





Outdoor Space
 Trail Signs Printout

Age: Older Brownies /

Guides / Senior Section /
 Adults

Instructions

Set a trail for your older brownies / guides to follow once you have explained to them how to interpret the trail signs listed below.

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			
Number of paces in direction indicated 	I have gone home. 		

Ask Guides / Senior Section to lay a trail for another group to follow. Make it as long or as short as the time & space allows. You could include this as an activity within a wide game or use a whole unit meeting to lay trail signs and look at other methods of communication.

Remember not to disturb the natural environment more than necessary and do not do any lasting damage to plants or wildlife.

Outdoor First Aid

Equipment Required:

Outdoor Space
First Aid Trainer

Age:

Guides / Senior Section /
Adults



Instructions

How does First Aid differ in a remote outdoor setting? What equipment do you need to think about carrying if you are about to commence on a long hike through the countryside where phone signal and road access may be limited?

How can you find safe drinking water or make water safe to drink? Come up with some ideas and then have a go at purifying water.

<https://www.sydneycoastwalks.com.au/how-to-purify-water-while-hiking/>

What clothing do you need to take with you to ensure that you are kept healthy throughout your outdoor adventure? Ask girls to consider what types of clothing are suitable, turn it into a game or quiz.

Do you know what common plants to avoid whilst out and about. Nettles are Obvious but there are other plants that could cause harm if touched such as giant hogweed and poison ivy. Take a look at

<http://www.nhs.uk/Livewell/bites-and-stings/Pages/Plant-dangers-garden-countryside.aspx>

for more information on what to do if you come into contact with these.

Semaphore / Morse Code

Equipment Required:

Outdoor Space & Crib Sheet Below
Set of Semaphore Flags
Paper / Pens
Torch (Morse Code)

Age:

Guides / Senior Section /
Adults

Instructions

Morse code is a method of transmitting text information as a series of on-off tones, lights, or clicks that can be directly understood by a skilled listener or observer without special equipment. It is named for Samuel F. B. Morse, an inventor of the telegraph. Each Morse code symbol represents either a text character (letter or numeral) or a prosign and is represented by a unique sequence of dots and dashes. The duration of a dash is three times the duration of a dot. Each dot or dash is followed by a short silence, equal to the dot duration. The letters of a word are separated by a space equal to three dots (one dash), and the words are separated by a space equal to seven dots.

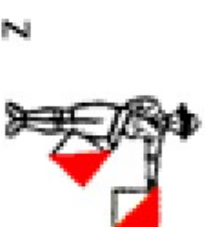
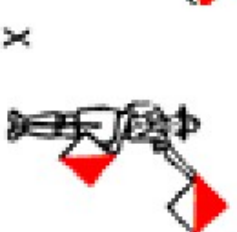
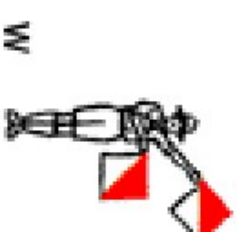
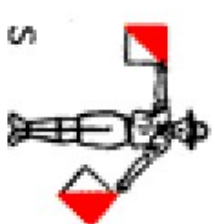
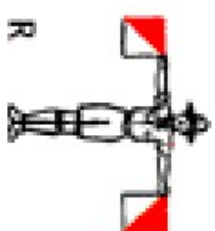
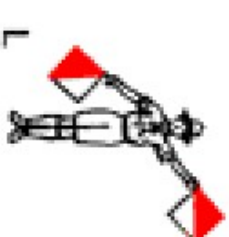
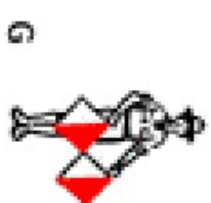
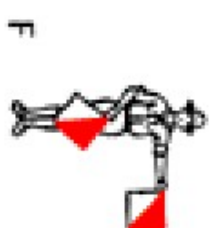
Semaphore is another visual method of communication that involves signalling the alphabet or numbers by the handholding of 2 flags in specific positions. The flags are coloured differently, depending on whether the signal is sent over the land or across the sea.

Red and yellow flags are used at sea. The system was developed in France, in 1790 by Claude Chappe. This was the time of the French Revolution and there was a great need for the government to be able to quickly communicate orders and to receive information. Their first message, on March 2, 1791 was sent a distance of 10 miles and read: "If you succeed, you will soon bask in glory".

Over the next few years, the Chappe brothers set up a network of 556 stations around France and towers with large, moveable wooden arms were developed. Once the success of the system was realised, many other countries adopted the semaphore system, including Sweden, England and Germany. The system of handheld flags was further developed during the early 1800s when the maritime industry found that the flags were a fast and easy method to communicate between ships. It is still an accepted form of communication during an emergency, using flags in the daytime and torches at night.

Have a go at transmitting-a message across an open space to another group either using Morse Code or Semaphore. Did they understand you correctly? Can they reply to you?





A	· -	J	- - - -	S	· · ·	1	- - - - -
B	- · · ·	K	- - -	T	-	2	- · · - - -
C	- · · · ·	L	- · · · ·	U	- · ·	3	- · · · - -
D	- · · ·	M	- - -	V	- · · · -	4	- · · · · -
E	·	N	- ·	W	- · · - -	5	- · · · · ·
F	- · · · ·	O	- - - -	X	- · · · - -	6	- · · · · · ·
G	- · · · ·	P	- · · · ·	Y	- · · · - -	7	- · · · · · ·
H	- · · · · ·	Q	- - - · -	Z	- · · · · ·	8	- · · · · · ·
I	- ·	R	- · · ·	D	- - - - -	9	- · · · · · ·

Cook Something without traditional Utensils

Equipment Required:

Campfire (wood, lighter/ matches, newspaper)
Sharp Knife (only utensil allowed)
Outdoor Space
Tin Foil
Collected Sticks

Age:

Guides
Senior Section
Adults

Instructions

Before you start you need to be cooking on embers not flame so light your fire well in advance of cooking. There are many different fires but they all eventually collapse and the embers need to be spread evenly to allow you to have an even cooking surface.

The next part depends on what you want to cook. You should use green wood for skewering and ensure skewers are soaked in water prior to using to prevent fire.

Sausages get a piece of straight wood about 6-8mm thick , and strip the end of the stick of bark about 10-15 cm. Sharpen this to a point. Press the sausage onto the point length-wise. Suspend above the fire, suspend this about 6" above the embers and rotate regularly.



Something in a can, open the can lid or better ,take it off (stops it exploding) and take the label off. Cover the top of the can with silver foil and place at the edge of the fire

Orange Eggs - Take an orange and cut the top 1/5 of it off and scope out the centre, then throw this away. Crack an egg into the hole in the orange and replace the top. Poke a stick through the lid centre diagonally so it keeps the lid on and doesn't touch the egg. Place at the edge of the embers and it will cook the egg.

Toast- the same as a sausage , you can work out how to attach it.

Kebabs - take a sharp stick and spear several cube of meat and vegetables and then roast above the embers

Foil Parcels—Wrap meat pieces, lemon juice, veg and a little oil in a foil parcel and place inside the embers to cook

Jacket Potatoes—Wrap in foil and place in embers

Bananas/ Apples and Chocolate Chips—Piece skin of fruit and push chocolate chips inside. Wrap in foil and heat in embers.

These are just a few ideas – please feel free to experiment with your own recipes for this part

Build a Woodland Shelter

Equipment Required:

Tarpaulin
Woodland
Sleeping Bags / Waterproof Bivvy Bags
String / Rope

Age:

Guides
Senior Section
Adults

Instructions

Why not make this challenge part of your next Unit camp.



Challenge the girls to create their own shelter and see whether they can stick a whole nights sleep underneath it. You will need to check its safety before allowing the girls to sleep under it.

Please ensure that you have the correct “Going Away With” licence for your residential event before planning.

Be Creative and don't forget to take pictures of what you have done.

3 Course Meal

Equipment Required:

Campfire (Wood / Lighter / Newspaper)
Pots / Pans
Altar Fire Stand (Optional)
Ingredients
Necessary Utensils

Age:

Guides
Senior Section
Adults

Instructions



With many of us opting for light-weight camping and cooking on gas these days most girls will not have experienced the challenge of cooking a full meal on an open fire.

For more experienced girls you could challenge them to design, shop and cook a 3 course meal for their patrol / group or you could ask each patrol to cook one part of the meal for the whole unit.

Whatever suits your girls best but remember, NO GAS allowed. All of it must be cooked using only an open fire.



Ballista

Equipment Required:

Wooden Canes
String
Wooden Spoon
Water Balloons
Measuring Tape

Age:

Guides
Senior Section
Adults

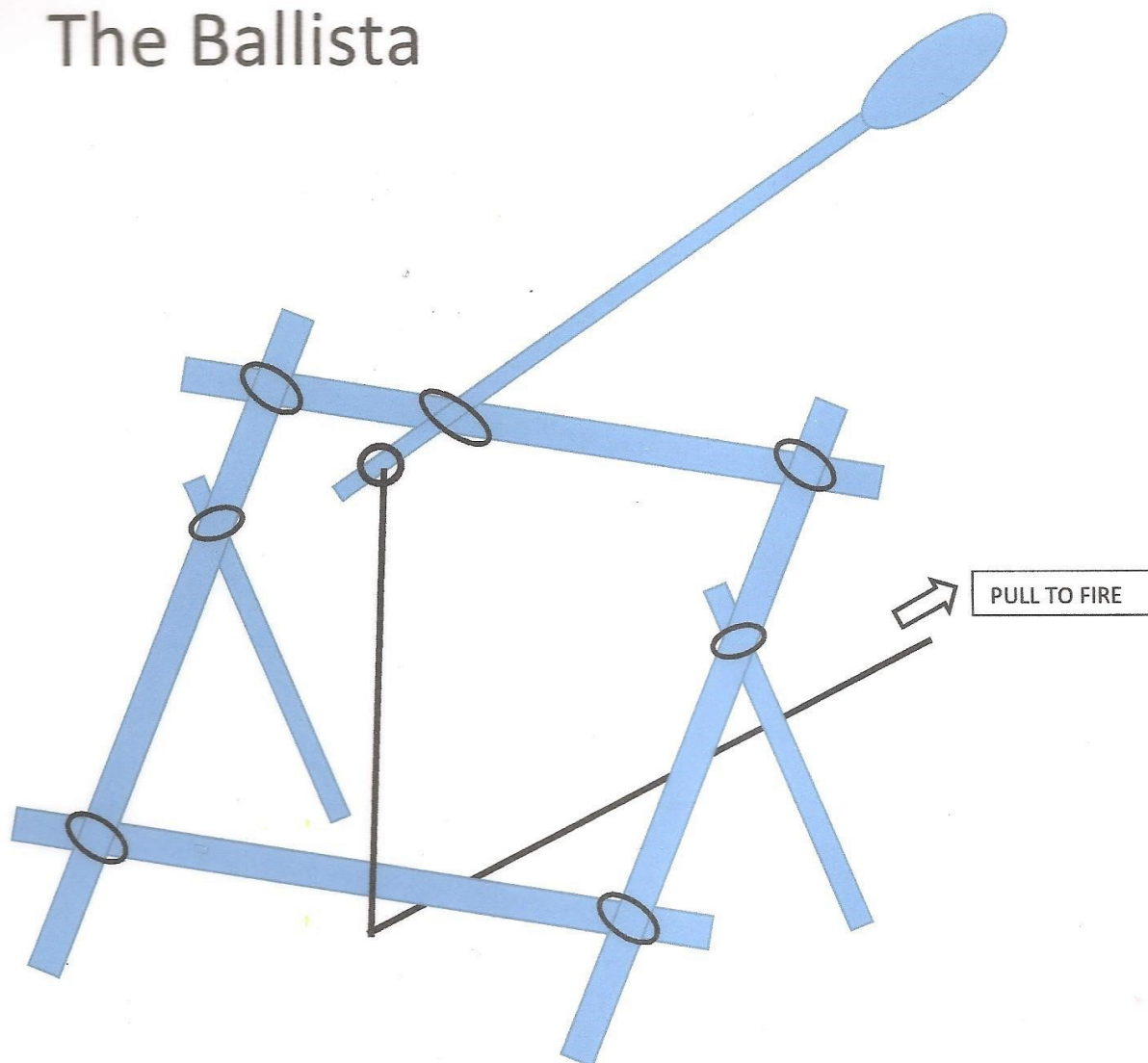
Instructions

You could do this activity with water balloons or if weather is bad then use soft balls inside.

Instructions are overleaf. Girls may need to practice square lashing and clove hitches before mastering the ballista challenge.



The Ballista



Use the skill of 'Square Lashing' to produce a miniature medieval 'BALLISTA'. From the canes provided.

Once you have made a working model, you should then try to catapult a soft ball through the hoop target to score 20 points.



Scouts Pace Challenge

Equipment Required:

500m marked route

Age:

Guides
Senior Section
Adults

Instructions

Scout's pace is a way of covering large distances on foot. You don't run all the way, because it's too far and you would not complete it. You don't walk all the way, because that's too slow and you wouldn't get there on time.

Instead, you run for, say, 100 steps, then walk for 100 steps, then you run for 100 steps, and keep going. You don't sprint, you just sort of jog along. This has a whole load of benefits.

You can keep this up for a long time.

It's harder to start up into a run from standing still than it is from a walk

It's easy to imagine another 100 step walk

Finally, Scout's Pace can take you a long way, but it won't take you forever

We challenge you to complete a 500m distance using Scout's pace, however, if you feel as though this is not enough of a challenge then feel free to increase the distance for yourself or your girls.



String Elephant

Equipment Required:

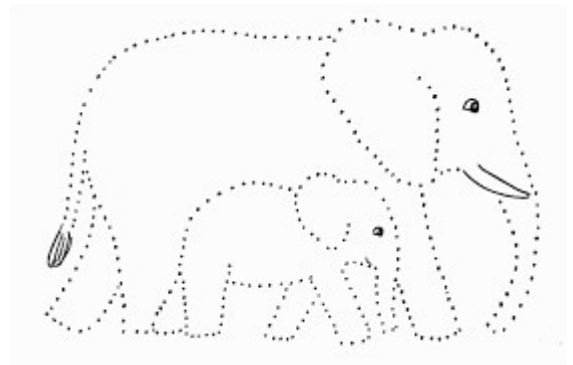
Compass
String
Tent Pegs /allet
Open Space

Age:

Guides
Senior Section
Adults

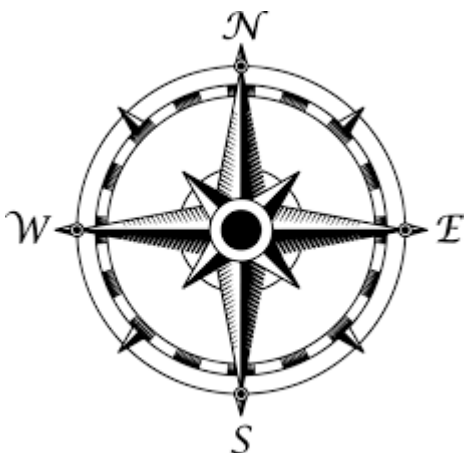
Instructions

Use this creative outdoor activity to get some practice using a compass.



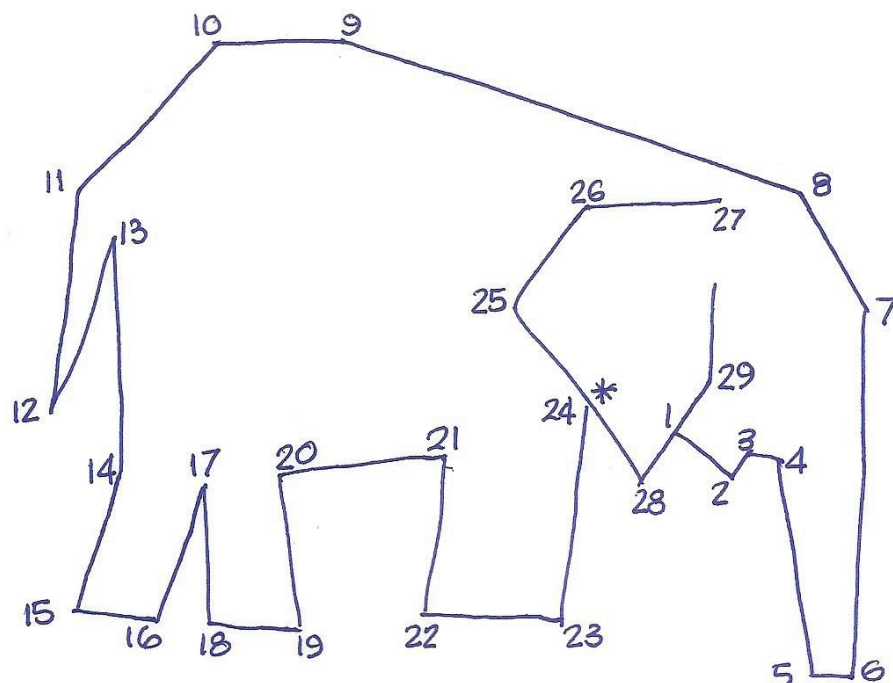
Provide each group with a compass, a set of instructions, tent pegs and a mallet and a ball of string.

Start with a tent peg in the ground and tie a piece of string to it. Now move the correct number of paces in the correct direction (as specified in the instruction sheet) and place another tent peg in the ground, join up the string from the first point to this next point. Repeat until you have reached your original starting point.



Look at the design on the ground from above, it should resemble an elephant.

Elephant



CHOOSE SOMETHING TO MEASURE WITH..... A RULE, A STICK or YOUR OWN FOOTSTEP
YOUR FINISHED 'DRAWING' WILL BE 12 TIMES THE LENGTH & 10 TIMES THE HEIGHT.

1	122dg	1	11	184dg	4	21	183dg	3
2	034dg	0.5	12	014dg	3.5	22	092dg	2
3	110dg	0.5	13	176dg	4	23	002dg	3.5
4	168dg	3.5	14	195dg	2.5	24*	321dg	2
5	090dg	0.5	15	092dg	1.5	25	034dg	2
6	358dg	6	16	012dg	2	26	086dg	1.5
7	330dg	2	17	174dg	2	27	GO BACK TO 24*	
8	286dg	7	18	092dg	1.5	28	141dg	1.5
9	264dg	2	19	344dg	2.5	29	024dg	2
10	215dg	3	20	080dg	2.5		360dg	1.5

PUT A TENT PEG AT EACH POINT AND JOIN THEM TOGETHER WITH THE COLOURED STRING. START NEAR THE RIGHT HAND SIDE OF YOUR SPACE, ALMOST HALF WAY UP.



Camp Gadget

Equipment Required:

Gadget Wood
Rope / String

Age:

Guides
Senior Section
Adults

Instructions

Great for Knot practice and useful too.

During your next unit camp challenge the girls to make a camp gadget, could be as simple as a welly peg or as complex as a camp chair. Use your imagination and try to use this activity to reinforce the importance of correct knot tying.



The girls will learn to square lash effectively once their own washing up stand has fallen apart and soaked the once.

You'll find some ideas here

<https://scoutpioneering.com/favorite-projects/>

Camp Gadget Continued

Equipment Required:

Gadget Wood
 Rope / String

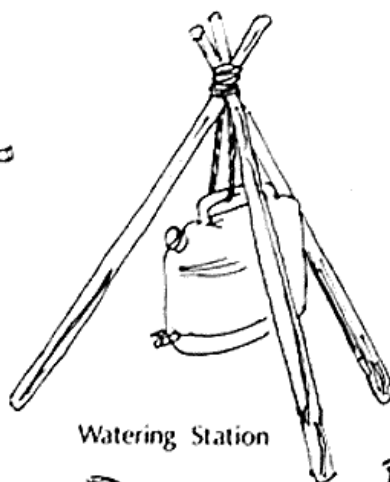
Age:

Guides
 Senior Section
 Adults

Instructions



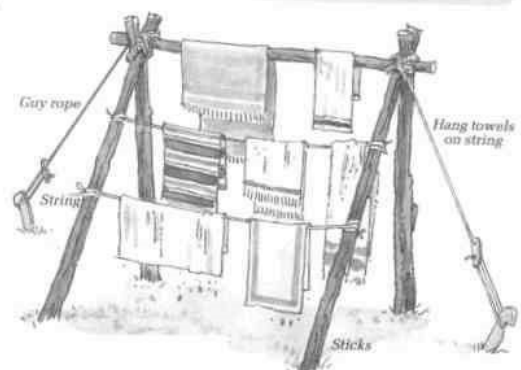
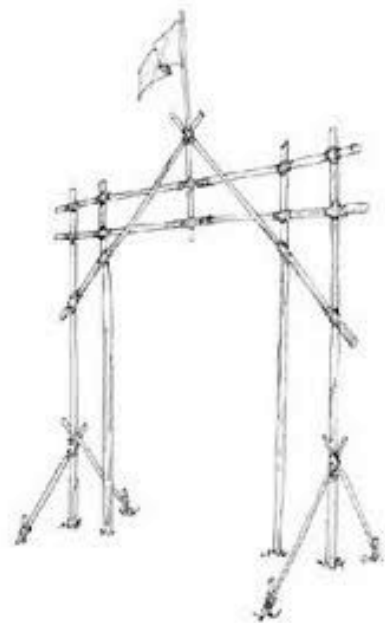
Wash Basin



Watering Station



Towel Rack





Outdoor Adventure

To Earn the Outdoor Adventure Badge then complete the relevant number of clauses for your age group from this section.

Information on how to do each activity is listed on the following pages.

- 1) Take part in a penny hike
- 2) Fly a homemade kite
- 3) Go Camping
- 4) Visit your local park
- 5) Visit your local nature reserve
- 6) Build an insect house
- 7) Build a frog pond
- 8) Play Pooh Sticks
- 9) Take part in a campfire with another unit
- 10) Eat a meal outside
- 11) See what shapes you can find in the clouds, draw, paint or photograph
- 12) Go Cycling with your family or your unit
- 13) Keep a Photo diary of your outdoor adventures
- 14) Go cardboard camping
- 15) Build a wild city
- 16) Make a Mud Monster
- 17) Play a game of woodland noughts and crosses
- 18) Visit a local farm
- 19) Learn to Row, Sail or Swim
- 20) Have a go at orienteering
- 21) Sleep under the stars
- 22) Camp during winter
- 23) Have a go at Geocaching

Penny Hike

Equipment Required:

Coin
First Aid Kit
Consent Forms

Age:

All Sections

Instructions

Great way to get your unit out and about for the evening.

Take a short walk around the local area but make it interesting by making it a “Heads or Tails” hike.



Take a coin with you, at every junction that you come to on your walk, toss the coin. Heads—turn right, tails—turn left.



Get the girls involved in tossing the coin and guessing which way they think it will tell them to go.

Just remember you need the correct consent from parents and let your commissioner know that you will out of your usual meeting place for the evening.

Kite Flying

Equipment Required:

Two Canes
String
Plastic Bag
Scissors
Ribbons (Optional)

Age:

All Sections

Instructions

Take the two sticks - they can be garden stakes, dowels, straight twigs, simple skewers tapes together - and tie them together with a piece of string. The cross stick should be tied about one third of the way along the main stick. For younger girls you may wish to do this before hand.

Cut the garbage bag to fit the frame of the kite. Tie the ends of the sail to the wood frame. No need to use glue or tape. Just keep the knots tight or if doing with rainbows or brownies then a little tape may help here.



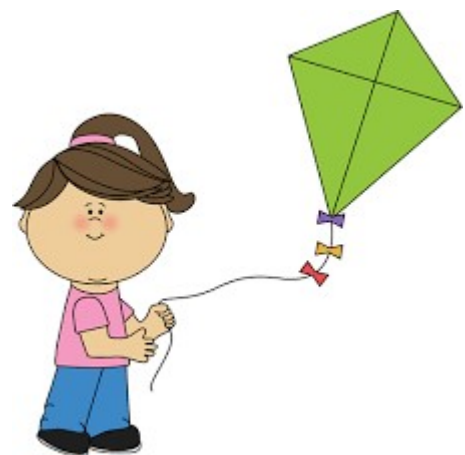
First, tie a piece of string from one side of the cross stick to the other, leaving slack to form a triangle like shown in the photo. Then,



tie the end of a BIG BALL of string to the bottom portion of the main stick, loop under the slack cross string and tie a simple knot at the intersection of the two strings.

Tie lovely ribbons to the end of the kite in order to help balance it. You can even attach a small weight, like a washer, if the ribbons don't seem hefty enough for your kite.

The best way to launch the kite is to have friend hold it while you back up slowly into the wind.



Go Camping

Equipment Required:

Tents
Camping Equipment as required

Age:

All Sections

Instructions

Put tents up indoors to allow Rainbows to experience the magic of camping during a sleepover.

No “Going Away with” licence, no problem. Team up with another unit to enable your girls to experience a night away under canvas or attend one of the large scale events run by Worcestershire County, Midlands Region or Girlguiding Training and Activity Centres. Most of these events are open to units without the correct Going Away with Licences.

Work towards being assessed for your “Going Away With” licence, take a look at www.girlguidingworcs.org.uk to find out more about how you can start on this qualification.

Make it just one night or a whole week. It’s up to you.



Visit

Equipment Required:

Consent Forms
First Aid Kit
Appropriate Clothing

Age:

All Sections

Instructions

Whether it be a unit trip to the local park during a unit meeting or a day trip to a local nature reserve or petting farm.

Get your unit out and about and give them memories that they will cherish for a long time.

These activities need not be expensive, just visit your local park for a picnic tea or to play a wide game.



All of your outdoor adventures this year will count towards the Outdoor Adventure Challenge badge.

Build an Insect House

Equipment Required:

Plastic Bottle
Collected Natural Items such as twigs, pine cones, leaves
Scissors
Garden Twine

Age:

All Sections

Instructions



Cut the top from the plastic bottle (best done before for younger age groups)
Ask girls to go and collect as many fallen natural objects that will fit in a plastic bottle as they can.

Loop garden twine around the outside of the bottle (if you plan to hang it—you can make a bug hotel that sits on the ground)

Fill bottle with as many different types of natural object as possible making lots of different shaped / sized holes for bugs to make homes inside.



Frog Pond

Equipment Required:

Washing up Bowl
Stones, Leaves
Plants
Water
Outdoor Space to safely place it

Age:

All Sections

Instructions

Water brings a magical quality to your garden, and is the key to life for so many creatures that live in it.

Create a very small pond out of something like an old washing up bowl.

It's exciting to watch pond skaters, water lice (like long-legged underwater woodlice), freshwater shrimps, and if you're lucky, a few damselflies darting around the water. You might even see a bird having a bath.

Spring is a lovely time to create a mini-pond, because you'll see it quickly develop over the next few months. But you can make it at any time of year.

For more information then visit:

<https://ww2.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/createaminipond/>



Pooh Sticks

Equipment Required:

Stream, Brook
Bridge
Collected Sticks

Age:

All Sections

Instructions

Every year the World Poohsticks Championships grows bigger in popularity and recognition. This year the championships has been added to a list of brilliant competitions in Britain.

Hold your own Pooh Sticks competition at any local stream / river near your unit meeting place.

Just ask the girls to collect a stick each, launch them over the bridge facing upstream and then move to the opposite side of the bridge to see whose stick emerges first.

<http://pooh-sticks.com/>



Group Campfire

Equipment Required:

Wood, Lighter, Newspaper
Marshmallows / Sticks

Age:

All Sections

Instructions

Why not get together as a District or Division and hold a campfire. Each unit could take turns in leading the singing, a great way to share songs and campfire skits.



You could include all sections or have a campfire specific to your own section.

Join another unit whilst you are camping at Blackmore or invite another unit along to your meeting to enjoy the fun. Don't forget Trefoil Guild.

Eat a Meal Outside

Equipment Required:

Outdoor Space
Food

Age:

All Sections

Instructions



You could either combine this with the Outdoor Skills challenges that involve cooking outside or could ask the girls to bring a picnic that you eat outside your meeting place.

Girls love to do anything that is out of the ordinary so something as simple as eating dinner outside is an adventure to them.



Cycling

Equipment Required:

Outdoor Space
Bicycle

Age:

All Sections

Instructions

If you work with Rainbows maybe you could challenge them to learn to ride a bike at home. Ask parents to take a photograph of them or write you a note to say that they have completed this clause.



Brownies / Guides could be challenged to get to know the highway code and the rules around cycling on the roads. Use [https:// bikeability.org.uk/resources/](https://bikeability.org.uk/resources/) For further information.

You could organise a cycle ride within your Unit or challenge girls to get out on their bikes with families.

Just getting them out and about is the aim of this clause.



Cardboard Camping

Equipment Required:

Outdoor Space
Bicycle

Age:

All Sections

Build an indoor campsite in your meeting place either large enough for your girls to enjoy sleeping inside the cardboard shelters that they have built or build a cardboard campsite small enough to fit on a plate.



Rainbows will enjoy the act of building the shelters and playing inside them but you could get older children to think about what types of tent they would require for a whole unit guide camp, the layout of the campsite and what things would make a campsite suitable for a guide camp.



Be creative with this idea and let us know what your unit did.

Build a Wild City

Equipment Required:

Outdoor Space
Wild Flower Seeds
Bug Houses
Bird Feeders

Age:

All Sections

Instructions



Use the Insect House and Mini Frog Pond that you have built in this challenge to create a “Wild City” in your garden, unit meeting place, local school or residential home once permission is obtained.



Plant wild flower seeds, set up bug houses, mini ponds and bird feeders to attract as many insects and wildlife as possible.



of

Keep track of the types of wildlife that visit your city over the months.

Do they insects and wildlife change as the

seasons change?



Mud Monster

Equipment Required:

Polystyrene Foam: Ball
Soil
PVA Glue
Natural items: Twigs, pebbles, nuts, leaves, pine needles, etc.
Plastic knife; wood skewer; stiff paintbrush; strainer; large plastic bowl

Age:

All Sections

Instructions

Using the plastic knife, cut a slice from bottom of the 5" ball so that it sits flat and won't roll.

Place the strainer over the bowl. Pour a small amount of soil into the strainer and shake gently over the mixing bowl. Save finer soil in the bowl, and discard the larger bits in the garden.

Insert skewer into the foam ball to use as a handle. Paint ball with glue. Roll the ball in the soil, using your fingers to help cover the ball with the soil. If needed, add more glue and cover with more dirt

Place the skewer in a heavy jar while glue dries.

Decorate your monster with pebbles, nuts, sticks, leaves, pine needles, pine cone leaves, and other natural items.

To attach, press the items into the foam ball, remove, add glue to the impression, and item back into the hole. Let glue dry.



Woodland Noughts and Crosses

Equipment Required:

Sticks
Leaves
Pine Cones

Age:

All Sections

Instructions

Set up a game of woodland noughts and crosses.

Use sticks to create a grid, and other sticks to make the noughts and crosses.

Or use pine cones, leaves or flowers instead.



Row, Sail or Swim

Equipment Required:

Water Course
Qualified Instructor

Age:

Brownies,
Guides,
Senior Section,
Adults

Instructions

Maybe a challenge to be set for girls to individually complete or take your unit for an activity day at Upton Warren Water Sports Centre or Edgbaston Reservoir Water Sports Centre.



Orienteering

Equipment Required:

Outdoor Space
Orienteering Course

Age:

Guides,
Senior Section,
Adults

Instructions



Orienteering relies on your navigation skills to travel between different points on a map, called *control points*.

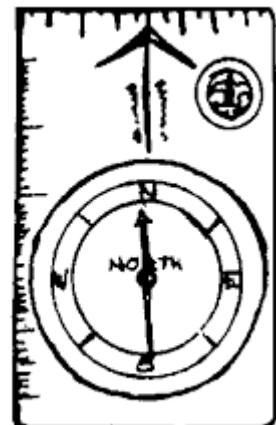
There are many organised orienteering events with local clubs up and down the country, and even across the globe.

You can also find some Permanent Orienteering Courses around the country, such as some National Trust locations, where you can have a go at orienteering without waiting for an organised event.

Visit <http://www.getoutwiththekids.co.uk/activities/playing-things/orienteering/>

To find your local National Trust courses.

For a permanent orienteering course, such as the ones provided free at some National Trust locations, you record the letters you find at each of the control points.





Sleep Under the Stars

Equipment Required:

Outdoor Secure Space

Age:

Guides,
Senior Section,
Adults

Instructions

A good adventure to try whilst on your unit camp this summer.

Ensure that you have sufficient sheltered space to move to in case of rain, high winds or cold weather. This could be a tent or a dry sheltered building.

Ensure correct Going Away with Licence is held by at least one of the leaders and correct REN forms are completed. Site must appear on the Girlguiding approved sites list.





Camp During Winter

Equipment Required:

Outdoor Secure Space

Age:

Guides,
Senior Section,
Adults

Instructions

A good adventure to try with your unit this winter.

Ensure that you have sufficient sheltered indoor space to move to in case of severe rain or cold weather.

Ensure correct Going Away with Licence is held by at least one of the leaders and correct REN forms are completed. Site must appear on the Girlguiding approved sites list



Geocaching

Equipment Required:

Geocaching app on mobile or
Geocaching GPS Device

Age:

Guides,
Senior Section,
Adults

Instructions

Join the worlds largest treasure hunt.



<https://www.geocaching.com>

