

Window on the World

Fun activities for Rainbows,
Brownies, Guides and Rangers



Window on the World

Welcome to Window on the World, a challenge we have created for our Queen's Guide Award. As part of an International Team project, this pack is all about exploring the world from your own home or during unit meetings in this, the first in a new series of resources. We've developed lots of activities in this pack focusing on different areas of the globe.

We won't be travelling to Europe, as you live there, but you'll travel across five different continents to discover their wonders. Each continent relates to one of the Girlguiding themes, which you can explore on the next page. We hope you enjoy completing this challenge!

Jennifer and Megan,
Queen's Guides

This challenge is packed full of fun activities for Rainbows, Brownies, Guides and Rangers to complete! 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 2 from any theme (8 activities in total)
- Guides 1 from each theme plus 4 from any theme (10 activities in total)
- Rangers 2 from each theme (12 activities in total)

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



Rainbows



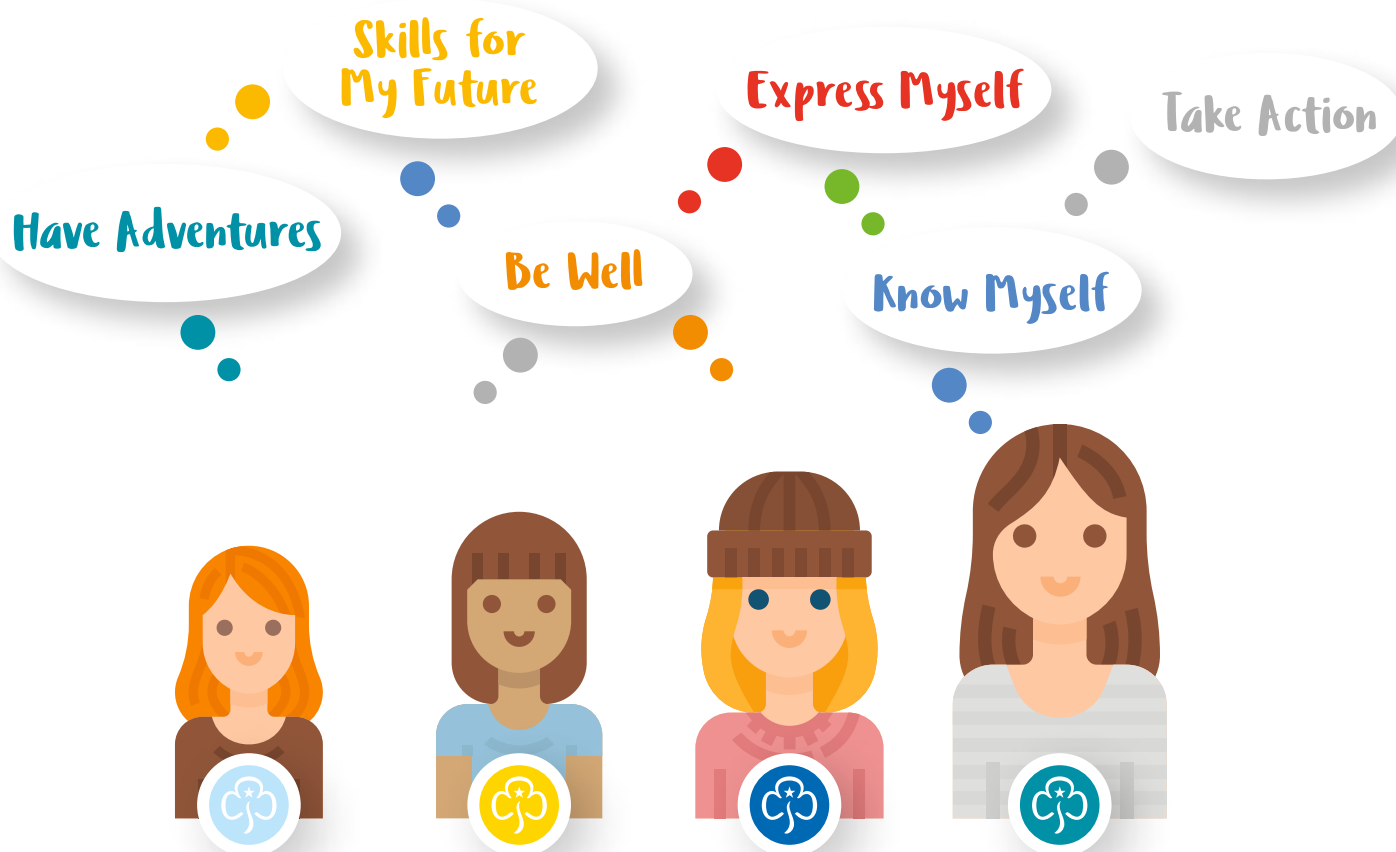
Guides



Brownies



Rangers



Window on the World



➤ Earn the badge by completing this challenge.

Themes

The challenge is based on the six Girlguiding programme themes:

1

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.

2

Skills for My Future

This theme allows girls to investigate what they might like to do in the future and how they can build essential life skills.

3

Be Well

Girls learn how to stay active and healthy as well as how to help others in various situations.

4

Express Myself

Girls are encouraged to develop their creativity in all sorts of ways. They'll create stories and inventions to solve problems, and start thinking laterally as well as teaching creative skills to friends.

5

Know Myself

Girls explore their emotions and learn about themselves. They'll think about what they enjoy, build confidence and discover how feelings can affect our behaviour.

6

Take Action

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

Africa - Have Adventures

Welcome to Africa! Did you know that Girlguiding Scotland has a partnership with Lesotho Girl Guides Association? [Find out more.](#)

Imagine you are going on safari around Africa to explore the wildlife that lives there. Get your hat and explorer's kit at the ready!



To help you on your adventure, **design a safari vehicle suitable for the terrain, weather conditions and animals you are likely to meet in Africa.** This could be a drawing or you could use design software on a tablet or computer.



Make a model of at least 2 different types of animal you might see on your safari using any materials you can find around the house.



Africa has a huge mining industry and is a source of many gem stones and precious metals. **Find at least 3 hidden gems in your local area** - this could be a stone or old pottery, anything you find that interests you - it's all about looking for treasure in the unlikeliest of places. **Create a treasure map** for people to use to seek out these gems.



Plan and set up (if you can) a walking route using tracking signs for your friends or family to enjoy. If you are only designing the route, make sure to draw the tracking signs along the route on your map as you would have placed them in person. Need help with tracking signs? Check out [this handy guide](#).



Spend a night camping outside, where you stay for at least 12 hours. **Rainbows**, can you manage 8 hours? This could be in your back garden, at a Girlguiding camp or even a camping trip with your family.



Brownies, Guides and Rangers should also do 2 of the following:

- **Build and stay in a shelter**, tent or bivouac made from natural resources
- **Light a fire** without using matches
- **Whittle or make your own tools or cutlery**
- **Make something useful** for your camp using 2 or more different knots
- **Identify 5 birds or animals**

Asia - Skills for my future



Kon'nichiwa - that's hello in Japanese! While travelling through Asia you notice all the interesting buildings and inventions. Take inspiration from the continent around you!



Some amazing inventions have come out of Asia, including paper, printing, kites and compasses.

Rainbows and Brownies, **make your own version of one of these inventions** such as making your own kite, doing some printing or making your own compass.

Guides and Rangers, **design your own invention** to benefit your community and explain how it will help people.



In China, the practice of dyeing cloth with plants, barks and insects has been traced back more than 5,000 years. **Find an old piece of clothing** (white is best) and dye it using household objects (e.g. tissue paper, beetroot, onions, etc.). Here are some great ideas to get you started.



Design an app, website or game that could be used worldwide in Girlguiding. Make a basic design and then test your product idea with some friends. Are they interested? Are any improvements needed? Take on their feedback and adjust your design.



A pagoda is a traditional type of tower common in Asia. **Create a pagoda style insect or bird house** out of recycled materials like used water bottles or old wood.



There are many different types of clothing worn throughout Asia - do some online research and then **design or make a traditional outfit from Asia** which you could wear.

Guides and Rangers, your design must incorporate at least one 3D element. Why not have a go at digitally designing your masterpiece?



Manga is a style of Japanese comic book and cartoon, like Pokémon and Sailor Moon. **Try your own hand at drawing a Manga character**, look for more inspiration online.



Australia - Be well

Time to fly to the other side of the world - take some time to relax, enjoy the outdoors and take part in some sports!



There are many sports on offer in Australia, from surfing to Aussie Rules football, but the one thing all athletes have in common is their stamina. **Build your stamina** by doing at least 10 minutes of physical activity every day for a week, this could be playing chase or going for a walk with a parent or guardian.



Australia is in the Southern hemisphere and the food that grows there can be very different to what will grow in Scotland. Using ingredients which will grow in Australia, **design a healthy meal** (here are some examples of Australian crops). Have a go at becoming a chef and cook your meal, with help if required.



Surfing is very popular in Australia and New Zealand. **Design your very own surf board**, then make a miniature version of it - test different materials and decide what material you think would be best for your board.



Make a 7-day mindfulness plan and follow it. Some examples of mindful activities are colouring and meditating. After each day evaluate how you feel and if the activities have helped you find peace.



In Australia there are many unique objects and artwork! **Have a go at making one of the following:**

- **A boomerang** (this could be out of paper, cardboard or even wood if you've got help from a parent or guardian)
- **A didgeridoo** out of recycled material (e.g. kitchen roll tubes or card). Compose a song and perform it on your didgeridoo for your friends or unit.
- Take inspiration from Aboriginal dot art and **make an Australian animal** out of painted pebbles and stones.



Look up Australian sports

Look online to see what sports are popular in Australia and find out how to play them.

Rainbows give one sport a try, Brownies, Guides and Rangers try two sports - would you recommend them to the rest of your unit?





North America - Express myself

Jet off to North America, which is made up of Canada, the United States and Mexico, along with other islands and countries. Our first stop is Hollywood, the land of film-making and storytelling. Find out what else lies beyond all the glitz and glamour!



Plan a performance - this could be a dance or storytelling. Then gather an audience (your family, friends or even your teddies) and perform it by yourself or with some help. Remember to take pictures or even video it.



Road trips are a popular way to get around the United States and Canada. **Plan and promote a make-believe road trip** to your unit or friends: why would you take a road trip around North America? Consider where you would go and how long would it take (some places you might visit are the Grand Canyon, the Glaciers in Canada, the Great Lakes or the Rocky Mountains).



Create your own short comic book strip. Come up with your main character and write their biography.



North America has many iconic foods, **have a go at making and trying some food from North America** (e.g. pancakes with maple syrup, fajitas or burritos, pumpkin or pecan pie, brownies or saltwater taffy). Then **design some new eco-friendly packaging** for it.



Many films are made in America, and there are lots of great animation studios. **Watch an animated movie or cartoon** and then come up with a new ending for the movie, a sequel to the movie or a song that could feature in the film.



In Mexico there is the Day of the Dead festival, a time to celebrate and remember loved ones who have passed away. Do some online research to **find out more about the festival and then design a costume**, headdress or makeup look and take pictures of your masterpiece for this festival!



South America - Know myself



Hola! You have now reached South America, home to the world's largest rainforest, longest river and highest waterfalls. Journey this land to find out more about yourself as well as this vibrant continent!



Do some research on the Amazon rainforest. Go for a walk with a responsible guardian and imagine you are on an expedition through the rainforest - what do you see, hear and feel? Is it fun, exciting, scary? Draw or write about your experience.

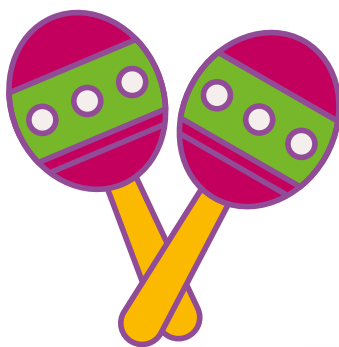


The Carnival in Rio De Janeiro, Brazil, is the biggest carnival in the world with 2 million people attending each day. It is known for its elaborate floats and flamboyant costumes.

Draw, design or create your own miniature float for the carnival to express yourself - think about how you would display your personality - your likes, hobbies, feelings, interests, etc.



Girlguiding in South America can be quite different to guiding in Scotland and the UK. **Find a game or a craft from South America** and give it a go. Here's [some inspiration](#).



Latin American dance and music are very popular and there are many different types. Have a listen to some Latin music, choose a song you like and **come up with your own dance routine** to go with it.



Have a go at making a worry doll. These are small handmade dolls that children tell their worries, fears and sorrows to at night before going to sleep, and then pop them under their pillow. The doll then takes all these worries, letting its owner sleep peacefully.

There are lots of different ways to make worry dolls. Have a look online for ideas on how to make one with the materials you have available.



Global - Take action



Hola, Bonjour, Kon'nichiwa, As-salamu alaykum, Olá! While travelling the world you may notice there are many global issues that affect us all in different ways depending on where we are in the world. In this section you can tackle some of these challenges.



Waste is a huge problem around the world. Often one person's rubbish is another's treasure! **Make a useful item** created from things other people might throw away



Think of ways you could reduce the amount of waste you produce in a week. This can be done by keeping a diary for a week or drawing pictures.



Many people around the world work hard to get water, often walking long distances and transporting the water by hand. Get an idea of how difficult this can be by carrying a full cup water around your garden or local outside area. How easy was it? Did you spill any? **Think of at least 3 ways to reduce the amount of water you use at home.**



Write a letter or create a blog/vlog about what it is like to live in your own country - what do you like and dislike about where you live? What other country would you like to live in and why?



Protests are done in many ways - some are done by writing a letter, using social media or making displays. **Make an advert for the television or a newspaper** to convince people to save our planet.



Have you ever thought about your human rights? Here's some more information.

Create your own right, what would it be and why? Elsewhere in the world this right might not be met, defend the right you made (you could do that by making a protest board, video, song).



Next steps



This is the first in a series of Window on the World resources, so please look out for more to come!

For Guides aged 11-13, why not check out ICE - International Community Experience? ICE is a three stage project which gives girls a taste of community action, increases their global awareness and prepares them for international experiences.



[Find out more about ICE on our website.](#)

There are many different interest badges which have similar themes to the activities in this pack, but here is a selection of some of the options you might like to look at:



Rainbows



Brownies



Guides



Rangers

Nature	Archaeology	Navigator	Bush Craft
Construction	Inventing	Fixing	Digital Design
Fruit and Veg	Mindfulness	Fitness	Sport
Express Myself	Performing	Confectionary	Animation
Animal Lover	My Rights	Human Rights	Women's Rights
Recycling	Zero Waste	Campaigning	Protesting

