



# Girlguiding Leeds 1973-2023

## 50th Birthday Challenge



### *Introduction*

In 2023, Girlguiding Leeds celebrates its 50th Birthday and we invite all of our members to join in the celebrations with us.

Girlguiding exists to give girls and young women a space to have fun, find their voice, build their confidence and empower them to make a positive difference in their community.


To celebrate our 50th birthday we have a big birthday challenge for you to complete.

### *The Challenge*

Our birthday challenge has five themes with activities for you to complete across the year to complement our Girlguiding programme.

Each theme will offer lots of activities to take part in, and we will provide a variety of ideas and resources throughout the year to support your planning, enabling you to link to the programme and other activities you want to do. We hope you have plenty of fun taking part and challenge yourselves and your unit to try something new.

The challenge is designed to last all year, giving you plenty of time to visit each of the five themes. To complete it we would like you to try at least five activities from each theme but we would love it if you tried more. Every two months the county team will highlight one of the five themes as well as adding ideas and extra resources for each theme at relevant points throughout the year.







## *The Themes*

The five themes spell out **LEEDS** and each will be recognisable by its theme icon.

What do the themes mean?

**L**earn - Learn or develop a skill.

**E**xplore - celebrate being you and being part of Girlguiding Leeds and all the amazing fun and friendship Girlguiding has to offer.

**E**xperience - Have a new adventure or try a new activity.

**D**iscover - Discover more about Leeds. There's a whole county out there to access and enjoy.

**S**urprise - Give it a go and surprise yourself.

Whilst we would like you to challenge yourself to complete as many activities as possible, the goal is to achieve five activities per theme to receive the corresponding badge.

Remember: You, our young members, should decide which activities you would like to do. Why not get everyone together for a Rainbow Chat, Brownie Pow Wow, Patrol Meeting, Rangers' planning meeting or just a simple discussion. This is a fun badge, not a qualification, and a flexible approach is required. As long as you have taken a full and active part in the challenge, you should receive the badge.





*How to order your Badges:*

The outside badges are 50p each and the central badge will be provided free to every member of Girlguiding Leeds. Badges can be ordered via the office using the order form (linked below).

<https://girlguidingleeds.org.uk/member-resources/badges-awards-challenges/>





# The Five Challenges

## Challenge 1

### LEARN

- Learn a skipping rhyme from 50 years ago.
- Research a famous woman from 1973.
- Lay a trail for your unit to follow.
- Plan a route on a map and go and try it out.
- Fly a kite.
- Using morse code write a 50-character message to a leader to decipher.
- Try pioneering.
- Make a personal 1<sup>st</sup> Aid kit, demonstrate to a leader how you would use it.
- Learn some Self-defence moves
- Know how to use an AED and where the closest one is to your home and unit meeting place

# The Five Challenges

## Challenge 2

### EXPLORE

- Go to the highest accessible point in your area and see how many landmarks you can identify.
- Go on a Bluebell Walk
- Visit a Maze
- Take a trip on a boat of some type
- Go on a Wellie and Umbrella walk.
- Go Pond Dipping.
- Go on a bug hunt.
- Make a boat that floats.
- Can you make a parachute for an egg? Try to drop your egg and see whose survives the impact.
- Build your own Robot. You could try an ARTBOT or BRISTLE BOT



# The Five Challenges

## Challenge 3

### EXPERIENCE

- As a unit travel 50km. You could travel by walking, cycling, swimming, riding etc. Eg 20 brownies could go for a 2.5km walk.
- Do 50 activities, eg star jumps, hops, skips, throw a ball, hula hoop, bounce a ball etc.
- As a group play catch and keep the ball off the ground for 50 passes.
- Keep a Malteser on a straw for 50 seconds.
- Plan & shop and make a meal costing no more than 50 pence per person in your unit.
- Collect 50 natural items and make a collage.
- Go star gazing
- Travel around the world in an evening, can you visit 50 countries?
- Paint to music
- Make an edible campfire, either savoury or sweet. For example, you could cook pancakes over a tea light to create the case.

# The Five Challenges

## Challenge 4

### DISCOVER

- Run your unit meeting based in 1973, wear the correct clothing and take part in the activities from 1973.
- Find out something that happened in our County 50 years ago.
- Complete the Leeds Owl trail, and gain a badge.
- Have a meeting with no electricity or technology.
- Collaborate with another unit across the County
- Research the county standard flag and find out the meaning of the images used. Then create your own standard for your unit or division. Or why not create a modernised version for your county.
- Complete 50 Random Acts of Kindness for your community. Kindness is free, let's sprinkle that stuff everywhere! Your act could be as simple as popping 50 kindness cards through letterboxes in your local area.
- Create an obstacle course with 50 things. Could you make your obstacle course guiding themed? Why not challenge other members of your Division or even another Division, to come along and give it a go!
- Take some photos of wintery scenes.
- Find out what £50 is worth in 3 other currencies.



# The Five Challenges

## Challenge 5

### SURPRISE

- Design a uniform for 50 years from now,
- Draw with your eyes closed
- Design and make a marble run.
- Put on 50 items of clothing at one time
- Make a 50th birthday cake, a sign or collage, and share it on social media.
- Use your bodies to make a human 50 or birthday picture. Be creative! Can you challenge yourselves to take a picture on Zoom, or to each take individual pictures to stick together?
- Host a gold or 50-themed craft night for your unit. From birthday cards to gold (bead) bracelets, the possibilities are endless! Be as creative as you can and don't forget to share your creations with us.



# The Five Challenges

## Challenge 5

### SURPRISE

- Make a line with 50 coins or make the number 50 with coins. Donate the money to charity.
- Look at a map, if you travelled 50km where would you end up?
- Can you collect 50 items and donate them to your local food bank.
- Incredible bubbles - make your bubble mix and wands - have fun.
- Race plastic ducks.
- Can you come up with a craft for every letter of the alphabet? Try at least one activity that you haven't tried before.
- 50p - the celebration coin. Since their first issue in 1969 the 50p has been used to commemorate important events. How many designs can you find? Create a design for your own special 50p coin to celebrate Leeds 50<sup>th</sup> celebrations.



We hope you enjoyed the activities in this pack and had lots of fun celebrating our county's 50th birthday in style!

We would love to hear how you got on and to see some photographs of you doing the activities, so that we can share them on our Girlguiding Leeds website and social media pages, in the press, online and in our promotional material, so that our members of all ages, potential members and potential supporters can be inspired by everything you've done. Share your story with us by emailing:

[newsletter@girlguidingleeds.org.uk](mailto:newsletter@girlguidingleeds.org.uk)

We value your feedback so that we can continue to improve our challenge packs. Please spare a few minutes to complete the short survey upon completing the challenge: [forms.gle/SLQfP9F7omBHxgUw6](https://forms.gle/SLQfP9F7omBHxgUw6)

