

Tri Sports

Individual Challenge

Fun activities for Rainbows,
Brownies, Guides and Rangers



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Individual Challenge

We're excited to bring you our Tri Sports Individual challenge, as we focus on our theme of Be Well throughout 2020. This is the first of three new challenges encouraging girls to get active, try something new and boost their physical and mental wellbeing. All activities have been developed to be accessible during self-isolation and while social distancing.

This challenge is packed full of fun activities for Rainbows, Brownies, Guides and Rangers to complete! Each girl should try their hand at different activities. The number of activities girls must complete to earn a badge varies by section:

- **Rainbows** 1 from each theme (6 activities in total)
- **Brownies** 1 from each theme plus 1 from any theme (7 activities in total)
- **Guides** 1 from each theme plus 2 from any theme (8 activities in total)
- **Rangers** 1 from each theme plus 3 from any theme (9 activities in total)

Under each activity you'll see a promise badge indicating which section that activity is suitable for.



Rainbows



Brownies



Guides



Rangers

Don't forget
Don't forget to share your progress with your unit (if you're meeting online), or on social media if you have permission to! Tag us @GirlguidingScot using #TriSports.

Themes

The challenge is based on the six Girlguiding programme themes:

1

Know Myself

Girls explore emotions and learn about themselves. They'll look at what they enjoy, build confidence and discover how feelings affect behaviour.

2

Express Myself

Girls develop their creativity in all sorts of ways. They'll make up stories and create inventions to solve problems and start thinking laterally and teaching creative skills to friends.

3

Be Well

Girls learn how to stay healthy and how to help others when they're hurt.

4

Have Adventures

Girls have the chance to overcome fears, try new activities and learn survival skills. Getting outside and having adventures has always been an important part of guiding.

5

Take Action

Girls build skills to make a positive difference, whether in their community, the wider world or with the people they know.

6

Skills for My Future

Girls investigate what they might like to do in the future and how they can grow their life skills.

Know Myself

Try a new sporting activity that you can easily do at home. How about giving yoga a go, or skipping, hula hooping, aerobics, Pilates, gymnastics, hockey, skittles, juggling, or another activity that gets you moving? To find out more about how to do activities like these, have a look online or ask a family member, or a trusted adult, to help you out.

When you are trying this new sporting activity, complete one of the following:



If you need equipment for your sport, try making it yourself! For example, you could make:

- A hockey stick out of old newspapers
- Skittles from water bottles
- Juggling balls from fruit or use dried beans in old socks
- A skipping rope out of old material or cloth braided together
- A racquet from ice lolly sticks stuck together and wool
- A mini golf obstacle course using recycled material such as tin cans and cardboard
- An origami basketball hoop with a net made from wool or string



Time or score yourself and see if you improve over time. Get someone to help you if needed.

Did you get 'better' at how long you could keep going, how quick you were or how good you were? **Rainbows**, try the activity for at least 3 days, **Brownies** for at least 5 days, **Guides** and **Rangers** for at least 7 days.



Tell us how trying the new sport made you feel.

Use the 'feelings template' for your section at the back of the pack, and have a think about what you enjoyed or didn't enjoy about it.



Learn how to take your pulse before and after exercise to see how it changes.

Rainbows and Brownies: To help you see your pulse, you can lay your wrist on a flat surface, find your pulse and then pop a drinking straw in a lump of plasticine over your pulse, pressing just enough for it to sit still and for the drinking straw to point up to the ceiling. Now, if you keep your arm very still, you should be able to see the straw wiggling every time your pulse passes underneath the straw.

Guides and Rangers: Why not teach someone else how to take their pulse?



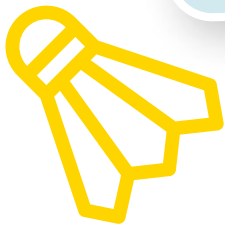
Express Myself



Design an outfit and a mascot for the sports activity that you've done in Know Myself, and make it as colourful and creative as you can!

Rainbows and Brownies: create an emoji as well as your outfit and mascot

Guides and Rangers: create an emoji and a badge as well as your outfit and mascot



Create a poster or digital presentation about your new sport - how did it get started? What's good about it?



Create a video advert for a sport of your choice or a new made-up sport! How would you encourage new people to give it a try?



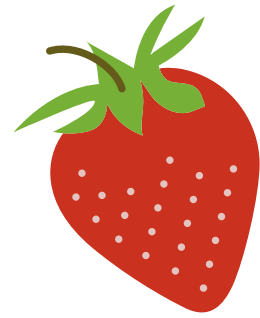
Come up with your own cheerleading chant and/or routine for a made-up sports team.



Be Well

Healthy eating is an important part of staying healthy and keeping active. Find out more about the 5 basic food groups. You can use the NHS Eatwell Guide:

www.nhs.uk/live-well/eat-well/the-eatwell-guide/



Now come up with a meal that you would like to eat which uses all 5 food groups that you've learned about. Why not try the meal at home (try to help prepare it if you are able) and see if your family enjoy it.

Rangers: cook the meal you have come up with. Was it good? Did your family enjoy it and would you all have it again?



Why are your muscles important and why is it important to keep them healthy?

Can you find exercises for your arms, legs and core muscles that you can do at home? What do these exercises do? How do they keep your body healthy and strong?

There are some quick, fun workouts available on the NHS website, which you can try without leaving your front door!
www.nhs.uk/live-well/exercise/10-minute-workouts



Create your own smoothie or healthy eating bar - what would go in it? How would you make it taste great but make sure it was healthy? Create a recipe and instructions on how to make your healthy snack in a poster or digital presentation - you don't have to actually make your recipe if you don't have the ingredients, but we'd love to know how it tastes if you do! Why not try your hand at becoming the next big celebrity chef and make a video demonstrating your recipe?



We all know how important it is to eat healthy, however athletes need to think a lot more about what they are eating daily. Can you:

- List 3 reasons why an athlete's diet is important
- Find out what role the 5 main food groups play in fuelling the body and why these are important to an athlete



Using the Eatwell Guide, **create a meal planner** for a week that an athlete could use.

Things to consider for the athlete:

- They train often, usually multiple times a day
- They need food that will give them lots of energy
- They need food that will help their muscles recover from training sessions

Which of these meals would you consider eating if you were training?



Be Well

Mindfulness is becoming more important to athletes because of the benefits this can bring to their performance like reducing stress, giving them a heightened awareness of their bodies, aiding their endurance and concentration.

Learn about mindfulness

Mindfulness is the practice of being aware of your body, mind, and feelings in the present moment to create a feeling of calm. Try a mindfulness exercise like this one - did you enjoy it? Did it make you feel calmer?

www.youtube.com/watch?v=CvF9AEe-ozc#action=share



Make yourself a mindful jar

1

Take a clear jar with a lid and fill it almost full of water

2

Add a big spoonful of glitter glue or glue and dry glitter to the jar

3

Put the lid back on the jar and shake it to mix the ingredients so the glitter starts to swirl around

There are lots of different recipes for mindful jars, so have a look online if you don't have one of the ingredients and see if there's something else you can use.

Once you have your jar ready, shake it up and watch the glitter go. Imagine the glitter is like your thoughts when you're upset, angry or stressed - do you see how it's difficult to see clearly because they're all whirling around and around? When you're not thinking clearly like this, it can be very easy to make decisions you wouldn't normally. This is normal and adults make mistakes too when they're upset.

If you sit and watch the jar for a few minutes, what happens? Do you see the swirling slowing down, the glitter starting to settle and the water becoming clearer? This happens to your mind too - when you calm down, your thoughts settle and you begin to see things more clearly. Taking deep breaths is a good way to help us calm down when we are feeling a lot of emotions.

Does shaking the jar and watching the glitter settle help you feel more calm when you're upset or angry?



Have Adventures

Develop your own sport

Be adventurous and come up with your own new sport, or try adding something into a sport you already know.

How about - gymnastics with a household object? Or chalk out a game of mousetrap or circuits around the space you have? Draw lines to make a ladder or circle you are allowed to stand in - pretend outside the circle is lava... Play snakes and ladders with you as a player? Use your imagination to come up with something new! Decide on the rules of your new sport and teach it to someone in your household or make an instruction video.



Choose your outdoor adventure

Going for a walk? Do one of the following:



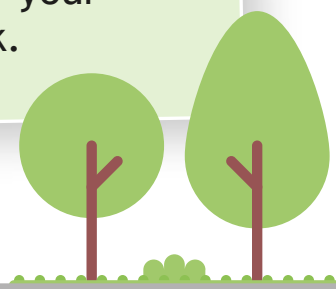
Play Bingo or do a **Scavenger hunt** - use the resources at the end of the pack.

Take photos along your walk and then share them in an interesting way.

Count the number of objects you see - decide before going what you will look for.

Draw a picture of something interesting that you saw.

Invent your own activity to do when you go for your daily walk.



Take Action

Find a sport that comes from another country - for example, Scotland has Shinty and Australia has Aussie Rules Football. Find out what you need to play it and what the basic rules are. Learn more about someone who plays the sport and find out an interesting fact about them.

Brownies, Guides and Rangers: Is there anywhere in your local community to play the sport you've chosen? Or have a think about how could you adapt somewhere to be able to play it.

Share what you have found with your unit or an adult at home.



Thinking about one of your favourite sports, is there an accessible version, available? Accessible means something is designed in a way that people with disabilities or additional needs can do it or take part in it.

If there is, find out more about the sport plus the skills and equipment that are needed to play it. Is it available in your local area?

If there isn't an accessible version, how could you adapt the sport to suit individuals with different needs?

For example:

- How could someone who is blind play your sport?
- How could someone who is deaf play your sport?
- How could wheelchair users play your sport?



Have a think about your favourite sport or activity - how accessible is this for young women?

Are there mixed or female teams in your local area to join in with?

Who is the main role model in your chosen sport - are there both male and female role models? Who are they and what's their history? Do women have the same opportunities as men to take part, win medals and earn the same amount? Overall, are women supported in the same way?



Create a video or campaign to promote your favourite sport to girls and women.



Skills for My Future



Have a go at a 'mind sport' such as Chess, Draughts, Bridge or a brain teaser like Sudoku, or Crosswords. Play with someone at home or with permission Guides and Rangers can play online with other family members or friends.



Try commentating on a sport - it doesn't matter if you don't know the rules - find a clip online or catch up TV, play it on mute and try and talk about what you see in action! You could record your commentary as if you were on the radio, or video it and pretend you are on television!



Build a model of a sports stadium out of recycled materials and things you can find in the house, such as building blocks. What is important to include? How will you make it accessible? If you prefer, you could use a digital programme to create your stadium.



Make up your own sport training session designed to improve a skill or activity for your chosen sport. Start with a warm up, then move on to the main skill session and finally your cool down.

What activities will you do during your warm up and cool down? How do these relate to your main skill session? Use the **Ranger template** at the end of the pack to help you.



Watch or take part in an appropriate exercise session for young people online. Then make up your own session up and share it with your family, friends or unit online.

Guides: split your session into warm up, a main session and a cool down. Do some online research or ask a family member to find out why these three steps are important. The NHS has some 10-minute work outs which offer warm up and cool down exercises, as well as exercises to target different areas of the body:

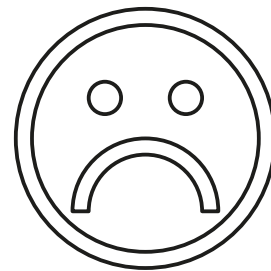
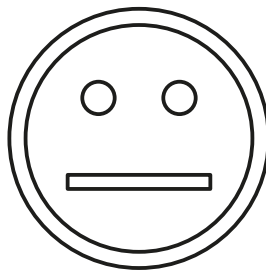
www.nhs.uk/live-well/exercise/10-minute-workouts/



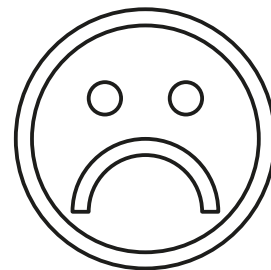
Rainbow Feelings Chart

Today the sport I am going to try is _____

Colour in a face before you start the activity to say how you feel



Colour in a face to show how you felt after the activity.



Did you like the new sport?

What was good about it?

What did you not like about it?

Would you do this activity again? ☐ Yes ☐ No

Brownie Feelings Chart

Finish the statements below, our work bank can help you describe how you feel.

Happy
Excited

Energetic
Bored

Sad
Unsure

Worried
Joyful

Healthy
Thrilled

Nervous

Today the sport I am going to try is...

I chose this sport because...

I found the sport...

Before I started, I felt...

After I finished, I felt...

Did you like the new sport?

What was good about it?

What did you not like about it?

Would you do this activity again? ☐ Yes ☐ No

Guides and Rangers Feelings Chart

Using the scale how nervous, anxious or worried did you feel before starting a new activity?

1	2	3	4	5	6	7	8	9	10
Calm					Very Nervous				
Explain your feelings:									
Before the activity					After the activity				

Did you like the new sport?

What was good about it?

What did you not like about it?

Would you do this activity again? ☐ Yes ☐ No

Scavenger Hunt Colours

Try to find something to match the colours below. Note them down or take a picture!

Red

Orange

Pink

Purple

Blue

Silver

Green

Black

Yellow

Multicoloured


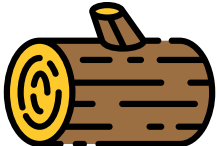

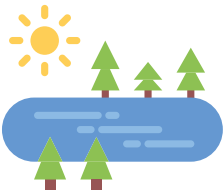



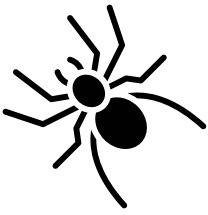




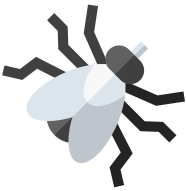

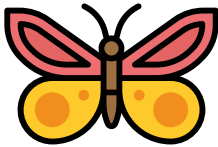

Scavenger Hunt Letters

Try to find something to match each letter of the alphabet on your next walk!
Note them down or take a picture!

A	K	U
B	L	V
C	M	W
D	N	X
E	O	Y
F	P	Z
G	Q	
H	R	
I	S	
J	T	

Nature Bingo

Look out for the items below when you're out for your next walk and see how many you can tick off!

			
Caterpillar	Log	Eaten Leaf	Body of Water
			
Cloud	Nest	Stick	Spider
			
Maple Leaf	Squirrel	Ant	Frog
			
Fly	Berries	Butterfly	Conifer Tree

Remember not to pick up or disturb any wildlife you see and don't pick leaves, flowers or berries.

Training Session Plan

My sport is:

Aim of the session:

Duration of session:

Age of participants:

Equipment I will need:

Warm Up:

Main Skill Session:

Diagram:

Cool Down:

Why have you chosen the different exercises and activities?