



# GIRLGUIDING SHROPSHIRE SUPPORTS SANGAM



## Challenge Badge

Girlguiding Shropshire is celebrating its 100<sup>th</sup> birthday in 2017 and Sangam celebrates its 50<sup>th</sup> birthday season. We are trying to fundraise to purchase some items from the WAGGGS centre wish list.

Sangam is one of the World Association of Girl Guides and Girl Scouts (WAGGGS) World Centres and is situated in Pune, India.

We hope that you enjoy doing this challenge pack, you learn about the world centres and contribute to the work that Sangam does in the local community and with Girl Guides and Girl Scouts around the world.

The pack is split into 4 sections and can be used for any section including adults and Trefoil Guild.

1. Our Guiding World and WAGGGS
2. India, culture and traditions
3. Fun with Food
4. Parties and Celebration

At least 1 challenge should be completed for each section and we recommend the following numbers should be completed for the badge, however, please feel free to adapt to the needs of your unit.

The challenge is suitable for all sections:

Rainbows - 1 challenge from each section

Brownies - 1 challenge from each section and 2 others

Guides - 2 challenges from each section

Senior Section & Adults - 10 challenges with at least 1 from each section

## Section 1

### Our Guiding World

- How many World Guiding Centres are there? Which one would you most like to visit and why? Imagine your unit making the trip. What would you need to do, how could you make it happen? Plan your imaginary trip and tell your unit about it.
- Find out how the Girl Guide movement started and how it spread around the world. Are there any countries where they don't have Girl Guides or Girl Scouts?
- Draw the World Flag and find out what different parts of the World Trefoil stand for - Play the Beetle Drive Game! Wear a world badge and know its meaning



This version of the World Badge was introduced in 1991. Each element has a meaning. The golden yellow trefoil on a bright blue background represents the sun shining over the children of the world. The three leaves represent the threefold Promise. The flame represents the love of humanity. The two stars represent the Promise and the Law. The vein pointing upwards represents the compass needle pointing the way. The outer circle represents our worldwide Association.

**Time:** 30 Minutes.

**Equipment/Additional Materials:**

Beetle Drive Template (See appendix 1)

Colour Pens.

Dice.

**Method:**

1. Print out the template for each team.
2. Each team should then cut out all the badge pieces and colour them in.
3. Show all the teams what the finished badge should look like, and explain the meaning of the badge and its different elements.
4. Teams should sit in small circles, either on the floor or around tables.
5. To start the game each team passes their dice around the circle taking turns to throw it. Somebody must throw a six to begin.
6. The teams should continue to take turns to throw the dice, trying to collect all of the pieces.
7. They can only collect one piece per throw; for example, they must throw a 2 twice to collect both stars.
8. The team who completes the World Badge first wins.

1 - Needle

2 - Star

3 - Flame

4 - Leaf of the Trefoil

5 - Outer ring

6 - Blue Background

- Find out about Lady Baden Powell - her autobiography "Window on my Heart" and her message "Discipline yourself daily by having a plan.... Not just vague wishful thinking. Commit yourself daily to doing something however small for somebody else for by making other people happy you will find true happiness yourself". Think about one good deed you can do every day and tell your unit about the good deeds you have done next time you meet. Think about how this links with your promise and how you keep it each day. Make a poster or a bookmark to show what you do to keep your promise.
- Find and learn the songs from each of the world centres



- Have a meeting centred around the countries that have a world centre, Switzerland, Mexico, Africa, London and India. You could try food from each of these areas and find out about the world centre there or maybe make a craft to represent the area.



- Invite someone who has visited a world centre to a unit meeting and find out what it is like to visit or volunteer at a centre.



- Find out about Thinking Day and take part in an event or lead one. Raise money for the WAGGGS project or take part in the Celebrate World Thinking Day challenge and mark the beginning of a new friendship by planting a tree. Share a photo of your group celebrating with the world online using **#LetsGrow** find out more at <https://www.wagggs.org/en/what-we-do/world-thinking-day/>



## Section 2

### India, culture and traditions

- Make a Lotus Flower from a Napkin or Paper

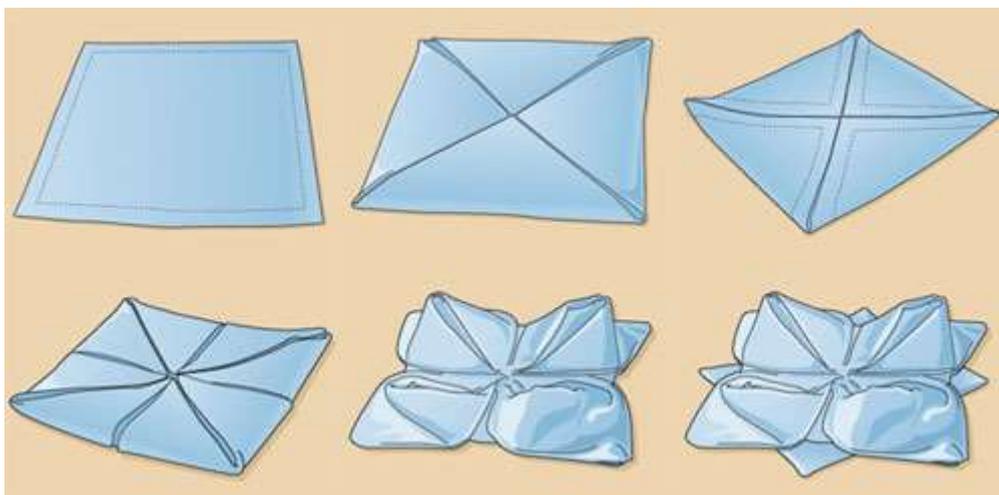
Lay napkin flat, fold in each corner to the centre. Fold again in the same way, so you now have a double fold.

Turn the napkin over and repeat the same fold for the third time, holding the centre with your finger.

Still keeping your finger on the centre reach behind the napkin to one of the corners tucked under and draw it gently outwards until it peeps out beyond the corner of the square. Repeat until all four flaps are formed into petals.

Then reach underneath and pull out the four single flaps to form the sepals

Your napkin is transformed to a lotus!



- Have a go at Block Printing. Block printing on paper or cloth follows the great tradition of weavers in India with much of the printing being very intricate.

Have a go with potatoes. You will need potatoes, kitchen knives, paper towel, paper or cloth and paint.

Draw a pattern. Cut a large potato in half and copy your pattern onto both halves. On one half cut out half your pattern and on the other half cut out the rest. Dip the first potato into one colour and print on cloth or paper. Then dip the second into a different colour and print the rest of your pattern. If you keep your pattern simple you get some great results!



- Yoga is an ancient practice that was developed in India, it helps us keep supple and healthy and it is practised widely around the world. There is a Yoga Centre in Pune, India and people travel from around the world to learn and practise.

Find out more about Yoga and organise a yoga session for your unit.



- Rangoli is an old craft of the Hindus.

Each day new designs are made at the doorway and in front of the house as a symbol of welcome to the goddess Laxmi, who brings good luck. Rangoli is often used to decorate a plate or banana leaf when used for eating. Find out more about Rangoli and have a go at creating a design. You can do this on a sheet of paper or on the ground, on a paved or stone surface (use chalk and it will wash off). Make your own design or get ideas and patterns off the internet. You can make these pictures with salt that has been dyed in different colours.



- Diwali is the Hindu festival of light and the start of the Hindu new year. Greetings and good wishes are exchanged at this time. Find out about the story of Rama and Sita
- At Diwali people put clay Diwali lamps in their homes, have a go at making a Diwali lamp or colour in the lamp and fire work picture at the end of this resource. The jars are available from

Baker Ross.



- Attend a fireworks night or enjoy a sparkler! Make some sparkers using chocolate fingers dipped in hot water then into hundreds and thousands!



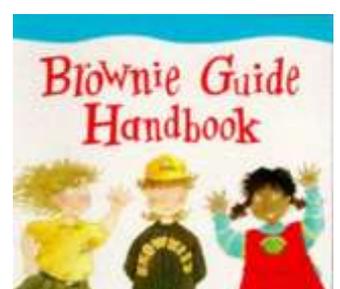
In Indian culture, elephants are a symbol of mental strength, earthiness and responsibility. Hindus have worshiped elephants for centuries, and the large animals enjoy tremendous popularity and a charismatic status in other parts of South Asia. In Hinduism, the elephant is a sacred animal and is considered the representation or the living incarnation of Ganesh, the elephant-headed deity riding a mouse and one of the most important gods.

- Find out about the Indian Elephant, where it lives, what it eats and conservation programmes in place to help it survive. Share with your patrol or pack.

- "An elephant never forgets" - find out what this saying means. The Brownies used to have an elephant called Freda.



See if you can find a copy of an old Brownie Handbook and see how Freda helped the Brownies to remember their promise. If you have a Guiding Archivist in your County they might be able to run an evening and bring along old style uniforms for your unit to try on.



- Practice writing your name and a festive message for Diwali or Christmas in Hindi. You can find the Hindi script in a teach yourself book, from the library or maybe a second hand book shop, or find it on the internet, or ask a neighbour or friend who might know how to write the Hindi script!

### Section 3

#### Fun with Food

Curry is a dish originating in the cuisine from the Indian subcontinent. The common feature is the use of spices and herbs.



- Make a Curry for under a fiver

You can buy the curry spice mix ready made or make your own from cumin, coriander, turmeric as basic.

Ensure you check for any allergies.

#### Ingredients

1 onion

1 clove garlic/1 chilli (optional)

2     tbsp vegetable oil

1 tin tomatoes (you could vary this with vegetable stock or coconut milk or all three)

1 spoonful of curry spice mix (more or less to taste)

8oz mixed chopped vegetables (whatever is in season)

#### Preparation method

1. Fry onion on a gentle flame until soft and golden (and garlic clove if available). Add a chopped chilli if you like it hot.
2. Add the curry spice powder and continue the frying to let spice cook in onion mix.

3. After 10 minutes add the tinned tomatoes (or stock or coconut milk) and then add some mixed vegetables.
  4. Cook on a moderate heat until the veg are cooked. If the mixture looks too dry, just add a little liquid - water, stock, more tomato or coconut milk.
- Try tasting different Indian breads, you can buy them in most supermarkets or in Indian grocery stores. Chapatti, Naan, Paratha, Poori are some popular ones. Or
  - Try making your own chappatis. You will need Aarta flour which you can buy in major supermarkets from an Indian/Pakistani Grocer store if there is one near where you live.

### Recipe for Chappati

Sieve quantity of Aarta flour into a bowl (two cupfuls will make about 8 -12)

Add salt to taste

Add a spoonful of oil or butter, mix into flour

Slowly add warm water, about half a cupful, you may need more or less

Mix and knead the dough until it is very soft. Divide dough into small balls

Roll out flat and in a heated tawa (Indian frying pan) with a little oil, roast

The chappati until it is slightly browned on both sides. Try pressing on the

Chappati to get air into it so that it rises in the pan,

Enjoy!

- Find a recipe for other popular Indian food and try to make them. You could try samosas, raita or mango chutney. Samosas can be sold as a fundraiser at school or a local event!



- Find out about herbs and spices, get a selection from your family store cupboard and smell and name them, what are they used for, just taste? Are there any health benefits? What would you use them for?

*Here is a list of some:-*

*Tumeric - used as colouring and flavor, in curries, dhal and has very many health benefits, a great antiseptic for our tummies*

*Cumin - used for flavouring curries, very aromatic*

*Coriander - another seed like cumin, also as a green herb for garnishing and flavouring salads*

*What others can you find and name?*

- Many people in the world don't have enough to eat, find out about the World Food Programme. Find out if there is a Food Bank in your local area and how it is helping people. Volunteer at your local food bank to help sort food and distribute or fundraise to support them in their work. Find out about the work of the Trussell Trust

<https://www.trusselltrust.org/what-we-do/>



## Section 4

### Parties and Celebrations



- Hold a 50<sup>th</sup> or a 100<sup>th</sup> birthday party to celebrate either Shropshire's or Sangam's birthday. Choose a theme and decorate the room. Have the food themed to match.
  - Find out about Indian celebrations such as weddings and religious festivals. How do they differ to the way you celebrate. Indians use Mendhi or henna to decorate their palms and arms for weddings and other festivals. The patterns are very intricate. Use eyebrow liner or face paint to create them or draw round your hand and use black pen on paper.
- 
- Hold a party that you invite parents or friends to. Design the invites and send them out. You might like to provide the entertainment for your guests or play a selection of party games.
  - Find out about different styles of dress for a party such as Black Tie or White Tie or Evening Gowns. You could hold a formal prom night and dress up
  - Learn to face paint, offer to run an event for Rainbows or Brownies. You could perfect your skills and use it as a fundraising event at a local carnival or event.
  - Make Mocktails

## Raspberry Fizzler

1.5 cups of raspberry juice

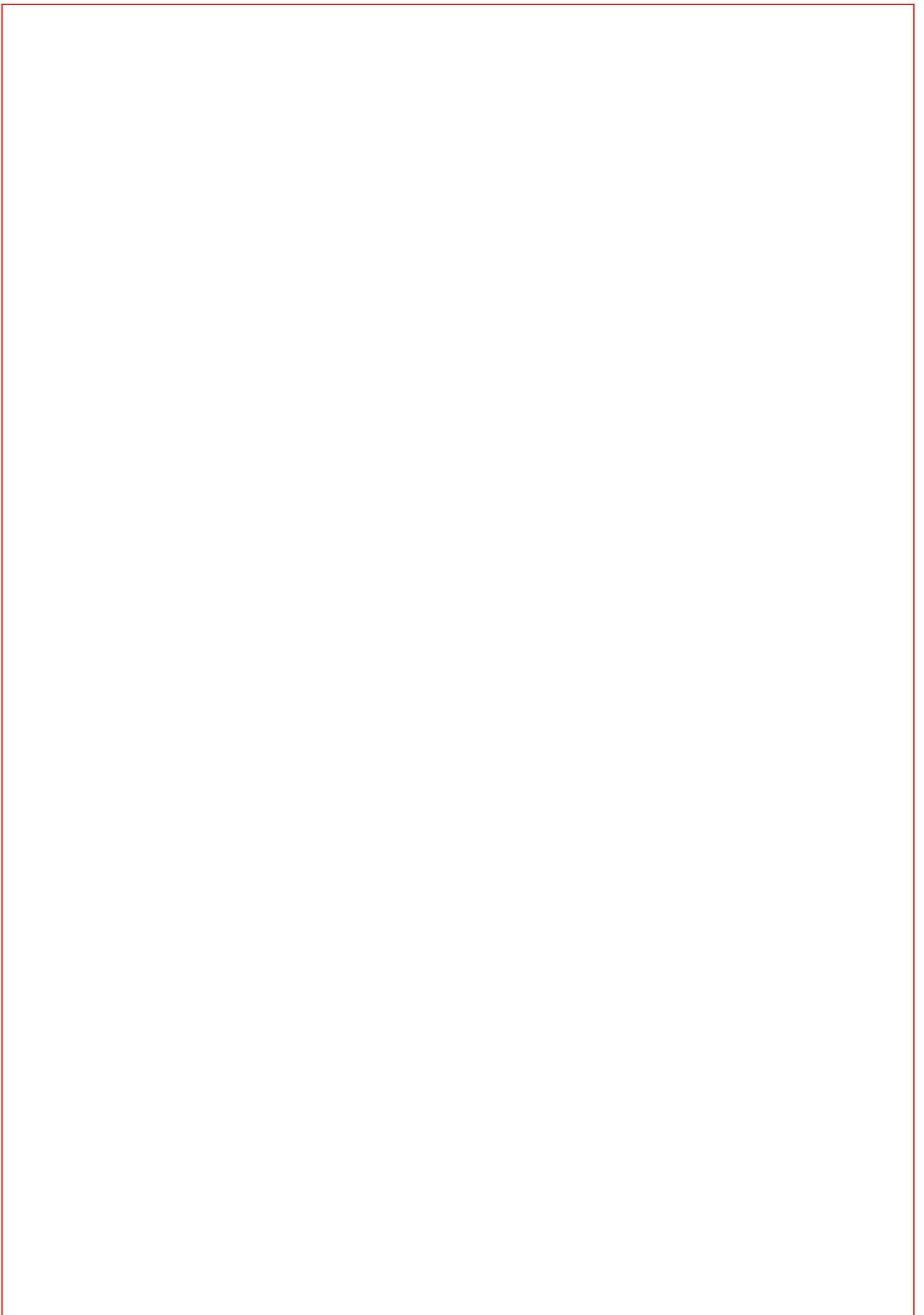
0.5 cup of carbonated water

3 scoops of raspberry sherbet

Put the ingredients in a blender, combine raspberry juice, raspberry sherbet and carbonated water. Blend until smooth.

Pour into glasses and serve.





## THE WORLD BADGE

The three leaves of the trefoil = three parts of the Promise

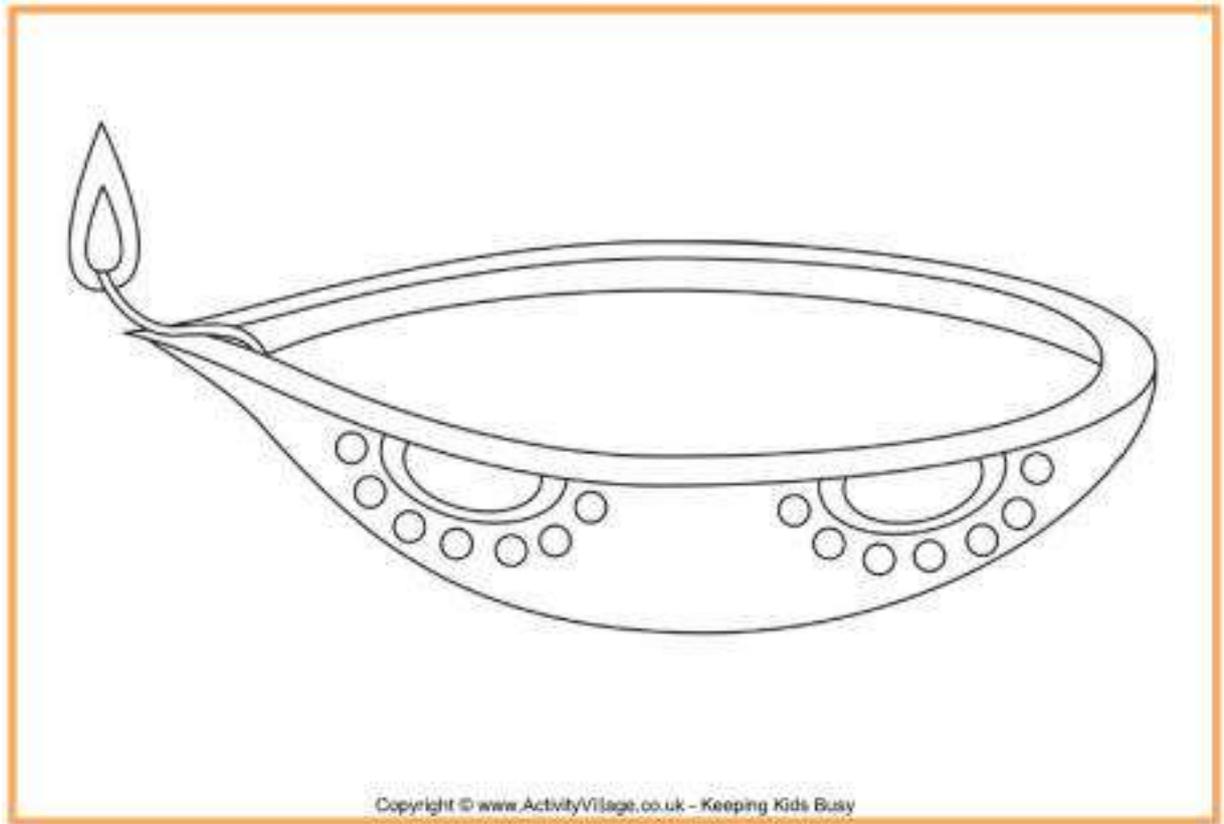
The vein of the leaf = A compass needle pointing the way

The two Stars = Promise and Law

The Stalk = looks like a flame and stands for the love of all people

The colours remind us of the golden sun shining over all the people of  
the world from a blue sky





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### Story of Laxmi and the Rangoli Legend.

Goddess Laxmi loved flowers. She always stood on the lotus flower because it felt so soft beneath her delicate feet. The pollen from the flowers made her feet golden. Mothers who wanted to worship Laxmi sent their children to bring lotus flowers. Then they grew on land, so it was easy to pick them. The plants had no peace as there was always someone picking flowers for the goddess. The flowers went to Laxmi asking for help, crying "You used to love us but you don't any more as all day long our flowers are being picked to worship you. We don't mind giving a few flowers but so many are being taken every day. Please give us thorns like roses so it will be harder to pick us." The Goddess said "If I give you thorns it will hurt my hands" so they said "make us smell bad so they won't want us." She said "if you smell bad, I won't want to stand on you as my feet would smell" Then she said "I know, I will make you only grow in water so it will be harder to pick you". The lotus flower was very happy and they began to grow in ponds and children couldn't pick them any longer - only a few can be picked if they grow close to the bank where they can be easily reached.

## Celebrating Sangam Badge Order Form

Name	
Address	
Email	
Unit	
County	

No. of badges: \_\_\_\_\_ @ £1.00 each = £ \_\_\_\_\_

**Plus** postage @ £1.00 (1- 50) £1.50 for 50+

International Postage on request

**Total £** \_\_\_\_\_

Date badges needed for: \_\_\_\_\_

Make all cheques payable to: The Guide Association Shropshire  
depot Badge Account and post to:

Mrs M Wynn  
15 Fair Oak  
Newport  
Shropshire  
TF10 7LR

----- Forwarded message -----

From: Branding Matters <BrandingMatters@girlguiding.org.uk>

Date: 12 April 2016 at 10:37

Subject: RE: Shropshire Supports Sangam

To: Clare Shinton <clareshinton@gmail.com>

Hi Clare

Thank you for contacting us, I can confirm that this badge meets our branding requirements as it contains the name of your challenge, the name of your county and the correct trefoil.

Good luck with your challenge.

Thanks

Rebecca

Rebecca Marlow

Communications and PR Administrator

Girlguiding

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[www.girlguiding.org.uk](http://www.girlguiding.org.uk)