



# Welcome

to our 2026 Out and About challenge!

This year the challenge is all about Scotland and its history, myths and legends.

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 #OnceUponAScotland2026. 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

- Have a haggis hunt! Make a haggis and go for a walk to hide it in your local neighbourhood, add a hashtag and see how far it travels.
- Scotland is known for its beautiful scenery and has 2 national parks – go for a visit to your local park and check out the scenery.
- Scotland is home to many different species of wildlife – go for a walk and see what you can find. You can even take some pictures, videos or drawings along the way to help you identify what you have seen.
- Many places in Scotland are known for shipbuilding. Create a boat from natural materials and see if it will float on your nearest patch of water!
- Scotland has a lot of tasty traditional foods such as oatcakes, shortbread, scotch eggs or even Tunnock's tea cakes. Go for a picnic with some tasty Scottish treats. Perhaps you could meet up with another unit?
- Fairies are a part of Scotland's cultural identity with fairy gardens and trails available to explore. Can you create your own fairy garden? Try and use as many natural resources as possible.
- The Loch Ness monster lives in a deep loch, kelpies can be found along rivers and streams, and selkies live in the sea. Go for a walk around your local area and see if there is anywhere suitable for a mythical creature to live.
- There are many wildflowers native to Scotland. See if you can find any in your local area or have a go at planting your own.
- The world stone stacking championship is held in Dunbar! See what you can build using only stones or have a competition to see who can build the tallest tower. Remember to return the stones to their natural state when you're finished.
- The unicorn is the national animal of Scotland. Go for a walk and see if you can spot any unicorns in your local area – look for flags or carvings on old buildings!
- Scotland is the birthplace of golf. Create your own mini golf course and have some fun seeing who can get round the whole course!
- A ceilidh is a traditional Scottish social event. Get out your dancing shoes and give it a go. You could hold a ceilidh in an unusual place such as in a shopping centre or in your local park – just make sure you have the necessary permissions first.
- Make a Scottish themed picture outside from natural materials. For example, you could make a highland cow out of driftwood and seaweed on the beach.
- In times gone by, it was believed by some that spirits resided in the trees. People would tie cloth to the tree in hope to gain favour or healing. Collect some fallen branches and make your own wishing tree or see if there is anything similar in your area, like a cloutie well.
- The Scottish border towns hold annual events called common ridings where participants ride their town borders. Go for a march around your local area to mark your borders!
- The Ba' game is a version of medieval football played in some parts of Scotland where the town is divided in half with uppies playing against doonies to capture the ball. Have a game in your unit (you can use the rules for capture the flag). You could even invite another unit to play!
- Scotland is known for its many landmarks and heritage sites. Go for a walk to a local landmark or make a trip of it and visit somewhere further afield.
- Scotland has many traditional songs. Check out our playlist and sing some around a campfire.
- Highland games have been held for centuries and may have originally been a way for warriors to impress clan chieftains. Have a go at some of the events or even hold your own mini-Highland games!
- Scotland is hugely attractive to tourists because there are so many amazing things to see and do! Make a video advertising all your favourite spots to visit in the local area.



## Indoor activities

- Scotland's national animal is the unicorn – check out these ideas for [unicorn activities](#) like making unicorn slime, a unicorn headband, or unicorn cupcakes!
- Have a go at making your own tartan – you could [draw it](#), or weave it using [paper](#) or [ribbons](#).
- The kaleidoscope was invented in 1816 in Scotland. Can you make your own, either with [drawn patterns](#), or with [beads and shiny objects](#)?
- Read a book with a mythical creature in it! You could do this all together, or you could all share what your favourite mythical creature in a book is.
- Scotland is known for lots of inventions – can you update or redesign one of them? You could also have a go at creating your own!
- Scotland has many castles. Can you use recycled materials to make your own castle?
- Robert the Bruce was inspired, whilst hiding, by the determination of a spider never giving up weaving its web. Try a new craft such as crochet, embroidery, or even making your own [spider web](#) and remember perseverance is key!
- For centuries, stained glass has been more than just decoration, it has been a way to tell stories to those who couldn't read. Have a go at making your own [stained glass](#) – either decorative or make it harder by telling a story.
- Make your own thistle from a chenille stick and wool. Check out the [instructions](#) on our website, or our [video tutorial](#).
- The flag of Scotland, the Saltire, is believed to be the oldest flag in Europe. Make your [own Saltire](#) from seed beads on safety pins or using fuse beads.



## 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](mailto:enquiries@girlguiding-scot.org.uk)



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