

Think Like a Leeds Rhino

Girlguiding Leeds Challenge Pack



About the challenge

Leeds Rhinos, a rugby league team based in Headingley Leeds, have challenged Girlguiding Leeds to complete a series of activities to earn a badge. Everything in this pack is linked to things that are meaningful to the team. There are things to do in 3 sections:

- **Let's get sporty:** Sports & Fitness
- **Let's be environmentally aware:** Inspired by the rhino who is at risk from extinction
- **Let's be part of our community:** Being kind and charitable

How to complete the challenge

This challenge pack is suitable for all sections. It can be completed by individuals, small groups or as a unit. If completing as a unit, don't forget to involve your young members in choosing and planning the activities they do.. Feel free to adapt the activities, or use ideas of your own within the three themes above. We have also listed some UMAs that you could complete as part of the challenge! If you haven't anything planned for **Out & About** week (June 9-15) this is a great challenge to try then!

You don't have to do all the activities, but we challenge you to complete at least 7, including at least one from each theme.

How to stay safe

If you are a Rainbow, Brownie, Guide, Ranger or Young Leader you must tell your unit leader or another trusted adult what you are planning to do so they can help you make sure it is safe.

Never share your personal details like your name or address with strangers.

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

If you are taking photos of people, you must check that everyone in the picture has given their permission. Your leader will be able to help with this. For under 18s, permission must be given by parents / carers, your leader will be able to help with this.

How to buy badges

Badges can be purchased at our online shop and are £1 each. Additional postage fees may apply.

<http://shop.girlguidingleeds.org.uk/rhinos-challenge>

You can also pick up your badges at our event!

[Get more information here.](#)

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SECTION 1:

Let's get sporty

Do at least one of these activities. You'll need to do 7 activities overall to complete the challenge so you can choose more than one from this section.

- 1 Identify 7 different balls and the sport they're used for
- 2 Have a go at throwing and catching different types of balls.
- 3 Try a new team sport.
- 4 Complete a 'marathon' of 26 activities in a meeting.
- 5 Pick one of your favourite games and adapt it to make it inclusive.
- 6 Complete a teamwork activity.
- 7 Gain your Girlguiding adventure sports badge.
- 8 Find out about your sporting hero.
- 9 Design/make a protein bar or healthy snack for after exercising.
- 10 Find out why the number 7 is important to the Leeds Rhinos.

UMA's to help

UMAs from Be Well (Get sporty and Fair play) and Take Action (Better together):



Game of stones; Track your skills; Bobbing along; Ready, steady, sport; Catch me if you can; Pedal power; Cheer challenge; Where are the bananas?



Invent-a-sport; Cluck, cluck, goal!; Finders, keepers; Keep on throwing; Respect the ref; Kabaddi; Game on.



Equal everything; High flyers; Burning ball; Kho-Kho; Surf's up!; Touchdown; Games maker; Totally ga-ga; One small step.



Sitting volleyball; In the zone; Jianzi; The great guiding games; Making the cut; Anything goes hockey; Kicking it; Team-rific; Rhythm and rhyme.

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SECTION 2:

Let's be environmentally aware...

Do at least one of these activities. You'll need to do 7 activities overall to complete the challenge so you can choose more than one from this section.

- 1 Help improve the diversity of plants, birds, insects or animals in your local area.
- 2 Find out about an animal that is threatened with extinction..
- 3 Take part in the Big Garden Birdwatch or the butterfly count.
- 4 Find out about a conservation charity.
- 5 Celebrate Earth Day (22 April)..
- 6 Go pond dipping, visit a bird hide or a nature reserve..
- 7 Build a bug or bee hotel, bird feeder or hedgehog house.
- 8 Find out about food miles and make/design a meal using local and/or fairtrade food.
- 9 Go on a nature inspired scavenger hunt.
- 10 Build a sports venue using recycled materials.

UMA's to help

UMAs from Take Action (Save the planet):



Actions for energy; Snacks for quacks; Waste of time; Rainbow recycling centre; Nature neighbours; Ready...set...recycle!



Local munch; Blow us away; All creatures great and small; Un-fantastic plastic; Pass on plastic; Trash fashion.



Go wild!; Global goalie; Packaging puzzle; Carbon calculator; Talk on the wild side.



Fuels of the future; Converse to reverse; Empty oceans; Plastic personas; Palm oil protest; Sow it, grow it!

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SECTION 3:

Let's be part of the local community...

Do at least one of these activities. You'll need to do 7 activities overall to complete the challenge so you can choose more than one from this section.

- 1 Carry out some random acts of kindness.
- 2 Do something to benefit your local community.
- 3 Find out about motor neurone disease or dementia.
- 4 Design your own charity for something you are passionate about.
- 5 Make a plan to support a local charity of your choice.
- 6 Explore your local community.
- 7 Join in with a local community event.
- 8 Hold a fundraising event to support a local charity.
- 9 Invite members of other community groups to your meeting.
- 10 Ask your local MP to visit your unit, tell them about something you care about.

UMA's to help

UMAs from Take Action (Better together and Community action):



The Rainbow web; Rainbow survey; Who can help?; Helping hands; A big thank you!



Brownies on the move; Positive pebbles; One good turn leads to another; Super Brownies; Charity choices; Colourful memories.



Litter lotto; Architects for action; The power of positivity; To flush or not to flush?; K is for kindness.



Acting out taking action; Our choices, our voices!; Action plan!; Creative communities.