

Marathon Dragon Challenge

Created by 2nd Bridgnorth Brownies



Raising money for Cameron's Fund at Asthma UK

This challenge has been inspired by the asthma dragon and his love of running marathons.

25p per badge will be donated to asthma UK in memory of Cameron Brown

At least one activity should be completed from each section:

Section 1 - Dragon Activities

Section 2 - Green Activities

Section 3 - Marathon Activities

Section 4 - Asthma Activities

Section 5 - Extra Activities

Suggested number of activities:

Rainbows/Beavers to complete 5 activities

Brownies/Cubs to complete 7 activities

Guides/Scouts and beyond to complete 9 activities

Dragon Activities

Dragon Masks

Design and create your own unique dragon mask using card, colours and many things to stick on to create colourful dragons. They can be friendly or scary.

Plenty of template designs are available on line.

Dragon eggs

Create your own dragon eggs using small polystyrene eggs, smooth topped drawing pins and nail varnish (sparkly nail varnish works best).

Paint the tops of your drawing pins with nail varnish and allow to dry. Work from the bottom to push the pins into the egg to create a scaled effect.

Dragon Chase (Game)

A chasing game where children entice dragons from their den with a chant. The game can be played inside or out. You will need lots of energy and three skipping ropes or some way to mark on the floor:

- the dragons den (or a wall to stand against could be used)
- a line where the children are to stand (only a metre or two away from the dragon's den)
- the children's den (at the opposite end of the field or hall).

To start 2 dragons will be chosen and sent to their den. The children will stand on their line teasing the dragons. A counter will be chosen each time to finish the chant. Together the children will chant...

“Dragons, dragons come out of your den, try to catch us when we count to ten!”

The chosen counter will then count to 10 out loud (this can be slow, fast or even with pauses to keep the dragons guessing). On the number 10, everybody runs. The children are running to their den to be safe from the dragons and the dragons are trying to catch the children. When a child is caught by a dragon they then join the dragon's team.

The game is restarted from the original starting points and a new counter is chosen to complete the chant. The team of dragons will grow and eventually a winner or winners can be announced. A leader will need to make sure the game is played fairly to ensure no one runs before ten, no one creeps forwards and that people join the dragons when they get caught.

Dragon Activities

Dragon S'mores

Dragons love S'mores, it's a handy snack when you can create your own fire! Toast some marshmallows safely over a tea light, small fire or barbeque with wooden kebab sticks.

When your marshmallow is a golden brown colour, place it in between two chocolate biscuits such as digestives (chocolate side on the inside next to the marshmallow). Yum yum! Be mindful of the inside of the marshmallow being hot!

Be fire safe! Be sensible around fires even candles, do them in a safe place and ensure you have water available.

Fire investigation (Older children)

Dragons love being able to make their own fire!

Test different materials to see what is best at starting a fire.

Use materials such as...

Cotton wool	Dried leaves
Newspaper	Twigs
A firelighter	Dried orange peel

Remember to keep the amount and type of sticks the same to ensure a fair test. You could rate how well it works or even time it on a stopwatch.

Be fire safe! Be sensible around fires, do them in a safe place and ensure you have water available!

Green Activities

Green Tea party

Make and hold a green tea party. Children will enjoy decorating cupcakes or biscuits with green icing, green sweets and sprinkles. You could hold a bake off style competition or get the children to vote for their favourite design.

Older children could experiment by adding a green twist to a traditional cake such as a Victoria sponge with food colouring and green marmalade!

You could even be healthy and make green fruit kebabs as part of your tea party!

Green Lava Lamp

Children can create their own green lava lamp. You will need small clear plastic bottles, oil, water, food colouring, glitter and effervescent vitamin tablets.

Fill your bottle 4/5 full with water, add some drops of washing up liquid and some green food colouring to colour. Now top up the bottle with oil but be sure to leave a small space at the top. Add fine glitter if desired. The two liquids will be separate in the bottle but will mix with a lava lamp effect when a fizzy vitamin tablet is added!

Green Collage

Challenge the children to create a collage picture or self portrait using lots of different scraps of material and paper but all in different shades of green!

Can they make a recognisable picture?

Can they work together as a team to create a large floor picture?

Green Treats

Follow a simple recipe for coconut ice but use green food colouring instead of pink! These are very simple to make, lots of recipes are available online. Time is needed to set but they are easy for children to make and are great to wrap up as gifts or treats.

Marathon Activities

Run for Asthma

Hold your own running event in your unit, have fun doing a team relay. You could add some obstacles to make it more fun and exciting.

Challenge 26

Challenge your unit to do 26 different things. This could be a design challenge with shapes or badges or could be a great way to get fit. Some ideas...

Hop - right	Bounce a ball	Balance – left	Jog on the spot	Kick a ball
Hop - left	Balance a ball	Balance – right	Jump	Spin a ball
Skip forwards	Star jump	Crab	Hoola hoop	And now relax!!!
Skip backwards	Tuck jump	Plank	Walk backwards	
Throw a ball	Forward roll	Tall stretch	Teddy roll	
Catch a ball	Backward roll	Small tuck	Do the splits	

Medal Make

Imagine you have just finished a marathon or another competition. Design and make your own finishers medal using cardboard, foil, paper and paints. It can be whatever shape, colour and design you want.

Remember to wear it with pride, after all you've earned it!

Design your own speedy trainers

Good trainers can really help runners make it to the end of a race. Design your own funky trainers that will help you.

They might have extra accessories to help you get up mountains or across water! So make sure you cater for all events.

Marathon Greats

In small groups research different marathon greats. Make sure you use the internet safely and ask permission to use the technology first. Share your findings to others in the group and explain why you think your runner is amazing!

Remember not all amazing runners are race winners!

Asthma Activities

Talk about Asthma

Invite a nurse, doctor or someone you know to talk about Asthma and how its effects. Show an inhaler and explain how it works.

Older Children may be able to learn how to help a family member or friend with asthma.

Learn what you can do to help someone who is suffering from an asthma attack.

Asthma Quiz

Can the children answer these true or false statements correctly?

If you have asthma you need to use a blue inhaler T/F?

(True, people with asthma use a blue inhaler when they feel bad, some might even need other medicines and help)

Asthma isn't dangerous T/F?

(False, asthma can be very dangerous, but medication can stop asthma being so severe)

If you have asthma you can do any sport T/F?

(True, some great athletes have asthma, it can even help! Although some people will asthma cannot do sports when their asthma is really bad)

When you have an asthma attack you have to go to hospital T/F?

False, you may not need to go to hospital if your asthma is helped by your blue inhaler. (People with asthma follow an action plan so they know what to do and when they need to get help at a hospital)

Everyone who has asthma feels the same T/F?

(False, everyone's asthma is different. Some struggle all the time, some only struggle when they encounter a trigger. Some people take lots of medicines, some only need a blue inhaler when they feel bad)

Extra Activities

Asthma Dragon Word Search

Name: _____

Created with TheTeachersCorner.net [Word Search Maker](http://WordSearchMaker.com)

Marathon Dragon Wordsearch

Find all the words based on Drago Puffer the Asthma Dragon for the Marathon Dragon Challenge Badge.

N M H P V R O V W V T W N O D N O L P Y
K U K M E D A L A P H Q R D X Y N G U X
M H O V X S N W S I B A O N C X V L Q E
L I T X U X U E L S B F N N V R R T O D
B A F E I D U T O X M X A G E G Y S M B
F F M S V A R D X A S T H M A D F O M W
P L J C K Y L A R E X D G L I Y S N S T
H O G O E W H A G C M R S T Z A D Y N U
G W H W T F T I D O A G G U A Z L W H V
V N M W C H A L L E N G E C Y G P W O L
Y W I M O O C B B U Z G W B K H N O R A
R E X N J P C X L F C G T V N L S Y D M
X R I L N J D S S C P C G I K U M R Q G
T W A M X U R O E G I F X G X I T K A W
E T C N U E R E C A P S T U T T P G O F
A P T G L B N C T T Y O E G N N P Q U I
I G R A R U R Q S G O R X K H X Z D R Q
G Y H T L A E H R S F R V A X K X M E O
L N X E T W B M F F H Z C N G P J L W M
I U A P J F Q T B B L W U B Z V B J Q S

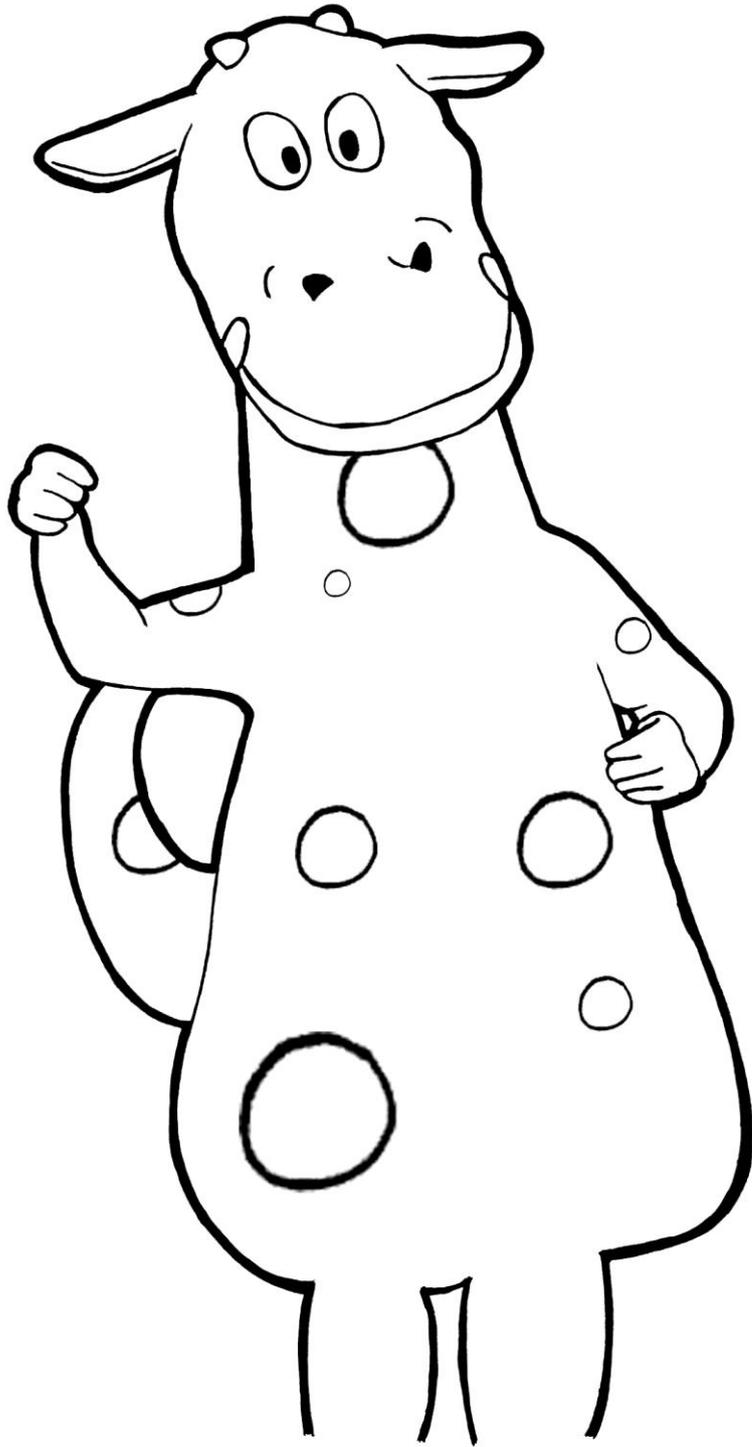
ASTHMA
DRAGON
LONDON
MEDAL

CHALLENGE
HEALTHY
LUNGS
RUNNING

DOCTOR
INHALERS
MARATHON
SPACER

Extra Activities

Dragon Colouring in Picture



Extra Activities

Hold a Fundraising event to raise money for Asthma UK

Hold a small fundraising event to raise money for asthma UK and increase awareness of asthma.

Ideas to get you started....

- Hold a Bingo evening with refreshments
- Take part in a sponsored event
- Make crafts to sell
- Hold a cake stall
- Hold a disco
- Pack bags in your local supermarket

Asthma UK can provide balloons, leaflets and stickers for your fundraising event upon request. A minimum of 50% of the profits must go to Asthma UK if the unit is also fundraising for themselves.

When you send your money to Asthma UK please make sure you let them know it is part of your Dragon Challenge. Alternatively donations can be made on line at

<https://tribute-to-cameron-brown.muchloved.com>

In the Fundraising section, Marathon Dragon Challenge.

If you like the Asthma Dragon please visit www.marathondragon.co.uk for more information, there is a book about him and even a virtual medal challenge, all raising money for asthma UK.

Why fundraise for asthma UK?

Asthma UK support over 5million people in the UK with asthma through campaigning for better asthma care and providing support.

Asthma UK provide a free helpline where people with questions about asthma or asthma medication can speak to an asthma nurse as well as having lots of information and advice on their website.

Asthma UK fund research into developing new medicines to treat asthma

Badge Order Form

..... Marathon Dragon Badges required @ £1 each = £.....

(25p per badge is donated to Cameron's Fund at Asthma UK)

Plus postage and packaging costs = **£1.50**

Total = £.....

Cheques to be made payable to '2nd Bridgnorth Brownies'

Enquiries to cameronsfund@gmail.com

Name

Unit Name

Address

.....

.....

.....

.....

Email

Telephone

Please return to:

2nd Bridgnorth Brownies

c/o Gemma Brown

29 Princess Drive

Bridgnorth

Shropshire

WV16 4LW

Branding Approval

From Girlguiding

 **Branding Matters** <BrandingMatters@girlguiding.org.uk> Jul 27 ☆ ↶ ↷
to me ▾

Hi Gemma

Thank you for making those changes. I can confirm that from a Girlguiding perspective, this badge now meets our branding guidelines, as it has the name of the unit, the name of the challenge and the correct trefort.

My only concern would be the use of the scouts fleur-de-lis. I don't know anything about the guidelines The Scout Association have for its use, but it does look quite strange having it on a badge which has no other reference to Scouts, neither is any of the money raised going to the scouts - They may not be happy with its use in this way, so I would recommend that you check this before you produce the badge. Equally you must have permission to use the Asthma UK logo on the badge.

Best wishes

Rebecca

[Rebecca Marlow](#)
Communications and PR Administrator

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From Scouts

 **Chris James** <Chris.James@scouts.org.uk> Jun 12 ☆ ↶ ↷
to me ▾

Dear Ashley,

We are happy to approve your badge design; good luck with the fundraising!

Best wishes,

Chris

Chris James
Brand Adviser
The Scout Association

Tel: [+44 \(0\)20 8433 7219](tel:+442084337219)
Online: scouts.org.uk | facebook.com/scoutassociation | [@UKScouting](https://twitter.com/UKScouting)

Be prepared... for life changing adventure

From Asthma UK

 **Sarah Latchford** <slatchford@asthma.org.uk> Today at 12:44 ★
To ASHLEY BROWN

Hi Gemma,

Thanks for the email.

Of course. The challenge badge looks great and you are permitted to use our logo on the badge. This is based on the understanding that it has been created by yourself (a supporter of the charity) and not by Asthma UK and the funds raised by the sale of the badges will be in aid of Asthma UK.

Speak to you soon.

Thanks,
Sarah

Sarah Latchford
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