

Guiding at Home Challenge!

Week 3

Tag us
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vids on Twitter and
Facebook using
#GuidingAtHome!

Are you ready to get stuck into a brand new set of activities in the quest to earn your very own #GuidingAtHome badge? Welcome to Week 3 of the challenge! Check out the grid below and let the good times roll.

There will be 4 challenge grids in total - you can still download [Week 1](#) and [Week 2](#). And remember to keep your eyes peeled for the final grid reveal next Friday (22 May)!

Algo-rhythm

An algorithm is typically a set of instructions that a computer follows in order to work. We actually use algorithms in everyday life too - for example, a recipe is an algorithm for cooking. Can you create your own dance or yoga-style stretch routine and develop an algorithm, or sequence of steps for others to follow?

Mental Health Awareness

Lockdown can be stressful, so make sure you look after yourself and check in with friends and family. Check out our top tips for boosting your mental wellbeing during these uncertain times. For Mental Health Awareness Week (which runs from 18-25 May) can you think up and share your own tips for feeling good?

Pizza Portraits

Make a funny face on a pizza, or even try your hand at creating a self-portrait topping! You can either make a pizza from scratch using a pitta bread base or add your masterpiece to a standard cheese pizza. Now throw on some peppers, ham, sweetcorn and mushrooms, or just whatever ingredients you already have at home.

Meditation Relaxation

Relax and unwind by learning the Starfish Hand Meditation technique! Check it out and set aside some me-time to give it a go if you can. Try it every day for a week and see if you find it easier to switch off and refocus your energy as the days go on.

Wooden Wonders

Make something out of wood, like a fairy house, a mini-den, a journey stick or play a game like pick-up-sticks. Can you come up with another idea? We can't wait to see it! To get started, you could gather up twigs and sticks you find on your next walk, or perhaps lying around your garden.

The Sky's the Limit

Host your own paper plane competition to see how far and high your jet can go. Get friends and family in on the fun and see whose design comes out on top! Make sure your plane stands out - add some colour and decorate it with a Scottish-inspired logo for your very own airline.

How to earn your badge:

Rainbows complete one activity each week plus 2 activities from any week (6 in total)

Brownies complete two activities each week (8 in total)

Guides and Rangers complete two activities each week plus any 2 activities from any week (10 in total)

Adults can take part too! Can you complete 3 challenges each week? (12 in total)