

## The Scottish Senior Section Spectacular Tea Party Challenge Badge Pack



This pack explains the three parts of the Tea party challenge badge which are available for all sections. The challenge can be done as an individual or in a group or unit.

There is also a fourth part - the left hand triangle - which Senior Section members and Leaders can earn by attending SS16, the annual weekend for the section which will mark the centenary with a celebratory event at Netherurd from 1 - 4 July 2016.

**Can we do our own thing or adapt the challenges?**

As long as the challenge you set yourself remains in the spirit of the badge, yes!

**But I don't drink tea - can I still do it?**

Of course. Just pop the beverage of your choice in a teacup!

**Share what you get up to!**

If you're chatting about The Senior Section Spectacular on social media, remember to use the hashtag #Spectacular2016 if you're using Twitter or Instagram and to tag Girlguiding Scotland where you can. For all the latest on Spectacular opportunities and goings-on, visit the Girlguiding Scotland website and social media feeds.

You can also share stories and pictures by emailing [yourstories@girlguiding-scot.org.uk](mailto:yourstories@girlguiding-scot.org.uk) or pressing the [Tell us your stories](#) button on Girlguiding Scotland's website.

## To earn Part 1 - the square badge



**The challenge:** Take part in a Senior Section centenary tea party or celebration.

Your aim is to make The Senior Section feel like stars! Everyone aged 14 to 25 should be included in at least one event during the Spectacular celebrations. You can combine this with other challenges but the aim of this badge is for everyone to realise just how amazing members of The Senior Section are - including themselves! You can do this challenge with your unit, Senior Section friends, District, Division, County, Region or Country - the more the merrier!

**Inspiration:** Try one of these or do your own thing!

- Ask all the Senior Section members in your County to come to a special 1950s-themed tea party.
- Ask the Brownies to host a tea party in honour of the County's Senior Section Leaders - they could even use it as part of their Hostess badge.
- Get the Trefoil Guild along for afternoon tea and ask them to share their memories of being Rangers (the old name for the section) with members of the current Senior Section.
- Take part in an official Senior Section Spectacular event at national, regional or local level - check out Girlguiding Scotland and Girlguiding's websites and social media for opportunities.
- Host a crafty afternoon where you do tea-themed craft and enjoy a cuppa or two.
- Hang out with the stars and head off to your nearest Star Park for a cup of tea by starlight.
- Head into the city for afternoon tea at a posh hotel or café.
- Enjoy a tea party spiced up by playing some tea party games (see page 7 of pack).
- Enjoy a picnic and a thermos of tea as you take part in Girlguiding Scotland's Spectacular Scotland Challenge: Walk, Run, Fun (details on their website).

## To earn Part 2 - the 1916 triangle



Choose activities from the list below. Brownies and Rainbows must earn 25 points. All other sections must earn 50 points.

- Raise funds for a charity other than Girlguiding Scotland. Why not hold a tea party? 25 pts
- Raise awareness of the work done by a charity other than Girlguiding Scotland. A particularly relevant one might be the Fairtrade Foundation! 25 pts
- Ask your local Trefoil Guild to share their memories of being in the Senior Section or the Rangers (the old name for the section). Why not invite them to your unit for a cup of tea and a chat? 10 pts
- Find out more about the history of The Senior Section using the specially-produced Senior Section Spectacular archives pack on the Girlguiding Scotland website. 5 pts
- Bake some cakes or biscuits to go with your afternoon tea. 5 pts
- "Have you ever seen a penguin come to tea?" Learn the words and actions to this campfire song (see page 8 of pack). 5 pts
- Try making some [iced tea](#). You could experiment with different flavours and have a taste test! 5 pts
- Try different teas from around the Commonwealth, for example Redbush, Jasmine or Oolong. 5 pts
- Tea is also grown in Scotland - find out more about our [home-grown brew](#). 5 pts
- Find out about the [Chinese tea ceremony](#). You could invite someone to the unit to show you, or watch a video online and try doing it yourself. 5 pts
- Do a taste test with a standard cup of tea. How long is the ideal time for the tea bag to brew? Milk or not? etc. 5 pts
- What is the perfect dunking biscuit to have with a cup of tea? Test some tea and biscuits and find out! Why not try doing a [TimTam slam](#) - you could use a Penguin biscuit instead. 5 pts
- Decorate a teacup using porcelain pens or experiment with Sharpies - the [craftholicsanonymous](#) blog has some [great tips](#). 5 pts

- Make a teacup out of [paper](#). 5 pts
- How many teacups can you stack? You might want to use the paper ones! 5 pts
- Make a [teacup bookmark](#). 5 pts
- Try your hand at [teabag folding](#). 5 pts
- Try making flu-fighting tea (see page 9 of pack for recipe) and look at the health benefits of tea. 5 pts
- Try using tea bags to help with dark under-eye circles - you could combine it with some other homemade spa treatments (see page 9 of pack for ideas). 5 pts
- Now for the science bit! Try out [tea bag ghosts](#). 5 pts
- Host one of the Scottish Senior Section Spectacular travelling mascots - Peedie the Puffin, McRuffRuff the Scottie Dog or Angus the Highland Cow (visit the Girlguiding Scotland website to find out how). 10 pts



Peedie, one of the Scottish Senior Section Spectacular mascots

## To earn Part 3 - the 2016 triangle



Choose activities from the list below.

Brownies and Rainbows must earn 25 points. All other sections must earn 50 points.

- Get active in your District/Division/County and organise a Senior Section Spectacular celebration. **25 pts**
- Take part in a Scottish or UK Senior Section Spectacular celebration activity. **25 pts**
- Work with another section to celebrate The Senior Section turning 100. **25 pts**
- Women can do more than just make the tea - do some of the activities related to the Girlguiding's 'Girls Matter' campaign or take action with a World Association of Girl Guides and Girl Scouts (WAGGGS) campaign. **25 pts**
- Enjoy tea for two! Invite an influential local woman to come and have a chat over a cuppa. **15 pts**
- Get outdoors and join in with the Girlguiding Scotland's Spectacular Scotland Challenge: Walk, Run, Fun. Full details on Girlguiding Scotland's website. **15 pts**
- Join in with the Scottish Senior Section Spectacular geogaching challenge - details will be published on Girlguiding Scotland's website. **15 pts**
- Senior Section members could visit a Guide unit and chat to the girls who are working on their Baden-Powell Award or are thinking of moving on to Senior Section. You could even invite the girls to attend a Senior Section meeting. **10 pts**
- Invite adult Leaders and/or Trefoil Guild members to meet up with Senior Section members and share their stories and experiences of guiding during and after The Senior Section. **10 pts**
- How many cups of tea can you make from one tea bag? **5 pts**
- How many cups of tea can you make in an hour? The Guinness World Record for a team of 12 is 1,608 cups! **5 pts**
- A tea break is standard in a game of cricket. Why not play a game of continuous cricket (see page 10 of pack for instructions) and have some tea afterwards to refresh you? **5 pts**
- [Transform an old teacup](#) into a flower pot, pincushion, candle or cake stand. **5 pts**

- Tea has been shown reduce stress. Why not drink a cup while trying out some other stress-reducing activities like [colouring in](#)? 5 pts
- Make a [bird feeder](#) out of a teacup and saucer. 5 pts
- Try extreme tea drinking! Share a photo of the wildest, wackiest or craziest place you've drunk a cup of tea on social media. Use the hashtag #Spectacular2016 where relevant and don't forget to tag Girlguiding Scotland! 5 pts
- Try some [tea dying](#) - paper, fabric, wool or hair! 5 pts
- Make a tea-stained treasure map and go on a treasure hunt. Why not hide teacups for participants to find? 5 pts
- Pay tribute to Alice in Wonderland by having a Mad Hatter-themed tea party. 10 pts
- Read a tea-related book such as 'The Tea Planter's Wife' by Dinah Jeffries, 'The Tiger Who Came to Tea' by Judith Kerr or 'The Hitchhiker's Guide to the Galaxy' by Douglas Adams. 5 pts
- Watch a tea-related TV show or film such as *Star Trek: The Next Generation* (Captain Picard enjoys cups of "Earl Grey, hot") or *Alice in Wonderland*. 5 pts



Angus, one of the Scottish Senior Section Spectacular mascots

## Tea Party Games

### Name that tea

Pour out different loose leaf teas onto different plates and have people try and guess which is which from their look and smell.

### Perfect match

Ask everyone to share their ideal cup of tea. Then challenge everyone to match the ideal cuppa to the drinker.

### Teabag toss

Place an open teapot a few feet away. Each person has five tea bags to try and throw into the pot. To make it more challenging add additional teapots at various places and allocate them various point scores. Fancy a messier option? Fill numerous teacups on a table with tea. Standing a few feet back, try to toss a sugar cube into the cups.

### Tea party relay

Musical chairs not dramatic enough? Divide your group into two teams. Each team needs a teapot and a teacup. The first person in each team is given a teacup filled with water. Placing it on their head, they need to make it over to the teapot placed some distance away and pour it in. Repeat down the line until one of the teapots is filled and that team declared the winners.

### Tea-themed colouring

Colouring in isn't just for kids - it's widely recognised as a good way to relax and de-stress. So break out the colouring pencils and get colourful! Download some [free images](#) to get you started.

### Tea tray memory game

Use a tea tray and place a bunch of items on it - everyone has five minutes to try and remember as many as possible. Each participant then tries to write down as many as they can remember. The person who remembers the most items wins.

### Draw a teapot

Give everyone something to draw on and something to draw with. Then give them 30 seconds to draw something tea-related, for example a teapot, teacup or shortbread round. The winner is the one with the drawing that most resembles the item.

## Campfire Songs

### The Penguin Song

Chorus:

Have you ever seen  
A penguin come to tea?  
When you look at me  
A penguin you will see!  
PENGUINS ATTENTION! PENGUINS BEGIN!

In between each chorus, add one of the following by calling out the following commands with actions. Each time you call out a new command, you add it to the existing motions.

Right flipper (flap right arm)  
Left flipper (flap left arm)  
Right foot (kick right foot)  
Left foot (kick left foot)  
Bob your head (bob your head...)  
Turn in a circle (turn in a circle)  
Stick out your tongue (stick out your tongue and sing song)

To finish repeat chorus and replace the last line with 'PENGUINS ATTENTION! PENGUINS DISMISSED!'

### I'm a Little Teapot

This is an echo song done to the tune of Queen's 'We Will Rock You'.

I'm a little teapot short and stout  
Here is my handle and here is my spout.  
When I get all steamed up hear my shout.  
Tip me over and pour me out.  
I'm a little teapot, teapot.

### Other songs

'A Spoonful of Sugar' from Disney's *Mary Poppins*

'Do-Re-Mi' from *The Sound of Music*

Polly Put the Kettle On

'C is for Cookie' by *Sesame Street's* Cookie Monster

## Tea Spa Day Ideas

### Flu-fighting tea

Next time you have a bad cold or the flu why not try making some [special tea](#) to help speed up the cure? Steep an echinacea tea bag and several thin slices of ginger root in some hot water. Stir in some lemon juice and raw honey. Then add some cloves, cinnamon and a little cayenne pepper.

### Bath tea bags

Feeling crafty or looking for a thing to make as a gift or to sell? Try making some bath tea bags - or take the next step and hold a 'make your own bath tea bag' party. Make It - Love It has a helpful [tutorial](#) including recipes.

There are loads of beauty ideas for tea bags - why not try some of these or have a look online and find some others to test out?

### Comfort for tired eyes

An oldie but goodie! You need two used tea bags. Wring them out slightly and allow them to cool a wee bit. Then lie down and apply one to each eye, pressing slightly. Relax for 15 to 20 minutes and remove. Your eyes should now look brighter with reduced puffiness and inflammation.

### Get relief from sunburn or razor burn

OK so the best option here is to prevent against getting either of these in the first place - but should you find yourself unlucky enough to get burned why not try tea to help soothe it? Place three to five black tea bags in a jug of warm water and let them steep. Once the water is cooled dip a wash cloth into the tea, wring it a bit (no-one wants to have cold tea pouring down them) and gently dab the affected area for immediate pain relief.

### Green tea face mask

Tear open two green tea bags and mix them with equal parts baking soda in a dish. Take a teaspoon of this mixture and mix with some honey to form a paste (add oil or water if too thick). Spread on face and wait 10 minutes before removing. Voilà - your face should now be irritation free and moisturised!

This recipe came from [XO Vain's blog](#), which also has a recipe for green tea body scrub.

## Continuous Cricket

You will need stumps, bats, ball and markers. Any number can play and the game can go on for as long as you wish.

### Setting up

- Divide the group into a batting team and a fielding team.
- Mark out the playing area by placing the set of stumps in the middle and markers 10 metres to the right and left of the stumps.
- Batsmen may choose to run around either marker.
- Place the batting team in order.
- Choose a bowler or allow everybody to bowl six balls each.
- Spread out the fielders.

### How to play

- Decide where the bowler is bowling from. The bowler bowls underarm.
- The batter stands at the stumps facing the bowler. Every time the batter hits the ball he/she runs around either marker and back to the stumps.
- The bowler keeps bowling as soon as the ball is returned to him/her by the fielders trying to knock the stumps before the batter can return to hit the ball.
- Two runs are scored if the batter gets around the marker and back again.
- One run is scored if they run round the marker but are then bowled out before they can return to the stumps.
- The batter is out if the bowler hits the stump or the batter hits his own stumps or the ball is caught from a hit.
- Batters can be retired by the umpire if their stay at the stumps is considered too long and others are missing out on their go. This may be when they have scored 20 / 25 runs.
- As soon as they are out or retired a new batter must come in immediately. (Remember the bowler will keep on bowling so the change over needs to be quick.)
- The teams change over when the first team is completely out.
- The team scoring the most runs wins the game.

Adapted from <http://www.25thguides.org.uk/25notout.html>.