

Wellbeing Challenge



(Please note: profits from this activity will be donated to Mind to allow them to continue their great work supporting those in need to manage their mental wellbeing.)

How to use this challenge pack:

This Challenge Pack is made from 5 sections, all of which are key to support your wellbeing and to encourage mindfulness.



Sleep



Exercise



Nutrition



Gratitude



Mindfulness

Completion of activities will allow you to reflect on things which you are lucky enough to receive and for which you should be grateful.

Through the completion of challenges you will also be encouraged to consider how you can remain healthy in body and mind, and the support which you can offer to others around you.

It is intended that a number of challenges from each section of this pack be completed enabling you to focus on 5 key elements. Reflection can be undertaken through discussion of recording in words or pictures to suit the capabilities of all girls.

Each section will be required to complete a different number of challenges, with:

- Rainbows completing 1 from each section and an additional 2 from any section (making 7 challenges in total)
- Brownies completing 2 from each section (making 10 challenges in total)
- Guides/Senior Section completing 2 from each section and an additional 2 from any section (making 12 challenges in total)

Completion of the challenge badge can take as long as required to allow to link into your programme and support Be Well Activities.

Links and tips are available throughout to support you in your packs/units to work through each section, together with some hints as to how activities may link to section interest badges.

We hope that you enjoy working through our challenges!

2nd Moulton Brownies
Girlguiding

Sleep



It is really important that we have enough sleep to ensure that we are able to do all of the things which we need/want to do. Sometimes though, there are a number of distractions which prevent us from getting the right amount of sleep.

1. Beds are for sleeping. Try to use your bed just for sleeping.

Aim to take part in quiet, calm, and relaxing activities before bedtime; for example, you could listen to soft, calming music or read a story. You should avoid activities that are excessively stimulating right before bedtime – such as screen time (watching television, using a tablet or computer, and playing video games) and physical exercise.

After a week of doing these things, reflect to see if you have been able to fall asleep quicker.

2. Tap into your literary sense and pick up a book or listen to an audiobook, spending 10-15 minutes each evening immediately before settling down to bed. You could share your thoughts on your book with your friends.
3. Maintain a sleep diary (see page 12) to track bedtimes and wake up times. Capture the amount of sleep you are having, review whether you go to bed at the same times and think about whether you feel you have had enough sleep or whether you remain tired in the mornings. If you do remain tired, think about what you could you do to increase the amount of sleep you are having.
4. Sleep somewhere different for an evening and reflect as to whether you were able to gain more or less sleep. What was the impact on your energy level the following day?
5. Take part in a relaxation activity with your pack/unit. You will need yoga mats to make this more comfortable.



There are a number you can try depending upon your section's age:

- Rainbows – <https://www.youtube.com/watch?v=LhYtcadR9nw>
- Brownies – <https://www.youtube.com/watch?v=X655B4ISakg>
- Guides & Rangers - <https://www.youtube.com/watch?v=4ZpkRAcgs4>



6. Make bath bombs and have a pamper evening at home (see page 8).
7. Complete a relaxing colouring page (see pages 9-11).

There are a number to choose from to match your creative style at the end of the pack.



8. Have or give a bear hug to settle you for a good night's sleep – this could be with a sister/brother, parents or your favourite cuddly toy!

You could link to the following interest badges:

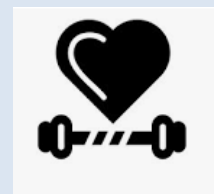


Storyteller



Mindfulness

Exercise



As well as eating the right things and getting enough sleep, it is important that we also take enough exercise to make sure that our bodies are as healthy as can be.

1. Take up a new exercise activity for a month; for example running, swimming, gymnastics ; and keep a diary as to what you have done and how you felt after each session. Make sure you stretch before and after your activity.



2. Try to walk to and from school every day for a week. You'll also be able to benefit the environment at the same time.

3. Keep a diary of the exercise you take over a month and each week reflect to identify what activities you have done and commit to increase this each week (see page 13).

For instance, you could start your exercise routine by sitting on the floor and reaching up high, then bending down towards your toes. How far can you reach? Continue to do this for 10 minutes every day and see how much further you can reach at the end of the week.

4. Complete a fitness exercise challenge by completing all of the following (you don't have to do all at the same time!)

- 10 star jumps
- hop like a frog for 20 seconds
- touch your toes 10 times
- spin in a circle for 10 seconds
- skip forwards and backwards 20 times
- stretch as high as you can and hold for 5 seconds



5. Complete an exercise session. You could arrange for a local instructor to come to your pack/unit or complete something on line individually or within your pack/unit.

You could complete a Joe Wicks workout:

Rainbows – <https://www.youtube.com/watch?v=IEC0lf4oVtE>

Brownies – <https://www.youtube.com/watch?v=EDC-plCTBbc>

Guides & Rangers – <https://www.youtube.com/watch?v=p5CKZupTBxo>

Once you have completed challenge 4 or 5 above, then measure your heartbeat and think about how fast you are breathing. Then sit quietly for a minute and measure your heartbeat again to compare the difference.

6. Go on a ramble – and you might also be able to take a picnic. Remember the Countryside Code, though, and to take your rubbish home.



Maybe you could arrange a sponsored walk within your pack/unit to support a valuable charity of your choice or alternatively choose a colour and think about natural objects that match your chosen colour. Go on a ramble to try and spot some of the items you have thought about and afterwards make a picture to show what you actually saw.

7. Create or take part in a dance routine to your favourite song(s) in your packs/units. (e.g., might be something like this: <https://www.youtube.com/watch?v=d6iKiQUYvmk>)

You could link to the following interest badges:



Agility



Dancing



Fitness
Geocaching
Navigator



Bushcraft,
Sports

Nutrition

What we eat plays a huge part in maintaining our energy levels and to remain healthy, both in body and mind.



1. Find out about food groups. Reflect over the course of a day what food groups your meals falls into and thinking about how you can adjust your diet to enable it to be better for you.
 - Think about the portions of different food groups which you need to consume to maintain a healthy diet.
 - Focus on the different aspects of snacks; such as the colour, texture and smell; before eating them.
 - Try to eat for a few minutes of your meal in silence and focus on the flavours, aromas and texture of your food.
 - Turn off the TV and put your phone away while you eat.
 - Think about how your body digests the food you eat to give you the energy you need and consider how your body needs to relax after eating at the end of the day. Do you leave at least 12 hours between your last meal and your breakfast the next morning? How can you make sure you do?
2. Ask your family if you can help plan and make the meals for a day. Keep track of what ingredients you used and the method. Challenge yourself to see if you can include 5 portions of fruit and vegetables for the day.
3. Have a fruit tasting session, trying small portions of unusual fruits and see if you can identify what the fruit is and where it comes from (remember to be allergy alert). Focus on the different aspects of the snacks before eating such as colour and feel and then how it tastes and the texture when you eat it.
4. Arrange a visit to your local supermarket to learn where fruits and vegetables are grown. You could also think about the environmental impact of how they are transported to the UK.
5. Keep track of how much water you drink throughout the day. See if you can increase the amount during the week or cut down on the number of sugary drinks you have.
6. Make a poster, e.g., potato printing, to encourage others to think about their diet and influence how they can adapt it to make it healthier.
7. Grow a cress head (see page 14).
8. Cut down on the following food/drinks for a week and encourage your family members to do the same:
 - Fast food
 - Sugary sweets
 - On the go Coffee or similar



You could link to the following interest badges:



Fruit and Veg



Grow your own



Mixology



Cooking

Backwoods Cooking

Gratitude

As Rainbows, Brownies, Guides and Rangers, we know how important it is to help others but also to show our gratitude for all things that we are lucky enough to have/receive. However, it can sometimes be difficult to remember to outwardly show our gratitude. Take some time to think about how lucky you are.



1. Take time to sit and reflect about the things for which you are grateful; for example, our family, friends, food on the table, the opportunity for education; and consider how these impact your life.

Create a gratitude jar or tree, capturing at least one acknowledgement each day for at least a week. Take your jar to your next pack/unit meeting and share.



2. Show your gratitude to those around you and for the wonderful opportunities you have and do one of the following:
 - Helping your parent/carer to prepare the meals in your home for a weekend.
 - Take on the responsibility for washing up or loading and unloading the dishwasher for a weekend.
 - Show your appreciation for your family by supporting brothers and sisters over a weekend. This could be by playing with them, helping them with their homework or something else.
 - Show your respect for the possessions which you are lucky enough to have and tidy your bedroom.
 - Show your appreciation for our precious earth completing 'Positive Earth Affirmations' (pages 15-16).

3. Make gratitude hearts and present them to those around you to show your appreciation.
4. As a pack/unit, take part in a random act of kindness within your local community. For example, you could create care packages for the needy in your area (young and old) or plant bulbs/trees to improve the Environment.
5. Write something positive about three friends and family members – this could be why they're such a good friend, something that you have noticed they are good at or why you are grateful that they are in your life. If you can, try and share this with them when you next see them.



6. Decorate stones or make a thank you card to reinforce how grateful you are to have special people in your life and present to them.

7. Take part in a pack/unit 'Gratitude evening'. You could bring in items which you are grateful for and 'show and tell' others in the pack/unit as to why they are so important (see page 16).

This could be an item that makes you feel relaxed, one that you love, one that is your favourite colour, something that reminds you of someone you love. Share with the group and explain as to why it is important to you.



8. Take part in a pack/unit Gratitude Scavenger Hunt (see page 18).

You could link to the following interest badges:



Nature
Recycling



Natural Remedies



Volunteering

Mindfulness



Having concentrated on our bodies it is also important to slow down to concentrate on relaxation and reflection, rather than rushing around and multitasking.

1. Take some time to think about the environment around you. Sit in a circle and remain still for 5 minutes. What can you see, hear and smell? After 5 minutes, ask everyone to share one thing they saw, heard or smelt.

Set yourself a challenge to think about the additional senses; taste and touch; and discuss experiences.



2. Take part in a mindfulness activity with your pack/unit. You will need yoga mats to make this more comfortable.

There are a number you can try depending upon your section's age:

Rainbows – <https://www.youtube.com/watch?v=LqgBSsWT45M>

Brownies – https://www.youtube.com/watch?v=uUIGKhG_Vq8

Guides – <https://www.youtube.com/watch?v=inpok4MKVLM>

Rangers – <https://www.youtube.com/watch?v=IN5z4gNOVYg>

3. Make a pack of 20 mindfulness cards to give you ideas for daily thoughts. You could think about what makes you feel emotional and incorporate this into your cards. Your feelings might be angry, sad, warm, happy or excited. Try to focus on the emotion that you are feeling and why you feel this way. Also consider how this might also impact others.

You could share these with your friends in your pack/unit

4. Remind your friends and/or family how amazing they are. You could incorporate descriptions from the mindfulness alphabet below (see page 19).
5. Make a Mindfulness Chooser and try it out on your friends and family (see page 20).
6. Send love and kindness to yourself! Reflect on positive differences you have made or positive qualities that you hold. Draw a flower and on each petal write or draw each of these. For example, you might write: I am hardworking, I made my brother laugh, I helped my teacher today, and so on.
7. Take part in mindfulness activities, including Back-to-Back Breathing, Body Scan, Mindful Sounds or Mindfulness breathing (see pages 21-22).
8. Complete a mindfulness origami activity (see pages 23-25).



You could link to the following interest badges:



Drawing
Healthy Mind



Mindfulness



Meditation



Self-Care

Useful resources/links

Sleep

Bath bombs

Makes 6-7 large or 12-14 small, one-sided bath fizzers.

Ingredients:



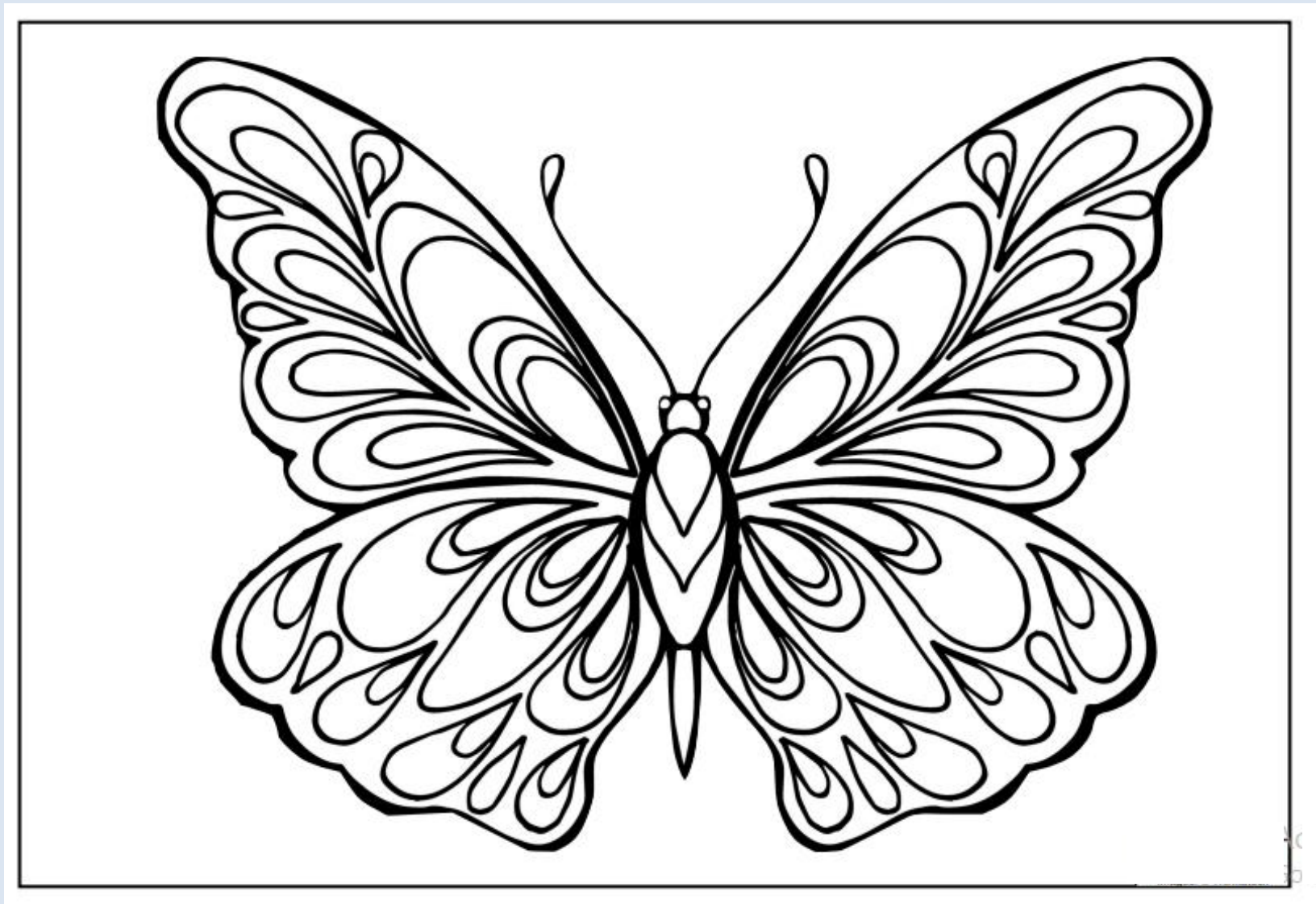
2 cups baking soda
1 cup citric acid
100% pure witch hazel
Spray bottle
10-12 100% pure essential oils (do not use fragrance for any bath or body products)
Natural colourants (for example, green – spirulina, yellow – turmeric, purple – ratanjot)
Metal or hard plastic moulds

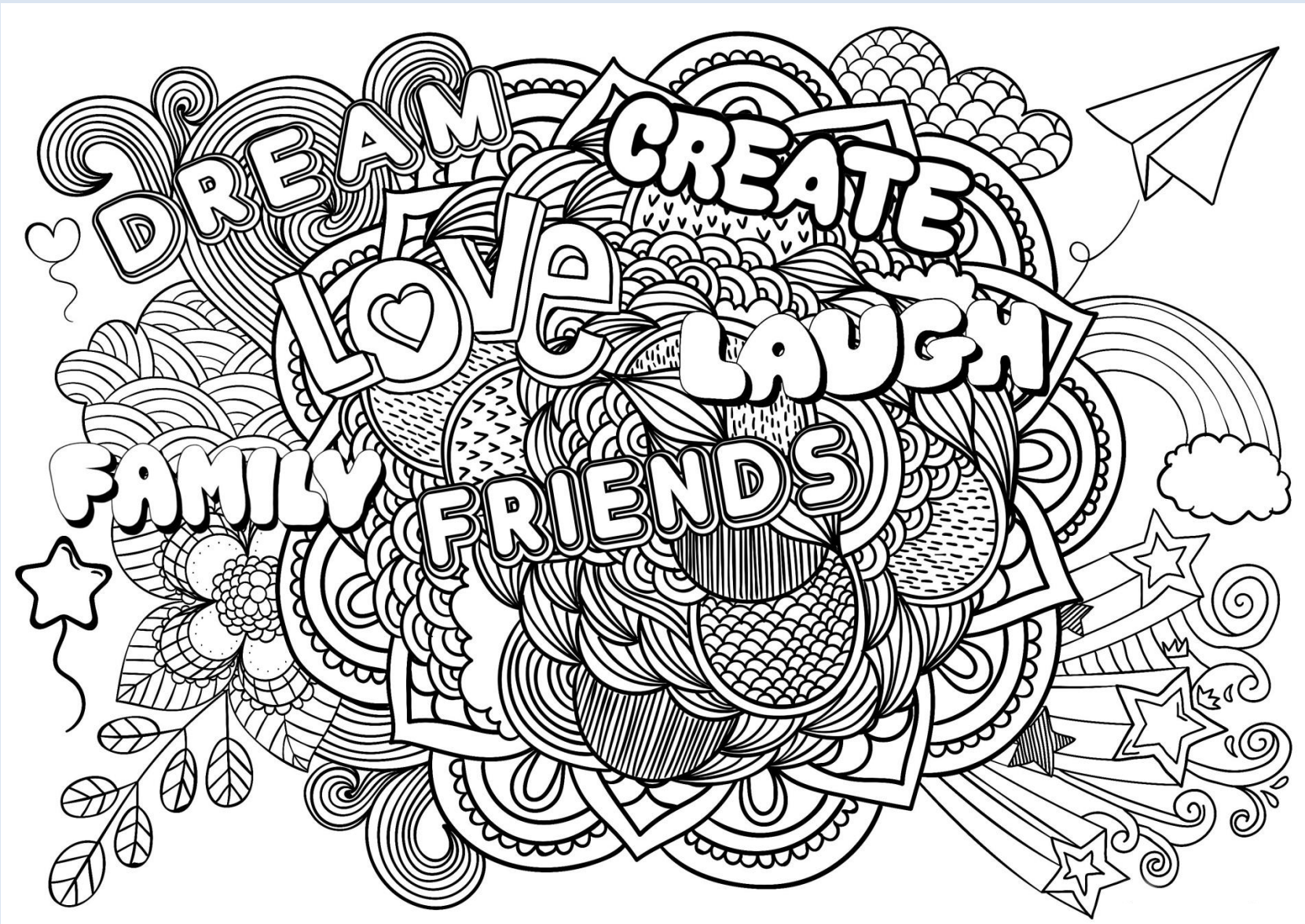


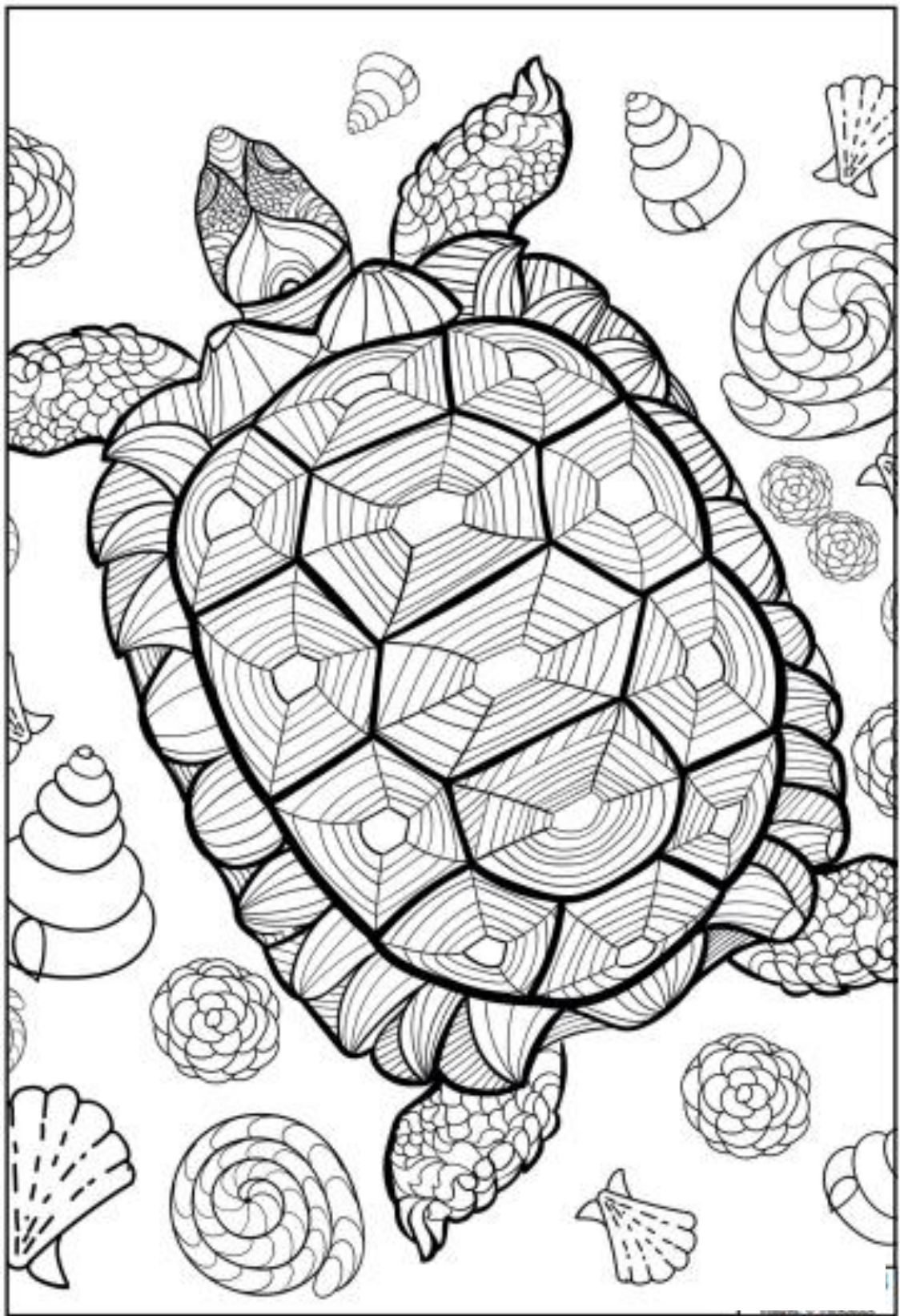
Method

1. In a large bowl place the baking soda and citric acid and mix well.
2. Add ½ teaspoon of colouring and mix well. If you want a deeper colour then add a little more colourant. Bear in mind that too much colouring will leave a ring around the bath and when you add the witch hazel the colour will be more pronounced!
3. Add 20-30 drops of essential oil and mix well.
4. Using a spray bottle filled with witch hazel, spray the entire surface of the powder mix, then mix with your hand. Keep spraying and mixing rapidly until the mixture holds together when scrunched in your hands (think of making snowballs).
5. Working quickly, firmly press the mixture into your bath bomb moulds. You can use soap-making moulds, chocolate moulds, ice cream trays or even plastic Christmas tree ornaments that snap into 2 parts.
6. Gently tap the mould so that the bath bomb releases and carefully lay on a towel or tray to dry.
7. Let the DIY bath bombs to dry for 30 minutes or until they are firm and won't fall apart.

Colouring designs







Sleep diary

My sleep diary

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
What time did I get up?							
What time did I go to sleep?							
What did I do to help me sleep better?							

Exercise diary

My exercise diary

What exercise did I complete today?	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>

Nutrition

Cress heads

Equipment

Empty yogurt pot (or a similar container)
Cotton wool
Cress seeds



How to make your cress head.

1. Place cotton wool at the base of your yogurt pot.
2. Sprinkle the cress seeds evenly on top of the cotton wool.
3. Press the seeds down firmly.
4. Place the filled pot in a dry and sunny spot (such as a kitchen windowsill).
5. Spritz your seeds with water if the cotton wool looks like it's drying out.
6. Within a week your seeds should start to sprout and then grow into cress!

Gratitude

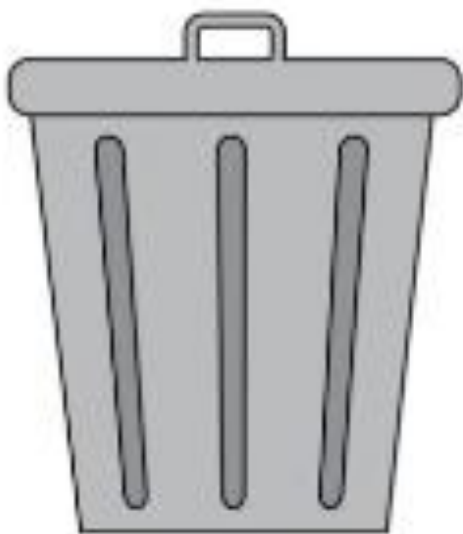
Positive Earth Affirmations (Rainbows/Brownies)

Talk to girls about how they can look after our fragile Earth. Set them a challenge to encourage change and the following week reflect on what they did and how. How could they influence others and become positive role models?

I will take care
of my planet



I can help
keep earth
clean



I do not litter

I can
reduce
waste



Positive Earth Affirmations (Guides/Senior Section)

Talk to girls about how the part which they can play in taking care of our fragile Earth. Discuss the impact of their actions, and those of others, and set challenges to allow them to identify and be an advocate for change.

I turn electronics
off when I'm not
using them to save
energy.

I enjoy playing
outdoors and
walking in the
fresh air.

I live my life in a way
that respects the
earth and its
creatures.

I show my love to
those who care for
me.

I make choices that
do not harm
animals or the
environment.

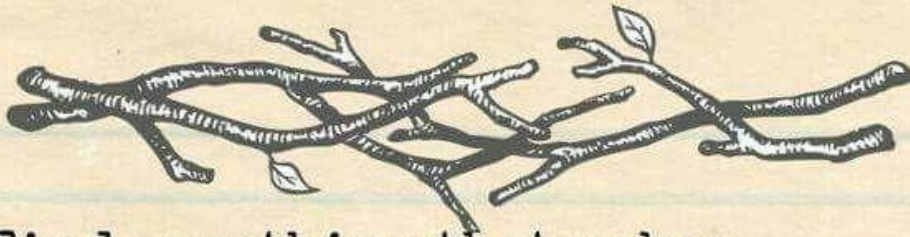
I reuse and recycle
to reduce my
carbon footprint.

I am grateful for
the food I eat and
compost leftovers
where possible.

Gratitude tree



Gratitude Scavenger Hunt

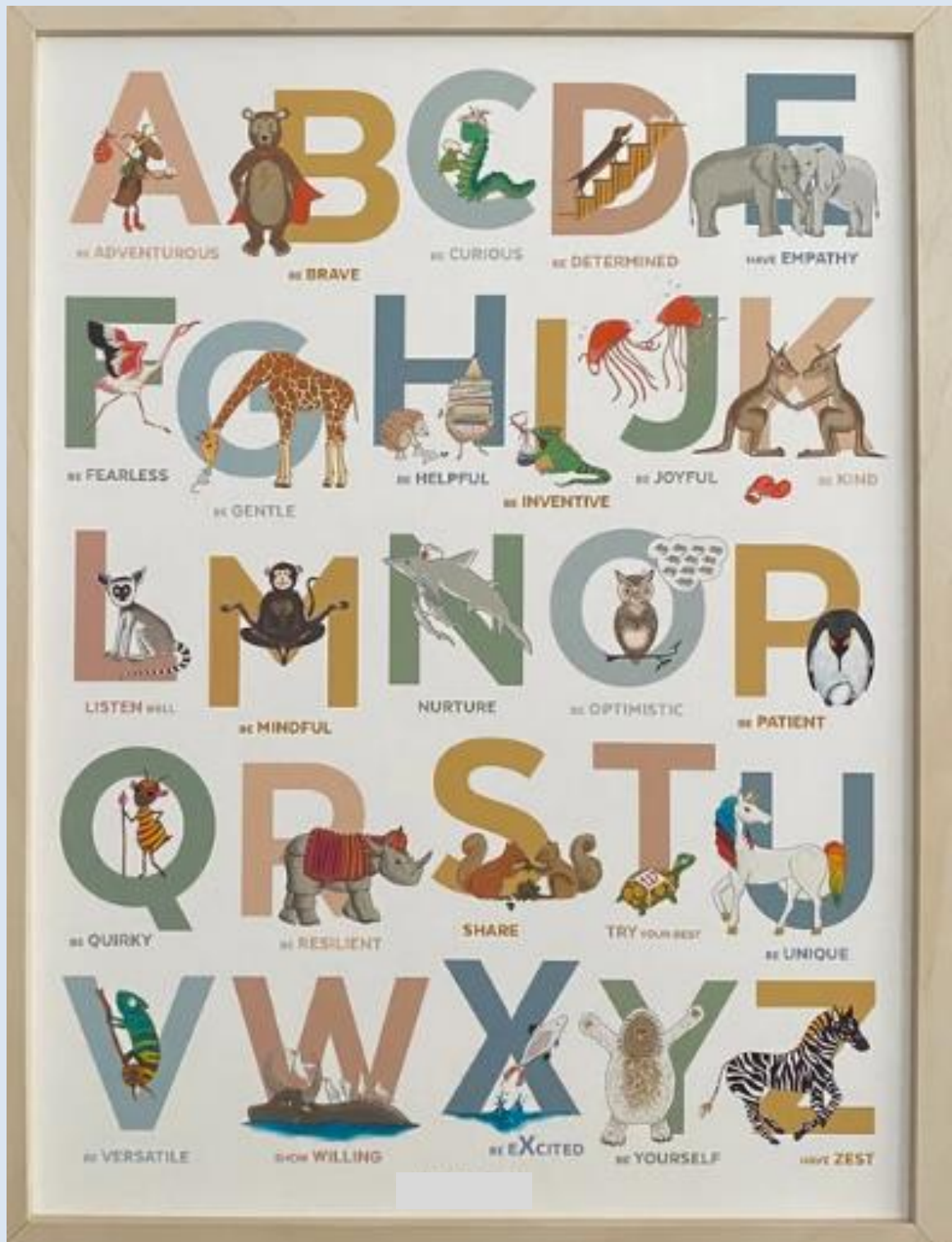


1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



Mindfulness

Mindfulness alphabet



Mindfulness Chooser



Mindfulness Back to Back breathing

Back-to-Back Breathing (10 minutes)

1. Find a partner and sit on the floor, back-to-back with them, ensuring that your back is tall and straight.
2. Close your eyes and taking it in turns take deep breaths in and out.
3. What do you notice about your partner's breathing? Is it shallow or deep? Fast or slow? Can you feel your partner's back moving as they breathe?
4. After 5 minutes, discuss whether your breathing falls into sync with your partner's and how relaxed you are after concentrating only on your breathing.

Mindfulness Body Scan

Body Scan (10 minutes)

1. Lay on the floor, making sure you are comfortable, with your eyes closed and take 5 deep breaths.
2. Think about your body from top-to-toe, relaxing each part of yourself, starting with your toes then work your relaxation into your ankles, calves, knees, back and tummy.
3. Place your hand on your tummy and feel how it moves as you take each breath.
4. Continue to relax your arms, shoulders, neck, hands and head.
5. Once relaxed remain still for 5 minutes, closing out all sounds.
6. Gradually start to open your eyes and wiggle your fingers and toes.
7. Roll onto your side and gradually sit back up.
8. After your body scan ask yourself:
How did you feel when you were lying relaxed?
Did you feel warm or cold?
How did you feel when the time came to gradually return to a sitting position.
9. Complete the activity again this time playing some calming music during the activity.
10. Discuss whether the 2nd repetition of the activity was more relaxing.

Mindfulness sounds

Mindful Sounds (2 minutes)

1. For this mindfulness activity, you will need an object that makes a bell sound.
2. Sit on the floor crossed legged and take 3 deep breaths.
3. The leader provides the following instructions before ringing the bell:
"When I ring the bell concentrate on the sound that you hear. Pay attention to whether you hear it louder in one ear than you do in the other.
Keep your eyes closed until the sound is completely gone. If you notice your thoughts wandering, just bring your attention back to the sound of the bell. After you open your eyes, remain silent until you hear my voice again."
4. Discuss how each felt waiting for the sound to end completely.
5. Repeat the activity providing the following instructions:
"When I ring the bell concentrate on the sounds that you can hear around you. Think about what the sounds might be. Keep your eyes closed until you hear my voice again when you may open your eyes".
6. Discuss what you heard. Were there sounds present that girls had no idea existed?

Mindfulness breathing

Mindful breathing (5 minutes)

1. For this activity you will need to play some mindfulness music.
2. Sit gently on the floor (on a mat) with your legs out stretched. Then gradually lay backwards until you are comfortable, lying flat on your back, thinking about relaxing each part of the body from head-to-toe.
3. With eyes closed and remaining still, listen to music and think about your breathing, taking in long breaths. Think about your muscle tone and how relaxed you feel.
4. After 3 minutes, introduce the concept of a feather in front of the girls' faces and pretend that after a long breath in through their nose that they need to blow it away as they exhale.
5. Repeat this feather breathing exercise 5 times.
6. Gradually talk the girls back through awakening thinking about moving gently their toes and fingers and then gradually rolling onto their side for a couple of minutes and then returning to a sitting position.
7. Discuss how the girls felt during the activity.

Origami

Origami Heart

(<https://radianthomestudio.com/how-to-make-happy-origami-hearts/>)

Origami hearts are really simple to make and give you the perfect opportunity to write a message inside to tell someone how much they mean to you!



1. Grab a piece of your favourite coloured paper that's 15 x 15cm square. You can always cut larger paper to the right size!
2. Fold the paper in half diagonally, bringing the top corner to the bottom one. Unfold and then fold in half again, bringing the right corner to the left one. Unfold.



3. Fold the top point of paper to meet the centre crease.



4. Fold the bottom point up to meet the top fold.



5. Fold the right side diagonally to align with the centre.

6. Repeat on the left side to meet the centre crease.



7. Flip over the folded paper and fold the side and top points in approximately 1 cm.



8. Flip over and insert a slip of paper with a message into the pocket of the heart.

Once you have finished, you can make more hearts and hang them to form a garland.

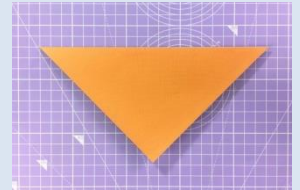


Owl

(<https://www.gathered.how/papercraft/origami/origami-owl/>)



1. Grab a piece of your favourite coloured paper 15 x 15cm square.
2. Fold the piece of square paper diagonally in half, with the patterned/coloured side on the outside.

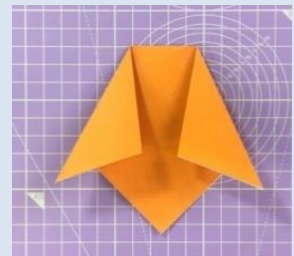


3. Fold one of the corners down, with the tip of the corner meeting a point approximately two-thirds along the opposite side. The bottom part of the corner you just folded over should be parallel with the top edge.

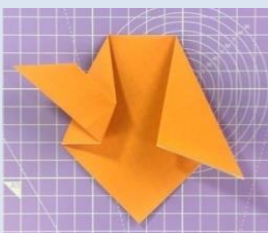
4. Repeat with the other side to create an elongated pentagram (five-sided shape).



5. Fold one of the wings back, so that the closed edge lines up with the edge of the shape.

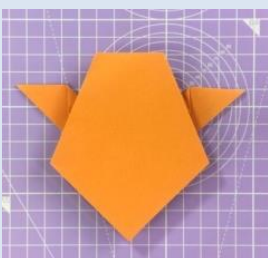


6. Repeat on the other side and fold the other wing backwards, lining up the closed edge of the wing with the exact side of the shape.



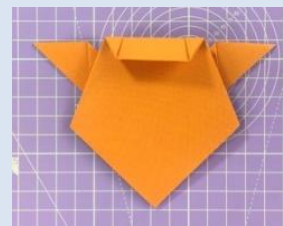
7. Give the wings some shape by adding a small pleat in one of them.

8. Repeat with the other wing.



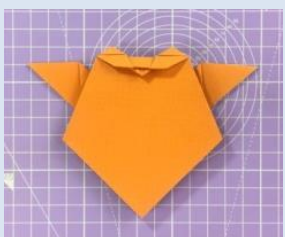
9. So far, you've been working on the reverse of the origami owl, so turn your model over and it should look like the picture on the left.

10. Next, let's make the head. Fold the top section down approximately 1 cm.



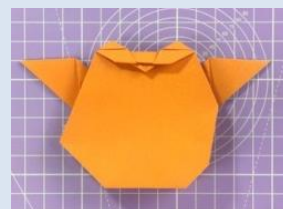
11. Find the centre point of the head you've just folded down, then fold over a triangle from one side, opening up the paper as you do – these are the ears!

12. Repeat on the other side to create the other ear and beak.



13. To finish the beak, add a small pleat at the bottom of the triangle. If you're struggling to get your fingers to manipulate the small beak, use a cocktail stick to aid you.

14. Fold both sides of the bottom of your origami owl inwards – this enables your owl to stand up!



15. Shape your origami owl by folding the sides inwards.

16. Repeat on the other side to finish your owl.



Wellbeing Challenge Badge order form

Congratulations on completing your Wellbeing Challenge Badge!

Please complete your order below and email to 2ndMoultonBrownies@gmail.com to enable badges to be dispatched to you.



Contact Name

Phone number

Pack/Unit

Email address

Postal Address

Postcode

Number of badges in total	@ £1.25 per badge	£
Postage and packaging	Up to 20 badges	£ 1.50
	21- 40 badges	£ 3.00
	41 – 60 badges	£ 3.50
Total payment		£

BACS payment accepted to:

Co-Operative Bank

Sort code 08-92-99

Account number 67200487

Account name 2nd Moulton Brownie Unit

In the event that you are unable to email your order form and arrange BACS payment please post your order to 2nd Moulton Brownies (Girlguiding), c/o 46 Underbank Lane, Moulton, Northampton, NN3 7HH enclosing a cheque payable to '2nd Moulton Brownies'

Please note that profits from this activity will be donated to Mind to allow them to continue their great work supporting those in need to manage their mental wellbeing.

Thank you for your support,

2nd Moulton Brownies