

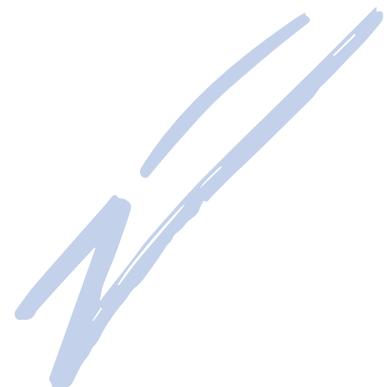
# County Challenge 2020



# Contents



|                    |    |
|--------------------|----|
| Introduction       | 3  |
| Out of Doors       | 4  |
| COVID              | 5  |
| Everything Rainbow | 6  |
| Just for fun       | 7  |
| Appendices         | 8  |
| • Appendix 1       | 8  |
| • Appendix 2       | 10 |
| • Appendix 3       | 11 |
| • Appendix 4       | 13 |
| • Appendix 5       | 14 |
| • Appendix 6       | 15 |
| • Appendix 7       | 16 |
| Badge Order Form   | 17 |



# 2020 has been a strange year for all of us...

This challenge is split into four sections, based on some of the things that have been different for us

|                    |  |
|--------------------|--|
| Out of Doors       | because that's where we all want to be                       |
| COVID              | because that's what has made it so strange                   |
| Everything Rainbow | because of our wonderful essential NHS and other key workers |
| Just for Fun       | because we deserve it  |



## To earn the badge...

|                        |   |
|------------------------|---|
| <b>Rainbows</b>        | 1 activity from each section + 1 from any section   |
| <b>Brownies</b>        | 1 activity from each section + 2 from any section   |
| <b>Guides</b>          | 2 activities from each section + 2 from any section |
| <b>Ranger + Adults</b> | 2 activities from each section + 4 from any section |

Ask your leader how they would like to see your evidence!



### Safety First

Some activities require care and attention. Please get help if you feel you may need it.

# Out of Doors

## A place to explore beyond our own homes.

1. Design appropriate footwear for going...
  - a) Walking
  - b) To School
  - c) To a Party
2. Plan a walk and write a route card that someone could follow.
3. Assemble a first aid kit for the outdoors and tell someone what each item is for. You can collect the items, draw pictures, or make a list. Ask an adult or check the internet to see if you have everything.
4. Find out about and make a poster about the Countryside Codes.
5. Pack a bag for an adventurous walk of your choice. You can also make a poster or write a packing list. Make a healthy snack to take with you!
6. Plan an outdoor adventure day for you and your family. How much will it cost? How will you get there? What will you do?
7. Go for a walk in the rain or in the dark. What did you like/dislike about it and why?
8. Make rubbings of different shapes and textures from both natural and man-made surfaces, e.g. bark, leaves, stones, street signs, gates, fences. Make them into a scrap book as a keepsake.
9. Identify four “new to you” constellations in the sky. Show them to an adult.
10. Find your house on a map and Google Earth. Show it to an adult.



# COVID

A virus that has changed our everyday lives and has given us a lot to think about.

1. Put eco-glitter or flour on your hand and shake hands with your family. How many people did you “infect”?
2. Send a thank you card to someone who is caring for others, for example, a doctor, nurse, police officer, teacher, etc.
3. Using the letters in the phrase “CORONAVIRUS ISOLATION” how many words can you find? Can you make any phrases?
4. Create a menu for your family using the food you have in your house.
5. Write a shopping list of ‘essentials’ that you would need while in isolation.
6. Make a ‘There’s No Place Like Home’ wall plaque. [See Appendix 1](#)
7. Create your own song for washing your hands.
8. Make a Lockdown Time Capsule! Think about the size of your capsule and what you are going to put in it. Write down what you have put in it and why. Once you have put your capsule together, find and put it somewhere safe. Open it next Thinking Day, 22<sup>nd</sup> February 2021!
9. Wash your hands while covered in paint or something similar while blindfolded. Did you manage to get it all off?
10. Make a video to promote good hygiene.



# Everything Rainbow

Celebrate everything colourful and give thanks to our essential and key workers!

1. Use science to make your own rainbow. [See Appendix 2](#)
2. Make up a Rainbow Song or Rap! Can you perform and record it?
3. Make rainbow topped cupcakes or biscuits.
4. Make a playlist of at least ten songs with colours in their title.
5. How many colours can you make by mixing the three primary colours? (Hint! They are red, yellow, and blue)
6. Draw, paint, or make a rainbow with craft materials.
7. Complete the Rainbow Quiz. [See Appendix 3](#)
8. Make rainbow slime. [See Appendix 4](#)
9. Pretend it's Halloween and dress up as a rainbow.
10. Have a Rainbow Scavenger Hunt! Find something for each colour of the rainbow, can you take it outside and find natural objects?



# Just for Fun

## Because we all deserve it!

1. Take a soft toy outside and take photos of them...
  - a) As high off the ground as possible
  - b) Doing something brave or dangerous
  - c) Relaxing somewhere comfortable
  - d) Doing something they shouldn't!
2. Make a garden in an old shoe or boot. [See Appendix 5](#)
3. Go on a penny hike! As you walk, when you come to a junction toss a coin, heads means you go left, tails means you go right. Did you explore somewhere new?
4. Play hopscotch and leapfrog.
5. Make seed balls for the birds that visit your garden. [See Appendix 6](#)
6. Using playing cards can you make a tower? How tall can you make it? Try out different structures to find what works best.
7. Complete a puzzle that is challenging for you! Wordsearch? Sudoku? Picross?
8. Create a self-portrait. You could try a collage, a single-line drawing, or any other way you feel would best express yourself.
9. Play Pooh Sticks.
10. Shrink a crisp packet and make it into a keyring or badge. [See Appendix 7](#)



# Appendix 1

## No Place Like Home Plaque

### You will need

- Thick card
- Paint and brushes, pens, or pencils
- Scissors
- String/Ribbon
- Glue
- Hole punch (optional)
- Additional decorations such as stickers, eco-glitter, etc.

### Safety First

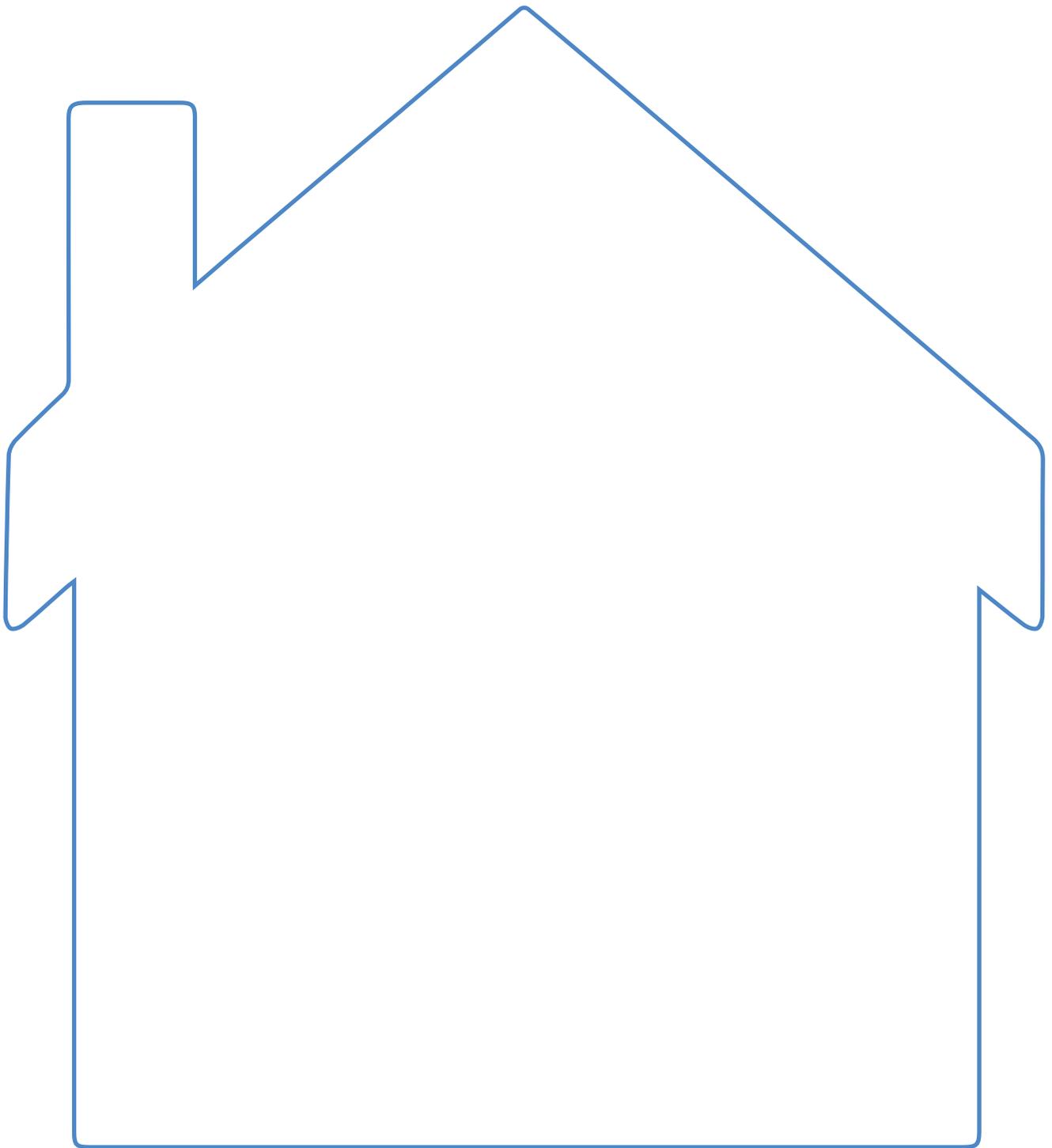
- Scissors are sharp and can be dangerous. Never run with them and always pass them safely to others.
- Adult supervision may be required for parts of this craft.

### Instructions

1. If using paints, glitter, or glue, set up your crafting station to prevent causing damage, put down some newspaper or a washable table cloth.
2. Draw a house shape (or use the template on the next page) onto thick card.
3. Write the phrase “There’s No Place Like Home” onto your house using your paints, pens, or pencils.
4. Decorate your house in the most creative way you can think of!
5. Cut out your house! Punch two holes in the top of your house and add some string to hang it up!



# House Template



# Appendix 2

## Rainbow Science Experiment: Refraction

### You will need

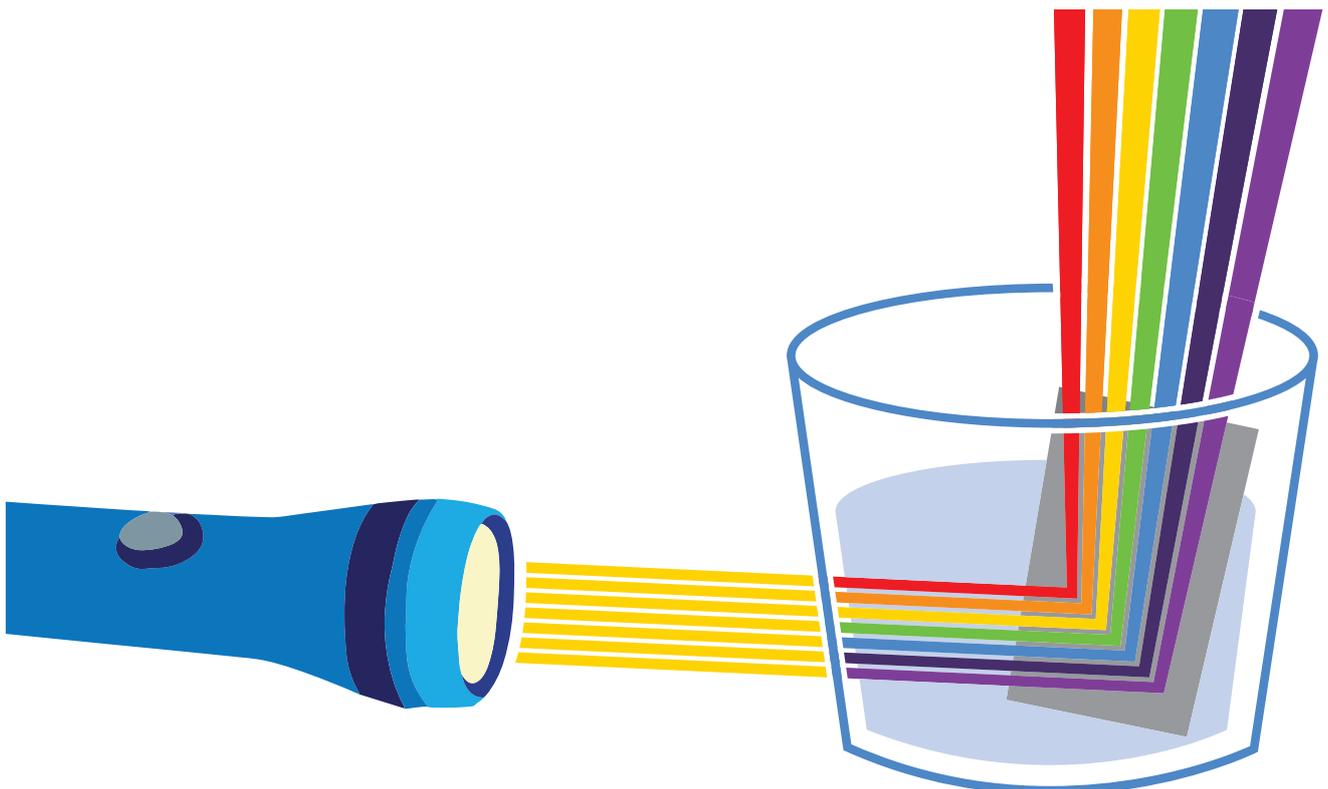
- A large clear drinking glass
- A small mirror that will fit into the glass
- Water
- A flashlight (most phones will have one!)
- A room with white/light coloured wall

### Safety First

- Glass is fragile and is dangerous if broken. Handle with care.
- Do not shine a torch into someone's face or eyes

### Instructions

1. Fill your glass 3/4 of the way with water.
2. Put the mirror in the glass, angling it 45° to face upwards.
3. Darken the room, and shine the flashlight on the mirror that is submerged under water in the glass.
4. Look around the room for your rainbow! Try moving your light to shift the rainbow!



# Appendix 3

## Rainbow Quiz

Did you know that rainbows are formed when a light source passes through a prism or water droplet? The different wavelengths for each colour means that they emerge at different angles, revealing the separate colours that white light consists of. Amazing!

### Questions

1. What is the scientific name for the cause of a rainbow?
2. Name five colours that aren't in the rainbow.
3. What planet is referred to as "The Red Planet"?
4. Which yellow character lives in a pineapple under the sea?
5. The Rainbow Warrior is owned by which organisation?
6. In what book/movie adaptation does Violet Beauregarde turn into a giant blueberry?
7. What are the colours of the rainbow referred to scientifically?
8. Indigo dye is traditionally used to colour which common item of clothing?
9. What makes blue cheese blue?
10. How many points would the word "rainbow" score in Scrabble assuming no doubles or trebles?

Answers are on the next page.

# Rainbow Quiz Answers

## Questions

1. Refraction
2. Any that are not Red, Orange, Yellow, Green, Blue, Indigo, or Violet
3. Mars
4. Spongebob Squarepants
5. Greenpeace
6. Charlie and the Chocolate Factory
7. Spectrum
8. Denim
9. Mould
10. 12

# Appendix 4

## Rainbow Slime

### You Will Need

- Cornflour
- Water
- Large mixing bowl
- Food colouring
- Apron
- Newspaper/table cloth

### Safety First

- Although this recipe is recommended for people with sensitive skin make sure that anyone who touches it is aware of it's ingredients
- Wash your hands before and after crafting

### How To

1. Prep your area to make slime! Put some newspaper down or a wipeable table cloth to minimise clean up time! If you have an apron, put one on.
2. Put your cornflour into a mixing bowl and begin to add water slowly, mixing with your hands.
3. Continue to add your water slowly, while continuing to mix, until the mixture is smooth.
4. Add a few drops of food colouring (you shouldn't need much!)
5. Enjoy your slime! Make sure you tidy away your bowls and wipe any surfaces clean!
6. To store, place in a plastic zip lock bag or airtight container.

# Appendix 5

## Shoe Garden

### You Will Need

- An old boot/shoe (ask around!)
- Small stones or gravel
- Soil or compost
- Seeds/Bulbs/Plants
- Water
- A tool to make a hole in the sole of the shoe
- Newspaper/table cloth
- If keeping inside, a tray big enough for your shoe to sit in

### Safety First

- Ask an adult to help make holes in the sole of your shoe. Do not attempt this yourself.
- Wash your hands before and after working with compost, seeds, and/or bulbs

### How To

1. Remove the insoles of the shoe. Ask an adult to make holes in the sole of the shoe to allow for drainage. This can be done with a drill, screwdriver, or similar. Without proper drainage, the roots may get mouldy and cause rot. **DO NOT ATTEMPT THIS ON YOUR OWN. ASK AN ADULT FOR HELP.**
2. Put some small stones or gravel inside your shoe, at the base.
3. Fill the shoe with soil to just below the top.
4. Get planting! You could plant some seeds for herbs like basil, or bulbs for snowdrops. For an instant garden, use potted plants.
5. Water your new plant well, and place outside or in a place that will get good light. Continue to water regularly.
6. Watch your seeds, bulbs, or plant grow!



# Appendix 6

## Bird Ball Feeder

### You Will Need

- Half cup of solid fat (beef suet, lard, etc)
- One cup of bird seed mix
- String (optional)
- Apron
- Wooden spoon
- Saucepan
- Cooker
- Container or tray
- Freezer

### Safety First

- Always ask an adult for help when using a cooker
- Fat is very hot when heated, be careful not to splash it

### How To

1. Put on your apron and make sure your working area is clean.
2. Mix your fat and seeds together in a saucepan and gently heat, stirring until the fat melts. You do not want to cook your seeds so use a low heat!
3. Wait for the mixture to cool, and form the mixture into balls while still warm. If you wish you can add some string so you can tie them outside!
4. Once shaped, space them out evenly on your baking tray or inside your container, and place them into the freezer to set.
5. Clean up your dishes and wash your hands.
6. Once your seed balls are set then can be left or hung outside! How many birds come to your feeder? What kinds are they?

# Appendix 7

## Shrinking Packets

### You Will Need

- Oven
- Plastic (not foil) crisp packet
- Water
- Washing up liquid
- Paper towel/dish cloth
- Baking tray
- Foil/Parchment paper
- Oven gloves

### Safety First

- Always ask an adult for help when using an oven
- Always wear oven gloves when working with a hot oven
- Make sure to do this in a well ventilated area

### How To

1. Clean out your crisp packet using water and washing up liquid, and leave it to dry.
2. Preheat the oven to 250°C while enjoying your crisps.
3. Line a baking tray with foil or parchment paper.
4. Place your crisp packet on the tray and place into the oven.
5. Keep an eye on your crisp packet while it is in the oven. What is happening to it? Take it out after two to three minutes.
6. Can you think of a creative way to use your new crisp packet?



# Badge Order Form

## For Unit Leaders

Badges should be ordered through units.

Badges cost £1 each plus postage

Number of Badges Required \_\_\_\_\_

### Postage

|                 |       |                          |
|-----------------|-------|--------------------------|
| Up to 5 Badges  | £1.15 | <input type="checkbox"/> |
| 6 to 20 badges  | £1.65 | <input type="checkbox"/> |
| 21 to 40 badges | £2.15 | <input type="checkbox"/> |

Leader \_\_\_\_\_

Unit \_\_\_\_\_

Division \_\_\_\_\_

Address to be posted to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date cheque sent \_\_\_\_\_

Signature \_\_\_\_\_

Cheques to be made payable to [Renfrewshire Girl Guide Association](#). Please forward your form and cheque to [Gillain Clements, 29 Birch Crescent, Johnstone, PA5 0DD](#).

Badges will be issued on receipt of payment and once demand is established.