

Out and About 2023

Make a Splash

Girlguiding Scotland



Welcome

to our 2023 Out and About Challenge!

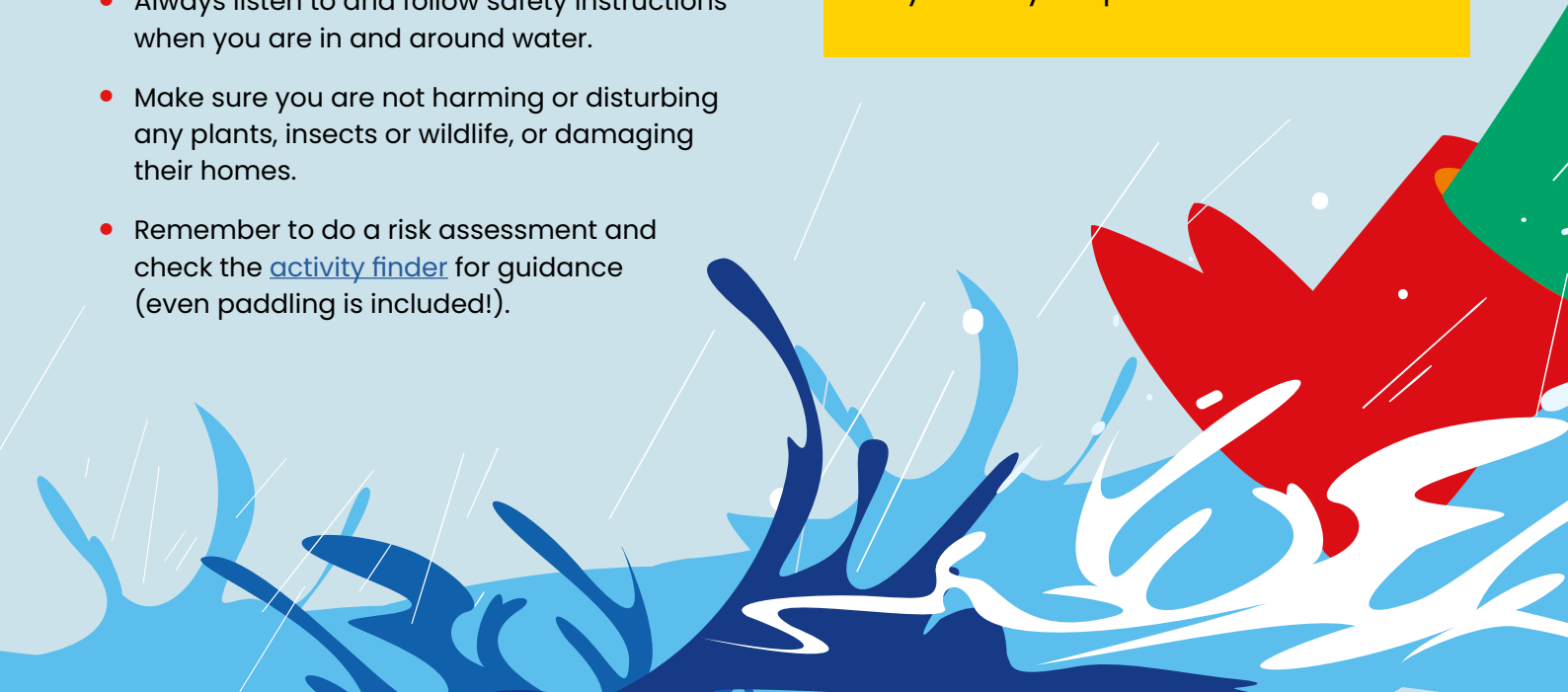
This year the challenge is to go outside and make a splash. To gain your badge, complete 1 activity from the Discover water section and at least 1 activity from the Fun or Adventures with water sections. Feel free to adapt the activities to your local area and your unit.



Safety and environmental notes

- Dress for the weather and the activity you are doing.
- If you are likely to get wet from your activity, make sure you have a towel, dry clothes to change into and a bag for your wet things. Remember dry underwear too!
- Always listen to and follow safety instructions when you are in and around water.
- Make sure you are not harming or disturbing any plants, insects or wildlife, or damaging their homes.
- Remember to do a risk assessment and check the [activity finder](#) for guidance (even paddling is included!).

We'd love to see what you and your unit get up to! You can share photos with us on [Facebook](#), [Instagram](#) or [Twitter](#) @GirlguidingScot using **#OutAndAbout2023**. Always make sure you have photo permission for anyone in your pictures or videos.



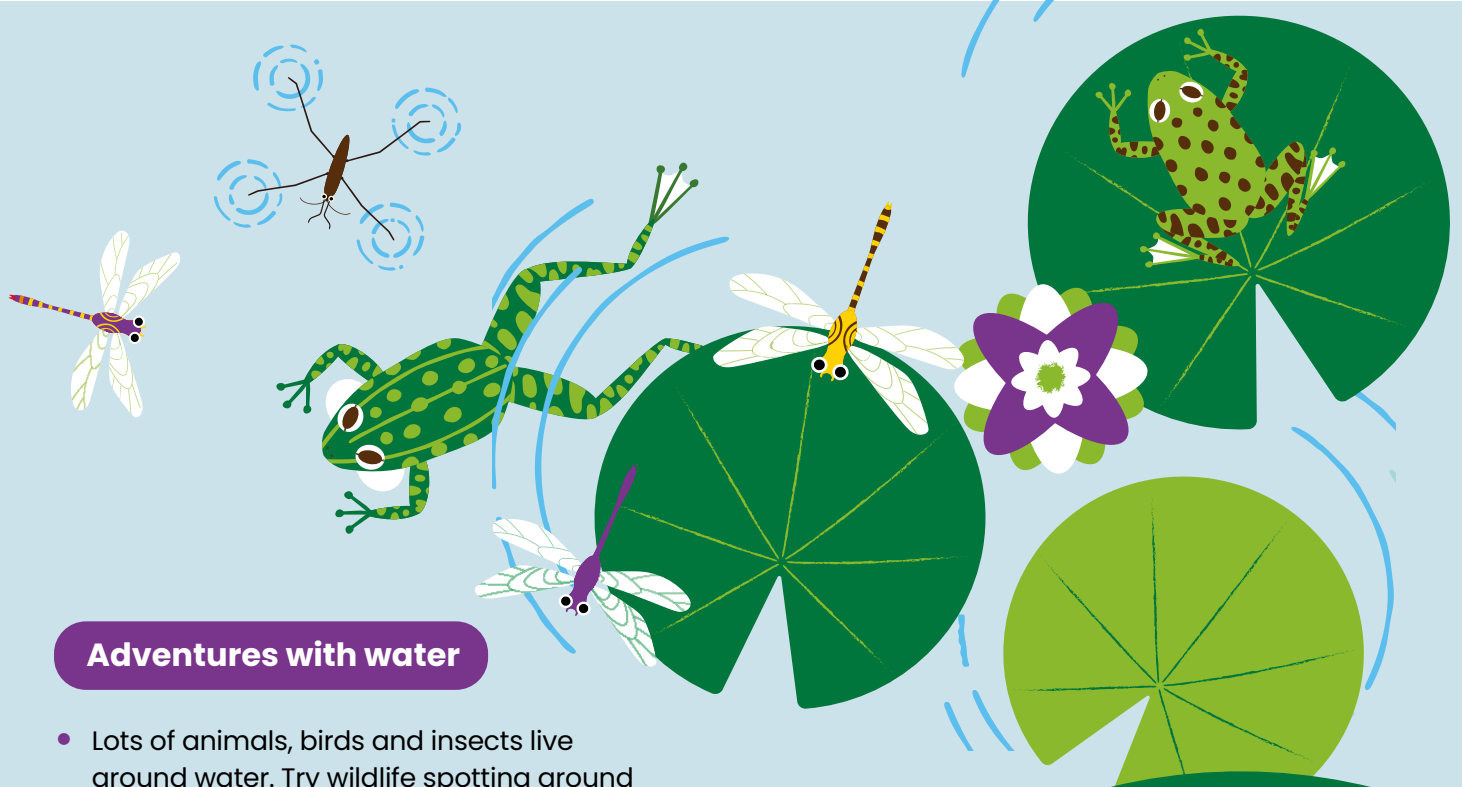
Discover water

- Investigate water erosion and flooding in your area caused by climate change and visit where it has happened or is happening.
- Explore the history of your local water and visit a point of interest. For example, the Clyde shipyards, the Forth Rail Bridge, the Loch Ness monster, the Discovery, a reservoir or watermill.
- Find out about the tides. How do they work? Why is it important to know about the tides if you are at the beach? Go out and look at the difference between high water and low water near where you are – did you know the sea moved so much?
- Learn about the work of the RNLI and their [float to live](#) campaign. Visit a lifeboat station.
- Discover the work of the charity WaterAid – what do they do, where and why? Why are [women and girls](#) disproportionately affected by a lack of clean water, decent toilets, and good hygiene? Try carrying a bucket of water – how far do you think you could carry it?
- In Scotland, water is delivered to most homes by an underground pipeline. Investigate how difficult it is to move water with pipes and try it yourself.

Fun with water

- Play a water relay game like pass the bucket. You can make it harder by covering everyone's eyes!
- Make a splash in some water – you could go puddle jumping or wave jumping.
- Play Splash 6! Sit around a large bowl of water and throw a dice – whoever gets a six gets to slap their hand in the water and soak everyone.
- Compete in a frozen t-shirt relay. Soak large t-shirts in water, wring them out, fold them and then freeze until solid. In teams, girls need to work together to melt the t-shirt enough to put it on, race to a point and return.
- Learn how to skim stones.
- Make a water slide using a long plastic sheet, water and washing up liquid.
- Have fun with wet sponges or water balloons.
- Hold a foot spa night outside using paddling pools.





Adventures with water

- Lots of animals, birds and insects live around water. Try wildlife spotting around your local water – what can you see?
- Make a journey over water. You could take a ferry or river taxi, walk over a bridge, use some stepping stones, or cross a dam.
- Try raft building – either full size or miniature. Does it float?
- Explore the water in your area by going for a walk by a river, stream, or canal. Where does it start and finish?
- Have a game of Pooh sticks, or race origami boats or rubber ducks on a local stream.
- Try an adventurous activity on water such as surfing, body boarding, paddle boarding, swimming outside or kayaking.

Take it further

- Do some fundraising for a charity which works with or on water. For example, the [RNLI](#) or [WaterAid](#).
- You can find out more about climate change and flood risk on the Scottish Environment Protection Agency website and [view maps of river and coastal flood risk if no action is taken](#).
- [BBC Bitesize](#) has lots of learning resources around water.
- Learn about the importance of saltmarshes, sand dunes and machair.

Badge

You can buy your badge from the [Girlguiding Scotland online shop](#), in person from our Edinburgh shop or through your local depot.

[girlguidingscotland.org.uk](https://www.girlguidingscotland.org.uk)

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