



Longton's Lockdown Challenge

This is for all members Rainbows, Brownies, Guides, Rangers and even leaders.

Unlike normal challenges you don't have to do a set limit – do as much or little as you like.

You are also can adapt the challenges to your girls (make the harder/easier)

1. Keep a diary of all that is happening in your life at the moment, how you feel, what is going on at home, what is it like not to go to school and being restricted to your house more. This has never happened before so will be a piece of social history. (Don't feel you have to share this if it's too private).
2. Stargazing – look through a window or go in your garden, look up into the night sky and see what you can see, find the moon, the stars, find a constellation or a space station. Make a picture or write down what you see.
3. Make a picture using at least 5 different materials from your garden or park (as long as following current safety rules on social distancing). Take a photo of what you make.
4. Turn off all your devices (phone, tv, Xbox etc...) and try something new this could include some relaxation like mediation and yoga, mindfulness activities including colouring sheets.
5. Complete an A-Z treasure hunt around your house – can you find them all?
Or collect an item a day for the week in the same colour, take a photo or make a list or draw them. You can repeat this each week with a different colour. This can be done inside or outside.
6. Complete a fitness workout each day, there are now many online including Joe Wicks Pe session daily on YouTube, strictly come dancing stars are also doing daily kid's hours to learn to dance or just to keep fit.
7. How many items can you fit in a matchbox (or box of a similar size)
8. Read a book. When you have read the book, you could write a book review, try a new kind or book and again review (this is a part of some badges i.e. rainbows booklover)
You could draw pictures to illustrate the characters or scenes from the books.
9. Watch a film a week and write a review of it, would you recommend it to others to watch during this time of isolation, maybe post on your units closed Facebook group (if you have one). Maybe read a book then watch the film make a comparison between them: which is your favourite and why?
10. Make a poster to put up at your house to remind everyone to wash their hands.
11. Spend an hour sitting quietly either in your garden or in the window looking out onto the garden. If this is not possibly taking an adult with you to the nearest park or open space (following social distancing guideline). Take a note book and pencil and write down the date, start and finish time. Make a note of all the different types of wildlife you see, when if you see the same ones several times. You could take photos of them so you can then try to identify them using books or the internet. You could also listen and make notes of the different noise and try to identify them also. You could draw anything you see too if you wish. There is a chart in appendix 1 that you could use.

12. Make a photographic diary of activities you have done. This could be one or two photos a day or one or two per week. Be able to explain each photo and say why you took it. This could be written or a verbal conversation. For example: playing a sport with a sibling, playing a board game, helping in the garden, doing some craft. Keep a record of the dates you took the photos, maybe print off or make an online display (PowerPoint/word etc..) Guides this may count for part of your photography badge.
13. Research a topic, this could be history of guiding or choose a role model. Other ideas include climate change, rain forests, wildlife, animals or something you chose. Present it in an interesting way a poem, story, drawings, PowerPoint, scrapbook etc...
14. Make a comic strip about something you like, ideas include something funny that has happened to you or your pets, your days activities. You could make more than one you could share them to make via your closed Facebook groups if your unit has one. There is a template you can use in appendix 2.
15. Make a boat and see how if it floats use twigs and other natural things like leaves etc... see if it floats.
16. Design a photo frame and add one of your photos to it, this can be a present to make someone smile.
17. Make an inside den (or in the garden if you have the space)
18. Try some origami – look online for useful hints on how to do this.
19. Make some slime or look at some simple science experiments examples of websites include <https://www.dayoutwiththekids.co.uk> <http://www.parentteachplay.com/simple-science-projects/> [/blog/easy-cool-science-experiments-for-kids](http://www.parentteachplay.com/blog/easy-cool-science-experiments-for-kids)
20. Make a handprint card and send it to an elderly neighbour

<https://www.thebestideasforkids.com/butterfly-handprint-card/>

Badges are available at £1 each (plus postage)

To order a badge

Name of Unit/Division.....

Number of badges required.....

0-25 badges £1 26- 40 badges £2 if more are required email for postage.

Total cost

Badges to be sent to

Name

Address

Email.....

Contact number

Cheques payable to 'Longton Division Guides' and send to Lisa Miller 16 Glaisher Drive, Meir Park, Stoke on Trent, ST3 7RF

Or contact via raymondhc@hotmail.com (state badge order in subject box)

Payment will be required before badges are posted.

Comic Strip

