

Guiding at Home Challenge!

Week 4

Tag us
@Girlguidingscot
in your pics and
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 4 of the challenge! Check out the grid below and let the good times roll.

There are 4 challenge grids in total - [Week 1](#), [Week 2](#) and [Week 3](#) are still available to download!

Start a band!

Find materials lying around your house that can be recycled to make a musical instrument. How about a jar xylophone, a comb kazoo or a guitar made from a cereal box, kitchen roll tube and elastic bands? Let your imagination run wild and show us what you come up with! Get your friends involved and start your very own virtual rock or ceilidh band!

Have an indoor adventure

Build the best ever indoor den! You could use it to relax, have a snooze in or host a virtual sleepover with your friends. Why not create a camping vibe by curling up in your cosy new nook with some campfire treats while tuning into Girlguiding's Adventures At Home Festival on Sat 23 May?

Create a mini-garden!

Celebrate National Children's Gardening Week (which takes place from 23-31 May) and make a miniature garden in an unusual container - whatever you think works! If you don't have seeds, have a think about what else you could use to create your mini garden.

Classic campfire treats

Sample some classic campfire treats at home! Try baking a campfire cake - all you have to do is fill a hollowed-out orange with cake mix, then pop it in the oven or microwave until it's ready to eat. Feel free to experiment with different flavours and have fun.

Zine Zone

Zines (short for a magazine or fanzine) are a great way to self-publish your mini-comics, sketches, poetry, stories, recipes, anything you can think of really! Make your own origami zine and fill it with whatever you fancy - from a comic about lockdown to a story about an amazing woman who inspires you.

Future Fashion

Design your own wearable technology! From trainers that flash in time to music to an item of sportswear that tracks your fitness levels -what exciting clothing designs can you come up with? Get more inspiration here and check out this video.

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)

Guiding at Home Challenge!

Week 3

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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.

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

Guiding at Hame Challenge!

Week 2

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Are you ready to get stuck into a brand new set of activities in the quest to earn your very own #GuidingAtHame badge? Welcome to Week 2 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 keep your eyes peeled for the Week 3 reveal next Friday (15 May).

Helpful robots

Robots help us in lots of ways already, from self-checkouts at the supermarket to space exploration. We want you to design a robot that will help improve your life, as well as the lives of those in your community. Chat to friends, family and research online to get more inspiration before you start designing!

Come up with a local limerick!

Did you know it's National Limerick Day on 12 May? Limericks are silly, funny and often nonsensical 5-line poems - and we want you to make one up about your hometown, village or city! This is a great chance to get creative and have a laugh at the same time. Find out more about how to write one [here](#).

Tartan Gig tunes

Switch up your hand sanitising routine - Tartan Gig style! Start washing your hands along to a song by an artist who has performed at our exclusive concert for members in the past. Choose from the likes of Lewis Capaldi, Little Mix and Jess Glynne. All you've got to do is find your favourite 20 second snippet from your tune of choice then you're ready to go.

Make your own junk journal!

Use old paper, card or envelopes lying around the house to make your very own 100% recycled journal! Hole punch the spine of the book then tie ribbon or string through it to hold everything together. You could also use binder clips, paper clips, or staple it together and cover it with duct tape. Now you've got somewhere new to doodle and write down your thoughts.

It's National Share a Story Month

National Share a Story Month takes place every May so let's celebrate! Take this opportunity to recommend a book you absolutely love to a friend, or get stuck into a great book you've been meaning to read for ages.

Fine art fruit

From cucumber roses to cauliflower sheep and kiwi caterpillars to apple owls - we want to see what you can create by giving fruit and vegetable carving a go! You can eat your tasty creation once you're done.

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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)

Guiding at Hame Challenge!

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While we're not meeting face to face, there's still lots of guiding fun to be had! We're all about a challenge so why not have a go at some of the activities in the challenge grid below and see how many you can cross off to earn the new #GuidingAtHame badge! We'll be releasing a new grid every Friday for the next four weeks - so have a look through them and let the games begin.

Binary Bling!

Design your own bracelet with a secret message using binary code - a cool coding system that uses binary digits to represent a letter, number or other character in a computer. Use the top secret decoder key to create your message and share it with your friends and family so you can challenge them to decode what's on your bling!

3D Delicious

Decorate a Scottish-themed 3D character cake and show us your creations! No need to bake the cake, this challenge is all about decking out a cake with things like icing, fruit or sweets in any style you'd like. From a Highland Cow to Nessie, or even Scotland's national animal the unicorn - let your imagination run wild!

Rainbow Challenge 2.0

You may have already drawn a beautiful rainbow to display in your window but are you ready to take things to the next level? Think outside the box and create another rainbow masterpiece with items you can find around the house like sweets, clothes, or old towels. It's up to you!

Shall we dance?

Mastered all the Tik Tok dances? Learn a famous dance craze from back in the day like the Twist, the Slosh, the Hokey Cokey, or better yet, try your hand at some Highland Dancing! Either ask an older family member or find a tutorial on YouTube to help you master some new moves.

Get ready for the launch!

Help launch Scotland's very own space programme by making a fleet of paper straw rockets! Print out a rocket template online or make your own vessel by wrapping paper round a pencil the same size as your straw. Once you're done, see how far your rocket can fly! Try a few designs to see what works the best and flies the furthest.

#Uniform4Uniforms!

Take part in #Uniforms4Uniforms on Thursday @ 8pm as we #ClapForOurCarers and all our key workers out there! Pots and pans at the ready, let's see who can make the most noise.

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)