

Welcome

to our 2025 Out and About challenge!

This year the challenge is all about looking up and things that fly.

To gain your badge, complete 2 activities. At least 1 of the activities you complete should be from the outdoor activities section. Feel free to adapt the activities to your local area, your unit and the abilities of your girls.

We'd love to see what you and your unit get up to! You can share photos with us on [Facebook](#) or [Instagram](#) @GirlguidingScot using #UpInTheAir2025. Always make sure you have photo permission for anyone in your pictures or videos.

Safety and environmental notes

- Dress for the weather and the activity you are doing.
- Always listen to and follow safety instructions.
- If you are doing activities by yourself, make sure you ask an adult for help with anything you are not sure of, or if you think you shouldn't be doing it by yourself!
- Remember to do a [risk assessment](#) and check the [activity finder](#) for guidance.



Outdoor activities

- Make and fly fizzy rockets – it's easier than it sounds! The Royal Institution have [full instructions](#) on their website.
- Go cloud spotting – create some cloud spotting binoculars out of 2 empty toilet roll holders by sticking them together using sticky tape. Decorate them and add some string to carry them. Head outside and see how many different cloud shapes you can see. Take some photos and once back inside try to recreate them using cotton wool.
- Hang up a mobile or wind chimes made using found or recycled objects. The RHS have [instructions](#) to help. Does it catch the wind well? What objects make the best noises?
- Make a [pinwheel](#) and take it outside. How fast does the wind make it go?
- Fly helicopters – collect fallen seeds from a sycamore tree or make your own! Cut strips of paper 3cm by 8cm. Fold them in half vertically and then horizontally. Unfold. Make a cut from the top to halfway down the vertical fold. Place a paperclip on the opposite end. Which is faster, the paper 'seed' or the real one?
- Go for a walk round your local area and see if you can spot any wind vanes. What do they do? What would you put on it if you were designing a wind vane?
- Did you know you can tell the time using the sun? Create a super simple sundial by popping a stick vertically in the ground. Mark where its shadow is and then come back half an hour or an hour later. Has the shadow moved?
- Have you ever been plane spotting? Take a look at [Flight Radar](#) and see what planes are flying closest to your unit meeting place. Can you spot any in the sky? Where are they going?
- Do some citizen science and take part in the [Big Butterfly Count](#) from 18 July – 10 August. How many different species of butterfly did you see?
- Make and fly your own kite! You can make a [super simple kite](#) from paper and string, or you could make a [sled kite](#) and experiment with the effects that a tail has on how well it flies.
- Did you know you can see the International Space Station without a telescope? Use Nasa's [Spot the Station](#) map to get times for your area and tips on what to look for.
- If you are feeling adventurous you could go climbing or abseiling, do an aerial obstacle course or zip wire!
- Try bird spotting – have a look at the RSPB [birdwatching sheet](#) from the 'what you'll need' section on their website. How many of the birds can you manage to spot? Can you hear any birds singing? Try using an app like [Merlin](#) to tell you what birds you can hear and see if you can spot them.
- Go out looking for windmills or wind turbines in your local area. Can you see any? Why are they important?
- Have you tried forest bathing? It's a great way to help de-stress. Look up into the canopy – is the wind rippling the leaves? Can you see sunlight making shapes and patterns or shining through gaps? There's a great [beginner's guide](#) on Forestry England's website.
- Try stargazing – how many stars can you see? Can you see any patterns in the stars? Try using an app like [Stellarium](#) to identify what you are seeing. Can you spot any of the planets?
- On a showery day, go out looking for rainbows. If it's sunny, try making your own rainbow by turning your back to the sun and spraying water from a spray bottle. It's easier to see if you are close to an area of shade.



Indoor activities

- Have a paper plane tournament! Make some paper planes in your unit and see whose will fly the furthest. To make it a little more tricky, download some templates of paper planes and see which design works best.
- Build a wind powered car. What happens when it gets too far from the fan or when there's no breeze outside?
- Work out how to drop an egg from a height without breaking it. This one can get messy so be sure to protect your floor before starting! Try water, milk and various soft materials like feathers or an old blanket. Drop your egg and see which material stops it from breaking.
- Make a hot air balloon with thin wastebin liners or tissue paper and see how high it flies when filled with hot air from a hairdryer.
- Create your own parachute. Gather different materials like tissue paper, newspaper, and bin bags. Cut them into 30cm x 30cm squares. Reinforce the corner with sticky tape. Punch a hole through the tape in each of the corners and tie string through (about 30cm long). Tie all 4 strings together at the unattached ends. Attach a small toy to the strings and you're ready to let them fly! Find somewhere to drop them from. Which material is the best parachute?
- Make paper straw rockets – who can fly the furthest? Do fins help? What happens if you change the shape of your rocket's fins?
- Design your own bubble wand. Get some garden or florist wire and some wire snips. Take around 30cm of wire – the ends of the wire can be sharp so please take care and ask an adult for help if you need it. Form a circle at one end around 7cm in diameter. Twist the wire to form the circle. To make them extra special you can string some beads on the handle to personalise. Twist the end of the handle to secure. Now try them out!
- Make music with air and make your own harmonica!
- Head to a trampoline park – how high can you jump?



Badge

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

If you have an idea for next year's Out and About theme, let us know! You can email ideas to enquiries@girlguiding-scot.org.uk

girlguidingscotland.org.uk

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