



Girlguiding Shropshire 18-30

Distance Guiding Challenge

2020



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During this pandemic we are in the unusual circumstance where guiding meetings have been suspended and large numbers of people are unable to go about their usual activities.

This challenge has been designed around 3 themes: Self-Care, Keep Guiding and Community

Each theme has several clauses with some ideas of how to complete each one to gain the challenge badge:

- Rainbows and Brownies will need 2 clauses from each section
- Guides and Rangers will need 3 clauses from each section

Take pictures as you complete the clauses so that everyone can see what you are up to! You can tag us or use the #distanceguiding2020

Badges are available from Shropshire's County Badge Secretary.

I hope you enjoy taking part!

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Self care

Isolation can be tough and so it's important to take some time to care for yourself both physically and mentally.

Rainbows and Brownies complete 2:

Guides and Rangers complete 3:

- Spend 10 minutes outside 4 days in one week
 - Go for a walk/run
 - Cycle
 - Spend some time in your garden
 - Have an outdoor scavenger hunt

- Make something
 - Painting ○ Drawing ○ Sewing
 - Crafting

- Be active:
 - Do an online PE class
 - Make up a dance routine
 - Create an exercise routine or a game

- Practice mindfulness 3 times in one week
 - Colouring
 - Yoga
 - Meditation
 - Make some positivity cards to put around your space

- Bake some treats! Sweet or savoury
 - Follow a new recipe
 - See if you can make up a recipe with what's already in your house

- Have a dance party at home!
 - Get everyone to suggest a song
 - Find some party songs



Keep guiding

This time can still be filled with fun guiding activities even when we can't go to our weekly meetings

Rainbows and Brownies complete 2:

Guides and Rangers complete 3:

- Attend a virtual meeting
 - Unit meeting

- Sew 3 badges on to your camp blanket or uniform
 - Where will you put them?
 - Which badges do you want next?

- Record yourself to inspire others! Ask if you can send it to your unit
 - Sing your favourite guiding song
 - Film an activity
 - Make a fun video

- Plan something for when you are back at your unit
 - Party?
 - Songs?
 - Activity?

- Work on a Unit Meeting Activity (UMA) or Interest badge
 - Adapt a an activity so you can complete it at home
 - Choose an interest badge you haven't tried

- Take part in Girlguiding's 'Adventures at home'
 - <https://www.girlguiding.org.uk/what-we-do/adventures-at-home/>



Community:

Around the country people are being told to isolate which brings two main issues for people: Loneliness and little access to the things they need. This section aims to help reduce these issues for some people:

During this theme please keep yourself safe! Practice social distancing and only go out if you are well enough to do so. Always keep up to date with the government advice

Rainbows and Brownies complete 2:

Guides and Rangers complete 3:

- Contact people
 - Make more phone calls to friends
 - Try video calling
 - Check in on family
 - Write a letter
 - Send an email
 - Leave a thank you note for someone who helps you

- Make someone smile
 - Send someone flowers
 - Carry out an anonymous act of kindness
 - Put something fun in your window for passers-by to see
 - Paint rocks and pebbles and hide them for people to see
 - Clap for Key workers, maybe wear your uniform #uniform4uniform

- Help a food bank
 - Donate food
 - Donate cookbooks or homemade recipe cards to inspire people
 - Find out where your local food bank is and make a poster for them