

County Commissioner's Spring Challenge 2021

Theme: **Earth Day**

Earth Day is celebrated on April 22 every year and aims to raise awareness about climate change and global warming. The day inspires people to act towards the protection of the environment and focus on the need for conservation. It is recognised as the largest civic event in the world and this year's theme is 'Restore our Earth'.

Choose at least **two** activities to complete:

Activities:

- Use one of the following calculators to find out about your personal impact on the earth:
 - plastic calculator - <https://www.earthday.org/plastic-pollution-calculator-2/>
 - food-print calculator - <https://www.earthday.org/foodprints-calculators/>
 - carbon calculator - <https://www.carbonfootprint.com/calculator.aspx>.
- Make a list of things you could do at home to help make a difference. Make it into a poster that you could put up at home to share with your family.
- Find out about composting. Try building your own, you can use a plastic bottle or a plastic bag to see how it works; or you may have a community composting scheme nearby you could join.
- Find out about how eating meat impacts on the Earth. Design and make a plant-based meal.
- Make something useful out of unwanted clothes. You could try turning an old t-shirt into a tote bag (this can be done without sewing) or make something out of an old pair of jeans.
- Make your own beauty products using natural, sustainable ingredients – you could grow some of your own. You could try making bath bombs, lip balm, moisturising lotion or body scrub.
- Make your own paper or wrapping paper; you could try recycling old newspapers into paper or use your imagination to create unique wrapping paper.
- Make some seed bombs and give these to your friends and family.

Useful links:

www.earthday.org/earth-day-tips

www.pinterest.co.uk/gguidingleeds/spring-challenge/earth-day/

PROGRAMME LINKS:

Rainbows:

- *UMAs* – Plait a mat (EM), Ready...Set...recycle! (TA), Rainbow recycling centre (TA), Waste of time (TA), Actions for energy (TA).
- *Interest badges* – Recycling.

Brownies:

- *UMAs* – Odd socks (EM), Bottle mansions (HA), Trash fashion (TA), Local munch (TA), All creatures great and small (TA), Super Brownies (TA), Un-fantastic plastic (TA).
- *Interest badges* – Zero waste.

Guides:

- *UMAs* – Packaging puzzle (TA), Go wild (TA), Litter lotto (TA), Global goalie (TA), Carbon calculator (TA), To flush or not to flush (TA), Talk on the wild side (TA), Bowled over (EM), Plastic planting (HA).
- *Interest badges* - Natural remedies, Conscious consumer, Craftivism, Upcycling.

Rangers:

- *UMAs* – Sow it, grow it! (TA), Palm oil protest (TA), Plastic personas (TA), Empty oceans (TA), Converse to reverse (TA), Fuels of the future (TA), Tote-ally-tee (EM), Plastic fantastic (SFMF), Save the seas (SFMF), Destructive discussion (HA).
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Theme: Spring Celebrations Worldwide

Many people celebrate the coming of Spring and the end of Winter! These celebrations often focus on new life and are often fun and colourful.

*Choose a celebration, **find out more about it** and pick at least **one** activity to complete:*

Easter:

- Set up an egg hunt; inside or out, create a simple hunt or write some clues.
- Craft your own Easter bunnies. You could make them out of pompoms or paper, fabric or wool; make bunting or bags, pegs or plates.
- Decorate an egg (or eggs). You could try creating patterns, pictures or turn them into animals, use paints, decoupage or make your own natural dyes.
- Make your own Easter eggs, cakes or chocolates.

Songkran Water Festival (Thailand):

- Make water bombs or a home-made water bottle sprinkler, and have a splashing time outdoors.
- Make a water-inspired painting, using water as the subject matter.
- Make a painting using water pistols or wet sponges.
- Create a Thai themed meal.

Holi (India):

- Make your own colour pigments/ powder, and use these to make a painting.
- Create your own painting following a painting style or artist you admire.
- Make a colourful painting using a technique you haven't tried before. Ideas to try:
 - exploding paint bomb or splatter painting
 - pulled string painting
 - blow painting
 - painting with bubbles
 - rubber band snap painting
 - tissue paper painting
 - marbling with oil.
- Create an Indian themed meal.

Sakura Matsuri (Japan):

- Craft your own cherry blossom trees or branches. You could try using toilet rolls or paper plates and creating the blossom using paper or tissue paper.
- Create some cherry blossom art. There are lots of different and interesting ways of trying this including using plastic bottles, cotton balls and cotton buds.
- Make your own paper cherry blossom using the Japanese art of paper folding known as origami.
- Create a Japanese themed meal.

Useful links:

www.pinterest.co.uk/gguidingleeds/spring-challenge/spring-celebrations/

PROGRAMME LINKS:

Rainbows:

- *UMAs* – Pendulum painting (EM), Underwater fireworks (SFMF), Roller relay (SFMF).
- *Interest badges* – Drawing.

Brownies:

- *UMAs* – Tape to create (EM), Foam favourites (EM), Celebrate good times! (KM), Water run (BW).
- *Interest badges* – Painting.

Guides:

- *UMAs* – Painting under pressure (SFMF), Flipping figures (EM), Make your mark (EM).

Rangers:

- *UMAs* – Gallery of the unusual (EM), Printing pro (EM), Legend of 1,000 cranes (EM), Scratch the surface (EM), Tic tac H2O (HA).
 - *Interest badges* – Cooking.
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Theme: Spring Outdoors

With the weather slowly warming up there is more activity amongst our animals, birds and insects, and many plants are starting to turn green. It's a great time to get outdoors!

Choose at least **two** activities to complete:

- Get active and go for a walk, run or bike ride. Plan your route and test out your navigation skills. Share your route for others to enjoy too!
- Go on a Spring-inspired scavenger hunt. Find one online or design your own for your family or friends to follow.
- Get outside on a clear night and try star gazing. If you want to know more about what you're looking at there are plenty of stargazing apps to choose from, such as Sky Map.
- See if you can spot who else is out and about outside. Try looking out for animals tracks and see if you can identify who left them.
- Make a nature journal. Explore your local outside spaces and see what animals, birds, insects and plants you can identify. Record this in your journal.
- Create your own herb or vegetable garden, or plant a wildflower patch or nectar bar. You don't need lots of space and could upcycle or recycle all sorts of interesting things to make planters.

Useful links:

www.pinterest.co.uk/gguidingleeds/spring-challenge/spring-outdoors/

PROGRAMME LINKS:

Rainbows:

- *UMAs* – Tree-mendous senses (HA), Birdie builders (HA), Trails and trackers (HA), Bug hunt (HA), Stars in your eyes (HA), Nature neighbours (TA).
- *Interest badges* – Agility, Nature.

Brownies:

- *UMAs* – Dancing in the rain (HA), Fox-frog-flea (HA), Night sky observers (HA), Cyclist says (BW), It's a hole-in-one! (BW).
- *Interest badges* – Space.

Guides:

- *UMAs* – Citrus feeder (HA), A-Z in nature (HA), Penny hike (HA), Animal athletes (HA), Biodiversity blitz (HA), Cosmic calculations (HA).
- *Interest badges* – Fitness, Navigator, Geocaching.

Rangers:

- *UMAs* – Speedy scavengers (HA), Starry sensations (HA), Tidal tug (HA), Land art (HA), Get rafty (HA).
- *Interest badges* – Sports.

Theme: Spring Science

Lots of things are happening in spring; plants are starting to grow again and the weather can be really varied. Try some of these spring inspired STEM activities.

Choose at least **two** of these activities to complete:

- Grow something from seed – you could try broad beans in a clear plastic cup or glass jar (so you can see the roots and shoots), challenge your friends to a sunflower race, or create a cress caterpillar.
- Colourful chromatography – make flowers or butterflies with coffee filter paper, or try using jelly beans to create a rainbow.
- Weather science – make a rain gauge, create clouds in a jar, grow salt crystal snowflakes, or make a windmill.
- Make a noise – make a windchime or your own musical instrument. Find out why and how it makes a noise.
- Cooking science – have a go at baking bread, making meringues, baking a cake (including mug cakes), or popping corn. Find out about the science behind why your bread or cake rises, your meringues go crunchy or your corn pops!

Useful links:

www.pinterest.co.uk/gguidingleeds/spring-challenge/spring-science/

PROGRAMME LINKS:

Rainbows:

- *UMAs* – Find the rainbow (KM), Fruity experiments (SFMF).
- *Interest badges* – Nature.

Brownies:

- *UMAs* – Vortex (SFMF), Blow us away (TA).
- *Interest badges* – Baking, Grow your own.

Guides:

- *UMAs* – Can't believe it's butter (SFMF), Rainbow challenge (SFMF).

Rangers:

- *UMAs* – Fudge factory (SFMF), Rain collector (HA).
- *Interest badges* – Cooking.

Theme: Spring Promise

Traditionally spring is a time for sweeping away the cobwebs, having a clean and tidy start. Remember the guiding promise 'to help other people', this could be a time to do so!

Choose at least **two** of these activities to complete:

- Renew your promise in an unusual way or in an unusual place.
- Serve my community. Think of some ways you could help in your community, discuss these with your unit and agree on one you'll do together.
- Be helpful. Think of someone you could help by lending a hand and decide how you could do this. Keep a diary of when you've helped, so you can see what you've achieved.
- Be a good friend. Think of a way to show a friend how important they are to you. You could make them a friendship bracelet or a peace lantern.
- Be kind to others. Create some painted rocks for spreading kindness or you may think of another way of spreading some kindness.
- Be thoughtful. Make a gift for someone special that shows them how much you care, e.g. herbal bath bags to help them relax.
- Be kind to yourself. Explore the concept of 'mindfulness' and try some relaxation techniques to help yourself feel calm.

Useful links:

www.pinterest.co.uk/gguidingleeds/spring-challenge/spring-promise/

PROGRAMME LINKS:

Rainbows:

- *UMAs* - Buddy books (KM), The big blue whale (BW), Helping hands (TA), You've got a friend (TA), Uncrumpled friends (TA), A big thank you! (TA), Helping hands (TA), You've got a friend (TA), Trefoil Creations (KM), Promise potions (KM), Who can help? (TA).
- *Interest badges* – Healthy mind, Helper.

Brownies:

- *UMAs* - Brownie beads (KM), Trefoil trivia (KM), Mime time (KM), Guiding in a bubble (KM), Lend a hand (KM), Big up a Brownie (BW), Positive pebbles (TA), One good turn leads to another (TA), Charity choices (TA).
- *Interest badges* – Mindfulness.

Guides:

- *UMAs* – K is for kindness (TA), The power of positivity (TA), Checking in (BW), House of guiding (KM), Director's cut (KM), Against the law (KM), Washing line of pride (KM), Architects for action (TA).
- *Interest badges* – Meditation.

Rangers:

- *UMAs* - Good vibes only (TA), Welcome with open arms (TA), Relaxation station (BW), Meal time mission (KM), Spread the word (KM), I'm worth it (KM), Trefoil tree (KM).
- *Interest badges* – Self care.