

Take 2 in 2022



WE DISCOVER, WE GROW

Girlguiding

Scotland



Take 2 in 2022

22 February 2022 is World Thinking Day and this year we are delighted to launch the Scottish Chief Commissioner's Challenge - Take 2 in 2022.

2022 marks the final year for the Scottish chief commissioner, Moira McKenna, and her team. They have created this challenge as an opportunity to get out and about, be active, celebrate guiding and show our communities that we are proud to be members.

The challenge can be completed individually, or as a unit, and there are challenges for young members as well as for adult members. We really don't mind if you decide to mix it up - adults are welcome to complete some of the young member challenges, and young members can complete the adult challenges - please just have fun in whatever you do!

There are 21 challenges in total across the 3 sections -

Community, Environment and Personal Development (or Self-Care for adults) - and Challenge 22 is to get active and contribute to our goal of travelling virtually around the country, or even the world, with a focus on being visible in your community on 22 May 2022. The challenge will continue until the new Scottish Chief Commissioner and her team take over on 31 August 2022.

You are very welcome to complete all 22 challenges, but we would suggest that each section completes the following number of challenges to earn their badge:

Rainbows

1 from each section
plus Challenge 22

Guides

3 from each section
plus Challenge 22

Brownies

2 from each section
plus Challenge 22

Rangers

4 from each section
plus Challenge 22

Badges can be bought from the Girlguiding Scotland [online shop](#) and will be sold for £1.50, with 50p from each badge purchase being donated to funds that support members in Girlguiding Scotland.

Don't forget to show us what you've been up to using **#Take2in2022** on social media and tag **@GirlguidingScot**. You can also tag the Scottish chief commissioner team:

- Moira McKenna @ScotChiefGuide
- Gail Fox @gailmfox
- Carol Morwood @Carolmorwood



Young Member Challenges

We have 21 challenges over three different sections, but we know how inventive our members can be, so feel free to come up with your own Community, Environment or Personal Development challenge based around the numbers 2 or 22! For any challenges where 22 would be too difficult for an individual, why not see if you can do it with your six/patrol or as a unit?

Remember to always ask an adult for help with anything you are not sure of or which you think you shouldn't be doing by yourself!





Community

Making a difference to your community.



- 1/ Plan and carry out 2 or 22 random acts of kindness. You could bake a cake for someone, help tidy your house or send someone a kind message.
- 2/ Make 2 or 22 cards to give to others - maybe residents at a local nursing home, your local children's hospital or to your neighbours.
- 3/ Collect 2 or 22 items and donate them to a foodbank. You might want to check with your local foodbank to see what items they need most.
- 4/ Write to 2 or 22 new people and invite them to your unit. This could be for a bring a friend night or to invite someone in your community to come along and run a session, for example firefighters to teach fire safety, or a local animal charity to talk about their work.
- 5/ Raise £2 or £22 for a charity you that support. You can fundraise in any way you like - by getting sponsorship, holding a bake sale, carrying out a helpful task for a small donation, etc. If you don't have a charity in mind, you could always fundraise to [support members](#) in Girlguiding Scotland.
- 6/ Make 2 posters to put up in your local community to raise awareness of Girlguiding or hand out 2 or 22 postcards to tell people about your section or encourage adults to volunteer. You can get [recruitment postcards](#) free from the Girlguiding Scotland shop - you only need to pay postage!
- 7/ Donate 2 or 22 clothing items. This could be a school or guiding uniform that you have outgrown - by handing it in to your school or unit, someone else will benefit and you will help save our planet.



Environment

Looking after the world around you.

- 1/ Plant 2 or 22 flowers, vegetables, seeds or trees. You could make wildflower seed balls to produce flowers that help bees and you could even give some to family and friends to plant as well.
- 2/ Pick up 22 pieces of litter, or think bigger and get more people involved to collect 2 or 22 bags of litter!
- 3/ Reuse something you would otherwise throw away. Maybe you could turn an old sheet into 22 pieces of bunting, decorate it with fabric pens to show what you do in guiding and hang up for others to see.
- 4/ Make 2 or 22 dog poo bag dispensers from recycled bottles and place them around your local area to help keep it clean.
- 5/ Plan a unit 'Art Attack' using recycling (plastics or clothes). You could make something in the form of the numbers 2 or 22, or the Challenge badge or Girlguiding trefoil.
- 6/ Try 22 minutes or 2 hours without any electricity. This could be by having a unit meeting in the dark, or you could do it at home and tie it in with World [Earth Hour](#) (8.30pm on 26 March 2022).
- 7/ Use 2 or 22 recycled items to make a feeding station or home for local wildlife.



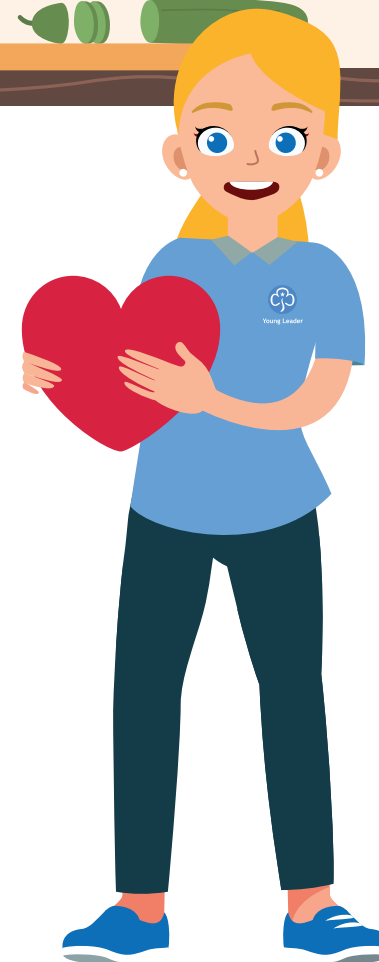


Personal Development

Challenging yourself.



- 1/ Try 2 new skills - these could be anything you can think of! You could try juggling, learn a new dance, learn to cook a favourite dish or try your hand at DIY.
- 2/ Take part in a 2 or 22 challenge evening. You could bounce on a space hopper 22 times, make up a silly obstacle course and complete it twice, do a 22 minute exercise routine, or tie 22 reef knots in a piece of string.
- 3/ Try an activity from 2 different interest badges to see if you would like to complete them. If you are feeling adventurous, why not go for completing 2 interest badges!
- 4/ Travel virtually to 2 new countries or to 2 of the [World Centres](#) and share 2 or 22 fun facts with others in your unit.
- 5/ Taste 2 foods that you haven't tried before.
- 6/ Play '[Kim's Game](#)' with 22 items. This is a traditional game that helps sharpen your memory!
- 7/ Make something 2 or 22 themed. You could use 2 packs of cards to build card towers, make some artwork using only 2 shapes, build a pyramid using 22 items or make a playlist of 22 songs.



Adult Member Challenges

We have 21 challenges over three different sections, but we know how inventive our members can be, so feel free to come up with your own Community, Environment or Self-Care challenge based around the numbers 2 or 22!





Community

Focus on the guiding community.

- 1/ Take on 2 new girls in 2022 or ask 2 new people to volunteer with Girlguiding. There are lots of [recruitment resources](#) on the Girlguiding Scotland website.
- 2/ Join with 2 other units to plan and hold an event. You could have a campfire and sing 22 different songs!
- 3/ Invite 2 people to share a new skill with your unit or try 2 meetings away from your usual meeting place.
- 4/ Nominate 2 members for a Growing Guiding Award (or any [award!](#)) , or thank 2 people who have made a difference to you in guiding.
- 5/ Share a meeting activity plan with 2 other leaders so they have access to a pick up and go unit meeting, or offer 2 hours of your time to support another unit.
- 6/ Find out more about 2 different [Girlguiding qualifications](#) you don't have, or refresh your skills for a qualification you do have.
- 7/ Friendship is important - take some time to do something fun with 2 or 22 of your guiding friends. You could have a summer barbecue, try an escape room, do a high ropes course (without having to keep an eye on 22 girls!), or even just go for coffee and cake.



Environment

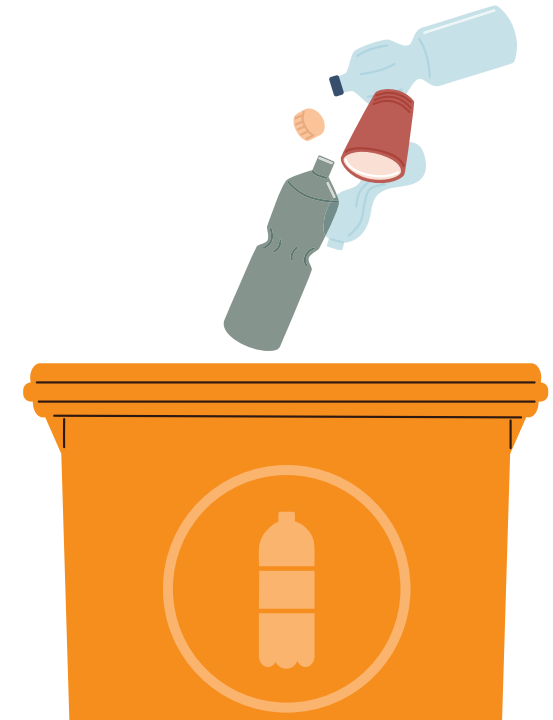
Looking after the world around you.



- 1/ Donate, recycle or upcycle 2 or 22 pieces of clothing.
- 2/ Recycle 2 things you haven't recycled before. For example, Boots have a recycling scheme for hard to recycle items such as make-up containers, soft plastics and batteries can be recycled with many supermarkets, Superdrug have a scheme to recycle medicine blister packs and Currys will take old electronics to recycle.
- 3/ Save some water by taking a 2-minute shower!

- 4/ With your unit plant 22 flowers, vegetables, seeds or trees in your community.
- 5/ Take steps to reduce your food waste. You could have 2 meals in a week from leftovers or try 2 new recipes to use up food that may have gone to waste (e.g. banana bread to use up extra bananas).
- 6/ Change 2 journeys to more environmentally friendly options. You could car share, use public transport or cycle.

- 7/ Go plastic or waste free for 2 days, or have 2 waste free unit meetings.





Self-Care

Looking after yourself.



- 1/ Try 22 minutes of meditation or yoga.
- 2/ Try 2 different local walks, or climb 2 or 22 hills!
- 3/ Try 2 new hobbies, revisit 2 old hobbies or learn 2 new skills.
- 4/ Take 22 minutes to be creative - make something, draw, paint, sculpt, bake, knit, dance, etc.
- 5/ Write down 2 things you are grateful for each day for 22 days or write 2 affirmations on sticky notes and put them somewhere you will see them daily.
- 6/ Have a 22 minute pamper night - you could invite 2 or 22 friends!
- 7/ Take 22 minutes to be screen free.





Challenge 22

For Challenge 22 we would like you all to get out and about to be active.

What

The activity can be time or distance based and can tie in with the other challenges in the pack. Maybe you will do 22 minutes of litter picking, or as a unit you will take on 22 hours of dancing or plant 22 trees. Perhaps you will decide to skateboard 2 kilometres, or your unit will cycle 22 miles, your district walk 222 kilometres or your county 2022 kilometres!

When

You have from 22 February 2022 until 31 August 2022 to complete the challenge, so start logging your times and distances now!

As well as challenging yourself personally over the six months of the challenge, we would like to challenge groups to be visible in their communities on 22 May 2022, whether as a unit, district, division or even county. So put the date in your diary and start planning what you can do as a group to be outside and active in uniform on that day so we can be seen in every community in Scotland!



How

You can cover distance in any active way you can think of - by foot, bike, wheelchair, scooter, horse, canoe - you name it, you can do it! There is also the option to do a time-based challenge, so 2 or 22 minutes or hours, for example. For activities where you can't measure distance, like dancing, just keep a note of how long you were active for. If you were doing a distance-based challenge, please keep a note of the time you spent doing it as well.

You could use the challenge to do some fundraising for your unit or local area by asking for sponsorship, either for a longer-term challenge, or for the group challenge on 22 May 2022.

To log your progress with us you will need to know how long you were active for and how far you travelled, then go to the following link and fill in the form:
www.girlguidingscotland.org.uk/for-volunteers/how-to-run-your-unit/challenge-badges/take2-challenge

Why

The aim for this challenge is not only to support health and wellbeing, but also to increase our visibility across Scotland. In some areas where units have been meeting outdoors, interest in joining has increased, so we would love even more people to see members of Girlguiding Scotland and be inspired to get involved!

You can see how far we have travelled, how long has been spent on the challenge, the number of entries, as well as which county or section has been the most active on our Take 2 in 2022 Challenge page:

www.girlguidingscotland.org.uk/for-volunteers/how-to-run-your-unit/challenge-badges/take2-challenge.

If your section or county aren't well represented, why not log some extra kilometres!

Please remember that this is a personal **and** collective challenge. Whatever amount or type of activity is a challenge to you is ideal and will be a perfect addition to Challenge 22!



Thank You!

Thank you all for taking part in Take 2 in 2022 and Challenge 22 - we look forward to seeing what you have been up to on social media! Don't forget to use #Take2in2022 and #Challenge22 and tag @GirlguidingScot or the Scottish chief commissioner team in your posts:

- Moira McKenna @ScotChiefGuide
- Gail Fox @gailmfox
- Carol Morwood @Carolmorwood

We'd like to thank the team who developed this challenge and everyone who has made our time as the Scottish chief commissioner team so special.

Moira, Carol and Gail