

# Out and About

Last year Girlguiding Scotland members took on a new challenge to sleep out under the stars at our very own Under the Stars event! Girls took to their sleeping bags and settled in for a night of stargazing and night sky viewing.



This year we've developed a new challenge to encourage you and your unit to get outdoors at night and discover more about the night skies, nocturnal animals and so much more.

But why go out and about in the dark you might ask? Research shows just how beneficial taking part in outdoor activities is when it comes to boosting our mental health and wellbeing. Enjoying fun-filled activities in the dark encourages the development of all our senses, it increases confidence and develops risk awareness! So what are you waiting for?

In this pack you'll find some activities to get you started, but feel free to adapt these to make them work for your unit. Or why not create your own challenge?

The challenge can be done with your unit or your family. If you're getting with your family, share your plans with your leader and get her to approve them. Once you've completed your activity be sure to share photos of what you got up to with your leader to help earn your badge.

We hope you enjoy getting Out and About in the Dark! Don't forget, in order to earn the badge girls must take part in at least one activity outside and everyone has until 21 March 2021 to complete this challenge. We can't wait to see what adventures you and your family, or you and your unit get up to!

## Staying safe outdoors

It is cooler at night because the earth is not being warmed by the sun, so remember to wrap up warm and to check the weather forecast beforehand in case you need to wear waterproof clothing.

Scotland



WE DISCOVER, WE GROW

Girlguiding

# Activities

1. Different animals and insects come out at night. This can seem a bit frightening but only because they are less familiar to us and we can't see them as well as we can in the daylight.

Find out about the animals or birds that prefer to come out at night (nocturnal animals). Go for a walk somewhere you might find these animals - look and listen for any signs or tracks!

Some insects like to come out at night and are attracted to light. Try making your own moth trap and see if you can identify any visitors. This special kind of trap does not harm moths in any way it just makes them more visible!

<https://scottishwildlifetrust.org.uk/resource/make-a-moth-light-trap/>

2. Constellations are patterns that stars make. Navigators have used these constellations to navigate for hundreds of years. Find out about constellations that you can see in the night sky. You can make a cube to show some easily recognised constellations and then go out and see if you can spot them.

<https://www.redtedart.com/wp-content/uploads/2017/11/Constellations-2.pdf>

You can also use a Sky Guide app on a smartphone to go out and spot constellations or search online to get more information about what's happening in the sky. See what else you can spot like planets, comets, or maybe even the international Space Station?

Always choose a safe place to go stargazing. You will get the best views on a clear night and try to stay away from brightly lit places.

3. Play a game outside in the dark. You could try Glow in the Dark skittles! Place glow sticks inside empty 2 litre drinks bottles and use a ball to strike them.

You could make rings out of your remaining glow sticks and play glow in the dark hoopla. Reusable glow sticks are available and are friendlier to the environment.

You could try making glow in the dark chalk (there are instructions available on Pinterest and/ or YouTube) and play glow in the dark hopscotch or tic-tac-toe outside. Or use your chalk to mark out a trail. In Brave, Merida followed a Will o' the Wisp trail. Could you create your own Will o' the Wisp trail?

You could use a torch to send a message by Morse code or by passing a signal by torch light.

4. Fires provide warmth and light. Learn how to safely light a fire and how to make sure it is put out safely.

You could have a storytelling session round the fire or play some campfire games.

5. Try your hand at cooking outdoors. What meals or snacks can you come up with?

6. Spend a night outdoors. Could you build a bivouac shelter and spend the night sleeping in it? The key to staying warm is to stay dry.