

**Welcome to our Girlguiding  
Growth Challenge**



## Overview

Did you know there are many girls and women who are missing out on all the fun and adventure that you enjoy as a Rainbow, Brownie, Guide, Ranger, Young Leader or Leader. Lets get that sorted!

Your challenge (if you choose to accept it) is to help spread the word about the amazing things you do in your unit.

You can work on this challenge on your own or with other members of your unit. If you are working as a team, then please remember to be kind and make sure everyone feels involved in what you are doing. If you are a Rainbow, Brownie, Guide, Ranger or Young Leader then you **MUST ALWAYS** check with your leader to make sure your plans are safe.

To complete the challenge; Rainbows need to complete just 3 things, Brownies to complete 4 things, Guides/Rangers/Young Leaders 5 activities and adult volunteers complete 3 activities.

Thank for joining in.

**The Growth and Retention Team**

# Staying Safe

## **Personal details**

You should never share your personal details with strangers  
Don't include things like your full name, where you live, what time your unit meets.

## **Internet Safety**

Don't share personal information like your name, address or phone number.  
If anything worries you, tell someone you trust, like a parent/carer or leader.

Get permission from your parent/carer before you go online.

Get permission from your parent/carer before downloading anything.

Only add people, on sites, who you are friends with in real life.

## **Out and about**

Pay attention to what is happening around you. Only do your activity when you are somewhere safe. Stay a safe distance away from roads, and other hazards.

Stay with an adult if possible.

When out in the sun, remember to wear sun cream, a sunhat and sunglasses.

Always keep to the Green Cross Code and remember to wear reflective or bright clothes/accessories so that cars and bicycles can see you.

# Rainbows - complete 3 challenges

## Things you can do at home

- Put up a poster about Rainbows in your local post office, supermarket, library or hairdressers
- Design an eye-catching poster about Rainbows and put it in a window (see template at the end of this pack)
- Write to or e-mail your local radio station, newspaper, or MP with news about some of the exciting things that you've done at Rainbows

## Things you can do at school

- Talk about Rainbows in a "Show and Tell" at school
- Get a Girlguiding pencil case or drinks bottle and use it at school
- Get permission from your school's headteacher to wear your Rainbow uniform to school on Thinking Day (22nd February)
- Write a fun story or poem about Rainbows and ask your teacher to put it up at school, so that other girls can read it too.

## Things you can do at Rainbows

- Take a friend with you to a bring a friend evening at your unit
- Encourage an adult family member or family friend to volunteer at your unit or another unit
- Do something kind for the community, wearing your uniform
- Find someone who used to be in Girlguiding and ask them their favourite Guiding memory
- Ask your MP or local councillor to visit your Rainbow unit
- Support a local Girlguiding event eg summer or Christmas fayre



# Brownies - complete 4 challenges

## Things you can do at home

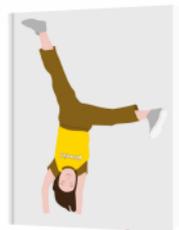
- Design and put up a poster about Brownies in your local area eg. post office, supermarket, library or hairdressers - don't forget to ask permission (see template at the end of this pack)
- Put a Girlguiding car sticker in your family or family friend's car.
- Write to or e-mail your local radio station, newspaper, or MP with news about some of the exciting things that you've done at Brownies

## Things you can do at school

- Talk about Brownies in a "Show and Tell" at school
- Get an item of Girlguiding stationary, or drinks bottle and use it at school
- Get permission from your school's headteacher to wear your Brownie uniform to school on Thinking Day (22nd February)
- Write a fun story or poem about Brownies and ask your teacher to put it up at school so that other girls can read it too.

## Things you can do at Brownies

- Take a friend with you to a bring a friend evening at your unit
- Encourage an adult family member or family friend to volunteer at your unit or another unit
- Do something kind for the community wearing your uniform
- Find someone who used to be in Girlguiding and ask them about their uniform and what badges they earned
- Ask your MP or local councillor to visit your Brownie unit
- Support a local Girlguiding event eg summer or Christmas fayre



# Guides- complete 5 challenges

## Things you can do at home

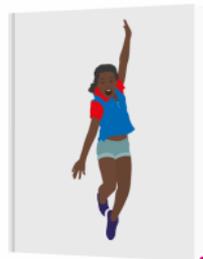
- Ask your leader for some promotional material about Guides and put it up locally.
- Design an eye-catching poster about Guides and put it in a window (see template at the end of this pack)
- Put a Girlguiding car sticker in your family or family friend's car.
- Write to or e-mail your local radio station, newspaper, or MP with news about some of the exciting things that you've done at Guides

## Things you can do at School

- Talk about Guides in a presentation at school
- Find something that advertises Girlguiding and use it at school e.g. pen, pencil case, bag etc.
- Get permission from your school's headteacher to wear your Guide uniform to school on Thinking Day (22nd February)
- Demonstrate to your friends a game or activity you have learnt at Guides

## Things you can do at Guides

- Take a friend with you to a bring a friend evening at your unit
- Encourage an adult family member or family friend to volunteer at your unit or another unit
- Take part in a Be Kind activity while wearing your uniform.
- Find someone who used to be in Girlguiding and find out some interesting facts about their time in Girlguiding
- Ask your MP or local councillor to visit your Guide unit
- Support a local Girlguiding event eg summer or Christmas fayre



# Rangers - complete 5 challenges

## Things you can do at home

- Design an eye-catching poster about Rangers and display it locally
- Put a Girlguiding car sticker in your family or family friend's car.
- Write to or e-mail your local radio station, newspaper, or MP with news about some of the exciting things that you've done at Rangers
- Share a post from Girlguiding on Social Media

## Things you can do at School

- Talk about Girlguiding in a Presentation at school
- Get a Girlguiding promotional item and use it at school/college/work
- Talk about what you do at Rangers with someone who doesn't know you are in Girlguiding
- Make a gingerbread Ranger and give it to a friend and invite them to a meeting.

## Things you can do at Rangers

- Take a friend with you to a bring a friend evening
- Encourage an adult family member to volunteer at your unit or another unit
- Take part in a Community activity while wearing your uniform.
- Find someone who used to be in Girlguiding and ask them about their uniform and what badges they earned
- Ask your MP or local councillor to visit your Ranger unit
- Organise or support a local Girlguiding event e.g. summer or Christmas fayre



# Young Leaders - complete 5 challenges

## Things you can do at home

- Put a Girlguiding car sticker in your family's car.
- Design an eye-catching poster about Girlguiding and display it locally
- Talk about what you do as a Young Leader with someone who doesn't know you are in Girlguiding
- Share a Girlguiding post on social media
- Find someone who used to be in Girlguiding and ask them about their uniform and what badges they earned

## Things you can do with friends or other young leaders

- Encourage an adult family member or family friend to volunteer at your unit or another unit
- Take part in a local community event while wearing your uniform.
- Plan a parent's taster evening in your unit.
- Support a local Girlguiding event eg summer or Christmas fayre
- Ask if your unit could visit their local radio station to tell them more about Girlguiding
- Take a selfie whilst at a Girlguiding activity and share it on social media. (You must get permission from anyone else in the picture).

Learn  
new skills

# Adult volunteers- 3 challenges

## Why not try some of these ideas....



- Put a Girlguiding car sticker in your family's car.
- Talk about what you do in Girlguiding with someone who doesn't know you volunteer
- Invite someone not currently involved to your unit to demonstrate an activity
- Share a Girlguiding event or activity with someone not currently in Girlguiding.
- Run a parent's taster evening in your unit.
- Read 'A Warm Welcome' on the Girlguiding website (<https://bit.ly/3iPIFKo>)
- Organise/take part in a local Girlguiding event eg summer or Christmas fayre
- Arrange for your unit to visit their local radio station to tell them more about Girlguiding
- Hold a social event to attract new volunteers
- Become a 'buddy' for a new volunteer

**My poster...**



## Claim your badge

Unit Name: \_\_\_\_\_

District/Division: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your e-mail address: \_\_\_\_\_

Address to be posted to:

Number of badges ordered \_\_\_\_\_ at £0.70 each: =£ \_\_\_\_\_

Plus Postage = £1

I enclose a cheque for £

Payable to: **The Guide Association Shropshire Depot (Badge Account)**

**Post to : Mrs Marion Wynn, 15 Fair oak, Newport, Shropshire, TF10 7LR**

