

# Celebrate 100!

Celebrate the Senior Section Centenary by completing this 100 themed challenge.

Complete at least one activity from each of these sections:

- **100 for me**
- **100 for others**
- **100 together**
- **100 challenges**

Complete one activity from each of these sections:

- **Past, Present & Future**
- **100 shared**

Set yourself a challenge!

Decide how many activities you will complete to make this a personal challenge.

Who is Celebrate 100 for?

Celebrate 100 challenge pack is suitable for Rainbows through to Trefoil Guild, but is especially for Senior Section members. Younger members could work together in small groups or as a unit to complete some challenges.

Past, Present & Future

This has been written specifically with Senior Section members in mind. Younger members could invite Senior Section members to visit their unit so they can find out what it is like in the Senior Section. Senior Section members could talk about an exciting adventure they have had, a international trip they have taken, play their favourite games from when they were younger with the girls or teach them a favourite song.

Older members could invite Senior Section members to visit their meeting to share their experiences, take part in an activity they would have done as a Ranger or to find out more about the Senior Section today.

Members from outside Shropshire may wish to share their Celebrate 100 adventures using their own social media pages or website. However, we would love to hear about your adventures too.

Order the badges by completing the order form and contacting Michelle Dyer, 9 Windmill Meadow, Wem, Shropshire SY4 5YH or [michelledyer06@btinternet.com](mailto:michelledyer06@btinternet.com)



# Badge Order Form

Contact Name	
Unit	
Contact Telephone Number	
Contact Email Address	
Postal Address, including postcode	

Number of badges required	
Cost of badges @ £1 per badge	
Postage & packaging 1 – 4 badges: 75p 5 – 24 badges: £1.50 25 + badges: £3	
<b>TOTAL</b>	

Please return this order form with a cheque (including postage charge), made payable to **The Guide Association, Shropshire** to:

Celebrate 100!  
Michelle Dyer  
9 Windmill Meadow  
Wem  
Shropshire  
SY4 5YH

**Thank you for taking part in Celebrate 100!**

## 100 for me

- Photograph '100s', e.g. speed signs, house no
- Take part in 100 hrs of events/activities
- Travel 100km on foot, by bike, horse, canoe or in a car
- Take photographs of groups whose ages add up to 100
- Walk 100 steps a day, could you do this for 100 days?
- Recycle 100 items and reuse 100 items
- Send a text/message of exactly 100 characters (including spaces) to other members in the group
- Play or sing a piece of music with 100 notes
- Change one thing about yourself and keep it up for 100 days
- Collect 100 happy memories
- Talk about yourself or a favourite activity for 100 seconds, without hesitation, repetition or deviation!

## 100 for others

- Hold a party for 100 people
- Give 100 mins of help, e.g. run a unit meeting for another section
- Do 100 'good turns'
- Host a 100 minute party
- Plant 100 seeds in a community garden, or grow 100 plants to give away
- Bake 100 cakes to share with others
- Make a 100m string trail for another group to follow
- Collect 100 coins & donate them to charity

## 100 together

- Raise £100 for charity
- Sing 100 songs
- Make 100 small thank you/well done gifts to give away
- Visit somewhere 100km away
- Give 100 hrs of community service, e.g. at an event, for another charity, to support an individual
- Score 100 goals or baskets
- Walk 100km in your local area, somewhere new or a favourite place
- Be silent for 100 minutes
- Spend 100 nights away
- Build a raft & paddle it for 100m

## 100 Challenge

- Use 100 straws & pins, who can build the tallest tower
- Build a bridge from spaghetti & marshmallows that is 100cm long or that can support a 100gram weight
- Plan and cook a meal with 100 ingredients
- Plan and cook a meal that costs 100p
- Collect 100 items, e.g. to fit into a small container, beginning with a letter of the alphabet, on a set theme
- Toast 100 marshmallows, e.g. at a district/Division event
- Find 100 Geo-caches, individually, or with your unit
- Swim 100 lengths of a pool
- Take up a new challenge for 100hrs
- Make a display using 100 photographs or pictures to show what Senior Section members have fun doing.
- Collect 100 smiles – photograph them and display them
- Collect 100 signatures for Girlguiding members you meet during the Centenary year.

Be creative - come up with your own 100 challenge, talk about the idea with your unit/peers to make sure it is a challenge!

## Past, Present & Future

- Collect 100 best moments/activities/events from Senior Section members now, and in the past (including Air, Sea and Land Rangers).  
Meet up with older members who were Rangers, talk to family and friends about their own experiences. Try out activities enjoyed by Rangers in the past, use evidence from Senior Section members today to promote the Senior Section and encourage older Guides or girls aged 14-25yrs to join.
- 100 hrs away – achieve this challenge by spending 100 hrs away during the Centenary year.
- Help to encourage and recruit new members to join – looking to the future and helping create new memories, create new opportunities and grow guiding. Attend local events to promote Girlguiding – the opportunities, experiences, new skills, friendships and fun! Contact your Growing Guiding co-ordinator and/or PR co-ordinator to help with planning and organising how to do this.

# 100 Shared

Share your fun, adventure and centenary challenges.

- Use Twitter: @GGShropshire
- Use Facebook: Girlguiding Shropshire Senior Section or Girlguiding Shropshire
- On the Girlguiding Shropshire website:  
<http://www.girlguidingshropshire.org.uk/contact-us/contact-media-team/> or  
[girlguidingshropshire@gmail.com](mailto:girlguidingshropshire@gmail.com)
- Have an article published in a local paper.
- Be interviewed for a local radio station.

