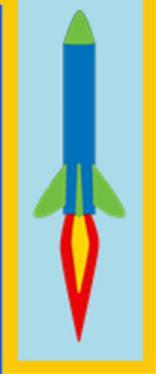


Girlguiding Scotland

Rise to the Challenge

I ROSE TO THE CHALLENGE!



Girlguiding Scotland

Rise to the Challenge

Welcome to Rise to the Challenge!

What is it?

It is a Scotland-wide challenge that everyone can take part in from Rainbows to the Trefoil Guild.

How does it work?

There are five categories:

- Nature
- Creating
- Survival skills
- Construction and Engineering
- Baking

This pack is split into age-appropriate sections for Rainbows, Brownies, Guides, The Senior Section, Leaders and the Trefoil Guild.

What do I do next?

Begin by reading the challenges in the pack for your section and talk to the girls in your unit to decide which of the challenges you would like to start with. You can take part in as many of the categories as you wish but why not see if you can 'rise to the challenge' and complete all 5? The challenges can be completed in small groups, units or as individuals. It's up to you and your girls to decide how you want to take part. For example you could have a challenge night in your unit or you could turn it into a unit competition - the baking challenge could be a good one to have everyone in the unit involved in judging. It's up to you!

What happens when I complete the challenges?

Once you have completed one or more of the challenges you can purchase a Rise to the Challenge badge from Girlguiding Scotland shops and online (see design overleaf). If you complete all five challenges in your section, you can also purchase a special "I Rose to the Challenge" badge to add on to your first badge.

How long do I have to take part?

The Challenge will be launched on 1 November 2016. You can take part in it until 30 June 2017.

What else?

There will be a one-day exciting event at Glamis Castle on Saturday, 26 August 2017 to celebrate all Girlguiding Scotland members have achieved through taking part in the challenge. It will be an opportunity to see what other people have been doing, to have fun and to try some new challenges! Booking for the event will open on 26 February 2017 and the cost will be £15 per person. The event will be open to all Girlguiding Scotland members whether they have taken part in Rise to the Challenge or not and it will be a day full of fun activities.

Scottish Scrap Book

We'd like to make a giant scrap-book, online and offline, of all the fantastic challenges you, or your girls are doing. Please send photographs of you, or the girls completing the challenges to: risetothechallenge@girlguiding-scot.org.uk. For some helpful advice on taking photos and videos please read through the tips included at the end of this pack. We want to hear how you and your units are rising to the challenge. Tweet your photos using #RisetothetheChallenge to @GirlguidingScot or share them on our Facebook page at www.facebook.com/girlguidingscot.



Rainbows

1. Nature

Make a bird feeder that you could donate to a local wildlife area, community hall, County campsite or your meeting place. Remember to get permission first.

It can be made from anything but must be of a size that can easily be carried by a Rainbow. We've made a Pinterest board especially for Rise to the Challenge, you can check out some fantastic bird feeders there: [pinterest.com/GirlguidingScot](https://www.pinterest.com/GirlguidingScot) or visit the RSBP website for more ideas: <http://www.rspb.org.uk/>

2. Creating

Design an outfit for Olivia.

You can use any materials you like, tell us when and where Olivia will wear the outfit. You could have all the girls draw or make an outfit then have them pick their favourite.

3. Survival Skills

Build an indoor den you and your team can sit in, use any material you like.

All of your team must be able to fit inside at the one time.

4. Construction / Engineering

Build a marshmallow tower.

Have your girls work together in small groups to make a tower using marshmallows and other materials - spaghetti, straws or newspaper all work well for this. See who can make the tallest tower and remember it needs to stand up on its own.

5. Baking

Decorate a 3D character cake, take a picture.

No need to bake the cake, the challenge is to decorate the cake in a 3D way. You could give each of your girls a fairy cake or work together on one big cake.

Decorate it in whatever 3D design you like for example a caterpillar, ladybird, car or favourite character, anything you like!



Don't forget to take a picture for the scrap book of you doing your challenges and send it in to risetothethechallenge@girlguiding-scot.org.uk . Check out the helpful photography tips at the end of the pack for advice.



Any Questions? Get in touch at risetothethechallenge@girlguiding-scot.org.uk



Brownies

1. Nature

Make an animal habitat.

This could be donated to your local wildlife area, community hall, County campsite or meeting place so that everyone can see who is living in it.

Use the internet to search and find out where animals such as worms, insects and hedgehogs live. The RSBP website has lots of helpful suggestions:

<https://ww2.rspb.org.uk/makeahomeforwildlife/givenatureahomeinyourgarden/>

2. Creating

Design a party outfit for a Brownie and produce your design as bunting. You could decide as a unit on a party theme for the outfits e.g. superheroes.

See the template and instructions attached to know what size to make your bunting and get your Leaders to string the bunting together. Further information will be out soon on where to send your bunting so that it can be displayed at the celebration event in August 2016.

3. Survival skills

As a six pitch or construct a tent in your hall and get into your PJs and sleeping bags in the tent. In the tent each member of the Six should tell a story or share a joke.

4. Construction / Engineering

Design and build a fairy house, this can be any size and made from any material you choose, i.e. boxes, junk, wood, modelling materials etc.

5. Baking

Bake a cake with an unusual ingredient.

Send in the winning recipe and a picture of the cake for the scrap book



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Guides

1. Nature

Make a miniature garden in an unusual container i.e. a fish tank, walking boots, dustpan, whatever you think will work.

2. Creating

Design a Girlguiding Scotland accessory e.g. a bracelet or design a t-shirt. Something you would like or think others would like.

You can either draw or create your design. Why not include a logo or message on your accessory?

3. Survival Skills

Make a pizza in a cardboard oven.

This is outdoor cooking Guide style.

4. Construction / Engineering

Construct a bridge.

The construction method and materials are up to you but it must span 50cm, be 25 cm high and be able to hold the engine and 2 carriages of a Brio style train or similar.

5. Baking

Bake a cake in a piece of fruit.

Carry out a survey to find out how many people like your cake.



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The Senior Section

1 Nature

Make a water garden/feature in a small plastic box or bucket.

You must be able to transport it.

2 Creating

Make some stone art.

It's up to you how you interpret this but your work of art must be transportable.

3 Survival skills

Make a 3 course meal on an open fire.

Invite some friends to dinner to eat what you have created!

Not able to have a fire at your usual meeting place? Find out details of your County campsite or check out nearby beaches or parks where barbeques are permitted.

4 Construction / Engineering

Make a working crane.

Your crane must be capable of lifting and moving a raw egg across a 50cm gap. You can use any materials you like for example Lego, Meccano or K'nex.

5 Baking

Make some sweets and an edible presentation container as a gift for someone special.

Presentation and flavour is everything, this could be themed i.e. Halloween, Festive etc.



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Leaders

1. Nature

Vegetable carving

From cucumber roses to cauliflower sheep - we want to see your most creative vegetable carving! Check out Pinterest for ideas.

2. Creating

Make a blanket.

Knitting, Sewing or Crochet, it's up to you! No specific size but should be functional. We will donate all blankets to charity.

3. Survival skills

Make a programme in a bag with a survival theme for a unit meeting.

Plan a unit evening based on surviving, i.e. games, challenges, activities.

4. Construction / Engineering

Construct an outdoor marble run.

Could this be donated to your local guiding or community centre?

5. Baking

Create your signature cake. Bring it to your unit meeting and let the girls taste it.



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Trefoil Guild

1. Nature

Create a Sensory Garden.

You could work with your local nursery or play group to design and build a sensory garden appropriate to their requirements.

2. Creating

Knotting

Design an activity for Guides that will encourage them to use knots and send them the instructions. Could you visit a local unit and show the girls how it is done?

3. Survival skills

See how long you can survive on £10.00.

No credit cards allowed! Create a log of what you did and how you made your money last

4. Construction / Engineering

Create a 21st Century camp gadget.

Once you've made your gadget, write instructions and demonstrate it to members of your Guild so they can make it too!

5. Baking

Challenge another Guild to a bake off.

Make it an event and video it, for help check out the helpful video tips at the end of this pack .If you don't have access to video equipment you could take photos instead!



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Girlguiding Scotland Photography Tips

Photographs are a great way to show people all the fun you can have in Girlguiding and taking good ones can make all the difference. We've put together a list of handy hints to help you make the most of your photographs.

Practical Tips

- Think about the background of your photos and what meanings they may have, for example a church might associate your photo with a particular religion and brick walls could suggest an urban setting
- Think about the lighting in your shot. If you are shooting with the light behind the scene, the faces of your subjects may be in shadow and not clearly visible. Try and find the best angle to get the best light for your photographs
- Especially if using a phone, use the flash as little as possible. If you're taking photos in really dark places or at night it will be required but in most other instances you can do without. If you're unsure just try taking a few test shots

Arty Tips

- Be creative - move closer and further away from your subject as well as changing from landscape to portrait and using different angles. This will help to make the shot more interesting and give you lots of options to choose from
- Don't always show girls looking at the camera - girls engaged with each other in activity feels less posed and more natural
- Keep your photo simple. Although you want your photo to be interesting you don't want it to be too messy
- Remember to focus! On most phones that requires you to tap the screen before taking the shot

Helpful Hints

- Try using the rule of thirds. Divide your shot into thirds; place the most interesting aspect of your shot on one of the cross over points. Most cameras and phones have a gridline function on them.
- Think about how you hold the camera to get the best shot, a shaky camera will result in a blurry photograph
- Keep your audience in mind when taking photos, what would those who will see the image find most interesting? What does your photo say about the event or day?

Techy tips for your phone

To help focus your picture, you can turn on gridlines.

- iPhone: Go to "Settings," choose "Photos & Camera," and switch "Grid" on.
- Samsung Galaxy S5/6: Launch the camera app, go to "Settings," scroll down and tap "Gridlines on."
- HTC: Launch the camera app then go to "Camera Settings" then select "Grid."

When uploading your photos, whether through email, a messenger service or online storage such as Dropbox, always select the highest resolution possible, remember to check with the recipient they have received your photos!

Please make sure that all photo permission forms are up to date and that everyone is happy getting their photo taken.

Girlguiding Scotland Video Tips

Videos are a great way to show people the brilliant experiences you can have in Girlguiding and being able to shoot and edit your videos will make them even better.

We've put together a list of useful tips and hints to help you make the best video.

5 Top Tips

1. Use the right equipment. So we don't all have high range video recorders or cameras but using a smart phone will do the trick, as long as it is compatible for uploading to computers/laptops for editing.
2. Pay attention to the audio. Whether its wind blowing into the microphone or too much background noise, bad audio can ruin a good video. If your phone/camera has a headphone jack, plug in and do some sound checks. Make sure you can clearly hear what you want your audience to hear.
3. Check your lighting. Beginner videographers should never shoot with a window in the background. The camera, other people and objects could reflect off the glass, making for an awkward video. Light may also come through the window causing your subject to be backlit - meaning that the object or person you're shooting will look like they have a shadow cast over them. Lighting is important, but it doesn't have to be perfect. Just make sure what you're filming isn't backlit or so bright that they're reflecting light back to the camera.
4. Remember to edit. There's a reason why YouTube gets over 2 billion views a day. People want to watch videos, but they have short attention spans; so, they skip from video to video until they find something interesting. If you're not shooting a one-take video, be ready to take some time out of your day to edit. Rarely will someone watch a 5-minute plus video all the way through if they don't know what it's about. Keep it short and find ways to engage your audience so they understand the message you're trying to get across right away.
5. Upload and Share! Once you're satisfied with your piece, export the video and upload it onto your unit/county social media sites. You can't expect the world to fall in love with your video if you just let it sit there; so, tweet out the link to all your Twitter followers (@GirlguidingScot), post the video on your Facebook page, and email it out to anyone who you know would be interested.

Do's and Don'ts

- Do be as creative as possible
- Do make sure everyone in the video is having fun
- Do focus on a key theme/activity
- Do be aware of what is going on in the background/lighting/audio
- Do crop and edit your videos to make them even better

- Do plan
- Do use a tripod (if possible) or other image stabilization device
- Don't say everything - Let the visuals tell some of the story. If you can show it, don't say it. It makes for more interesting video
- Don't shoot from a million miles away - Get close up to the subject. Fill the frame. Be aware of every inch of space. Don't let anything into the frame that distracts from the subject or scene focus

Techy Tips for filming

To film, edit and upload your video: Most smartphones give you the option to edit videos once they are filmed, you will be able to crop the length and unwanted sections of your video. You'll also have the option to adjust the brightness and change the filter (lighting) of your videos to make them look even better.

Iphones/Ipads: Remember that the iPhone's two cameras were not created equal (the same goes for the iPod Touch and iPad). Be sure to use the rear-facing camera whenever possible to maximize your quality. When you're exporting your final video, keep in mind that while 720p will look great for most cases, it still isn't quite full 1080p HD video that professional film making equipment uses and therefore might be a little disappointing if you're planning on watching it back on a large screen such as a TV. For uploading to social media sites 720p will be fine.

Androids: All Android smartphones manufactured today can record video, as long as they feature a camera, and the vast majority will let you shoot at least in 720p (720 x 1280 pixels, aka HD) which is the recommended pixel for uploading so this shouldn't need adjusted.

Brownie Creativity Challenge

- Step 1: Choose your cut-out template (see next page) or design your own but please keep to same size as template.
- Step 2: Cut out of thick card
- Step 3: Decorate front (and back) with fibre tip pens, paint, wiggle-eyes, stickers, material, glitter, sequins, etc.
- Step 4: Hole punch 2 holes at the top of the head (see below), or you may have a better method of attaching the Brownies to bunting.
- Step 5: Thread through your string/cord to join up all the Brownies for your unit, see figure 1 for an example.

At the celebration event in August 2017 we would really like to hang all the Brownie bunting around Glamis Castle for everyone arriving. You will shortly receive further instructions as to how your unit's bunting should be delivered to/collected by Girlguiding Scotland.

Any queries please e-mail: risetothechallenge@girlguiding-scot.org.uk

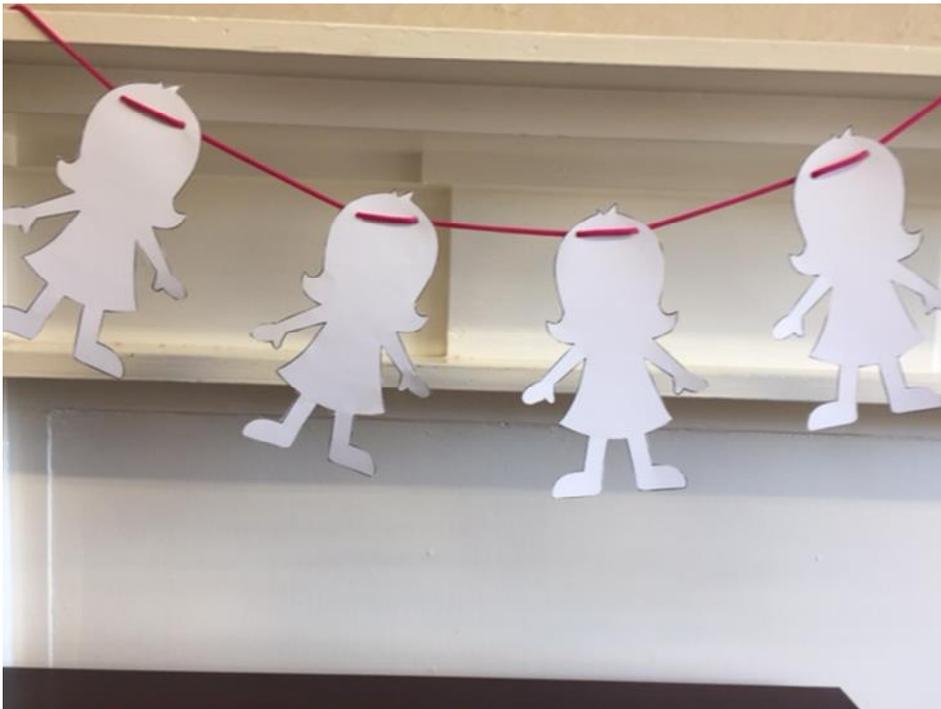


Figure 1

Brownie Template

