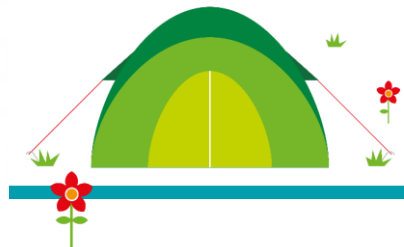




WE DISCOVER, WE GROW

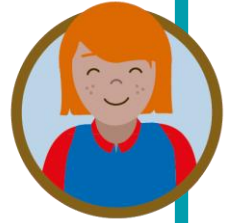
Girlguiding

Shropshire County



THE SLEEPOVER CHALLENGE

- ✓ Pack your overnight bag (remember your PJ's!)
- ✓ Set up your camp anywhere you want it to be, within the confines of your home (with your parents permission)
- ✓ You can sleep outside or inside, make a den, put up a tent, sleep in a hammock - the variations are endless and everything counts!
- ✓ Help to make a meal ... and wash up 😊
- ✓ Make a virtual campfire, enjoy a hot chocolate and sing campfire songs, why not make an edible campfire?
- ✓ Do a craft or play a game with your family, or write a letter, make a card or draw a picture for someone you haven't seen for a while or is on their own
- ✓ Let your Leader know what you've done
- ✓ Choose a badge to celebrate your sleepover!



Why not try some of these ideas too? They are optional and can be done at any time.

Rainbows

- Make a colourful paper flag to mark your sleepover place.
- Make and wear a daisy chain.
- Use natural materials to make your own outdoor art on the ground- you might find items of different colours to make a rainbow or leaves and sticks to make a big sunshine!
- Play hide and seek. Choose a teddy to come on your sleepover, find a hiding place for it! Can you draw or write some clues and leave them for someone to follow?
- Tell a story about the adventures of one of your favourite toys. You could try your Storytelling badge (badge book p30).

- Design and make a colourful fabric flag to mark your sleep over place.
- Make and wear a flower head band.
- Notice patterns in nature. Make a small frame from sticks or paper strips, place outside in different places and look carefully at the patterns, shapes and colours inside it - such as the pattern on tree bark or colours of blossom. Perhaps you could take a photo or draw a sketch.
- Make up new lyrics for one of your favourite songs to sing at your campfire...or any other time!
- Try to identify the birds in the picture quiz (attached). Then look up any you've not seen so that you know what they look like.
- Sit outside for at least 10 minutes and really take in what's going on around you especially the wildlife the sounds, sights and smells. You could complete your Meditation badge (badge book p48)

Brownies

- Make a colourful paper flag to mark your sleepover place.
- Make and wear a daisy chain or leaf necklace.
- Make a miniature garden on a foil dish or shallow tray using, moss, twigs, gravel, pebbles and small flowers etc.
- Invent and tell a story about the adventures of your pet or one of your favourite animals.
- Use leaf rubbings to make a picture or make a collage using natural materials.
- Design an invention that you would love to make your dream sleepover extra special. You could try your Inventing badge (badge book p104).

- Design and make a colourful fabric flag to mark your sleep over place, complete with its own flagpole. (Could count towards 'Festival Goer' interest badge).
- Make and wear a flower head band. (Could count towards 'Festival Goer' interest badge).
- Make up new lyrics for one of your favourite songs and find a way to share it with some friends.
- Sit outside for at least 10 minutes and really take in what's going on around you especially the wildlife the sounds, sights and smells. Make a note of 3 things that you are grateful for.
- Try to identify the birds in the picture quiz (attached). Then look up any you've not seen so that you know what they look like.
- Make a Turks Head Woggle from cord.