

Pack Your Guiding Bags

Girlguiding Merseyside



WE DISCOVER, WE GROW

Girlguiding

Merseyside County



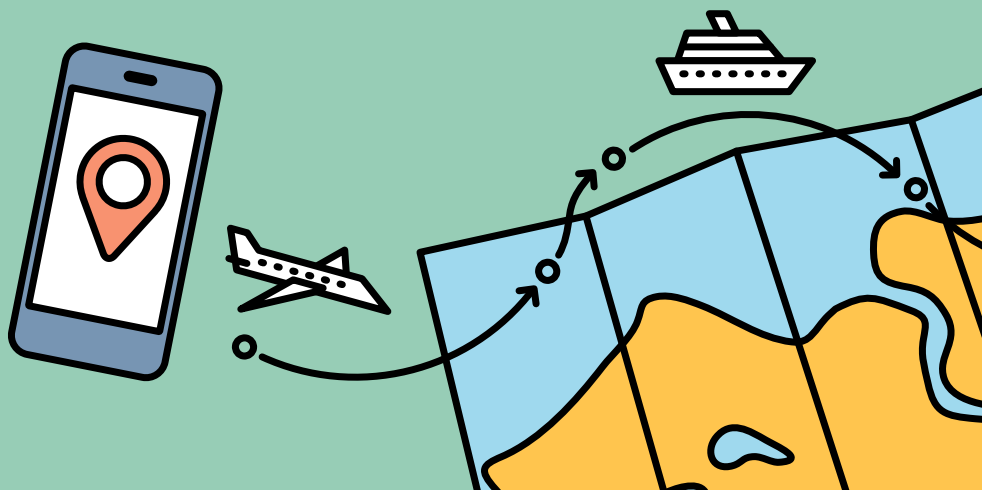
Hi Everyone,

Thanks to our friends over in Lancashire East County we are excited to launch our “Pack Your Guiding Bags” badge challenge.

This badge takes you on a virtual tour to all the 5 World Centres, along with Guiding centres here in the UK (Lorne Northern Ireland, Broneirion Wales, Waddow and Foxlease England)

We hope that all of our units can share this activity with their members, whether they are meeting virtually or not for members to take part.

There will be no charge for badges for members of Girlguiding Merseyside. All Badges can be ordered using the order form on the back page of this booklet. We do ask that one form is submitted per group. The maximum number of badges that can be order per unit will be your total number of members paid for on your final subscription invoice.



To gain the badge:

- Rainbows and Brownies should complete 2 challenges from each
- Guides, Rangers, Young Leaders, Leaders and Trefoil Guild members should complete 3 challenges from each section.

The challenge can be completed during virtual meetings or in members own time. There is no time frame as to when they need to be completed by though badge orders need submitting by Friday 26th February.

We hope you enjoy completing this challenge and we all look forward to seeing you all when we are able.

Yours in Guiding Friendship,

Cheryl, Christine & Sarah

County Commissioner Team, Girlguiding Merseyside



OUR CHALET



Our Chalet is in a beautiful area of the Swiss Alps.

Find out what the nearest big hill is to where you live and climb it.

Plait or braid your hair in a traditional Swiss style or make a floral headband to wear.

Dress up in lederhosen made of binbags or make a Klausjagen miter hat out of paper!

Klausjagen miter hat Instructions

Step 1 - Fold the top edge of the paper down to the bottom edge. Fold down the top right and left corners to the center of the paper so that their edges touch to make a triangle with the paper, 1 inch above the bottom edge of the paper.

Step 2 - Fold the top flap of the bottom 1-inch edge of the paper up onto the folded-over-corners edges.

Step 3 - Turn the paper over. Fold the right corner in to the center of the paper. Fold the left corner in to the center of the paper to make a house shape. Fold the bottom flap up over the corners to finish making the bishop hat.



Design your own Swiss Army knife!

What extra gadgets and tools would you have and why?



Learn how to whittle from wood or carve soap.



The Swiss Alps are often covered in snow.

Coconut pyramids are a delicacy that you can shape to look like a Swiss mountain. **Have a go at making some.**



HOW TO MAKE: Beat 1 egg lightly then stir in 125g of desiccated coconut and 125g of caster sugar. Divide the mixture into 9-10 heaps on a lined baking sheet and mould into mountain shapes (or you could use an egg cup). Top each mountain with half a glace cherry and bake for 15 minutes at 170oc. Enjoy!



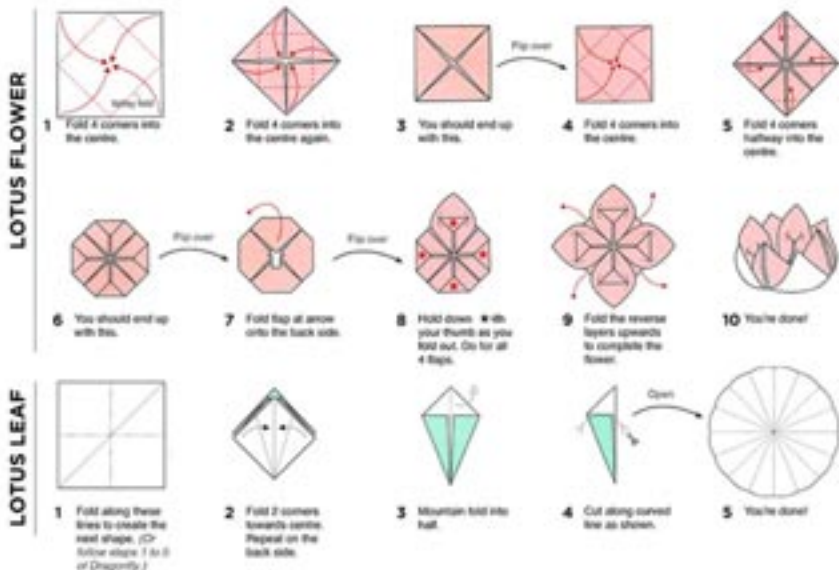
SANGAM



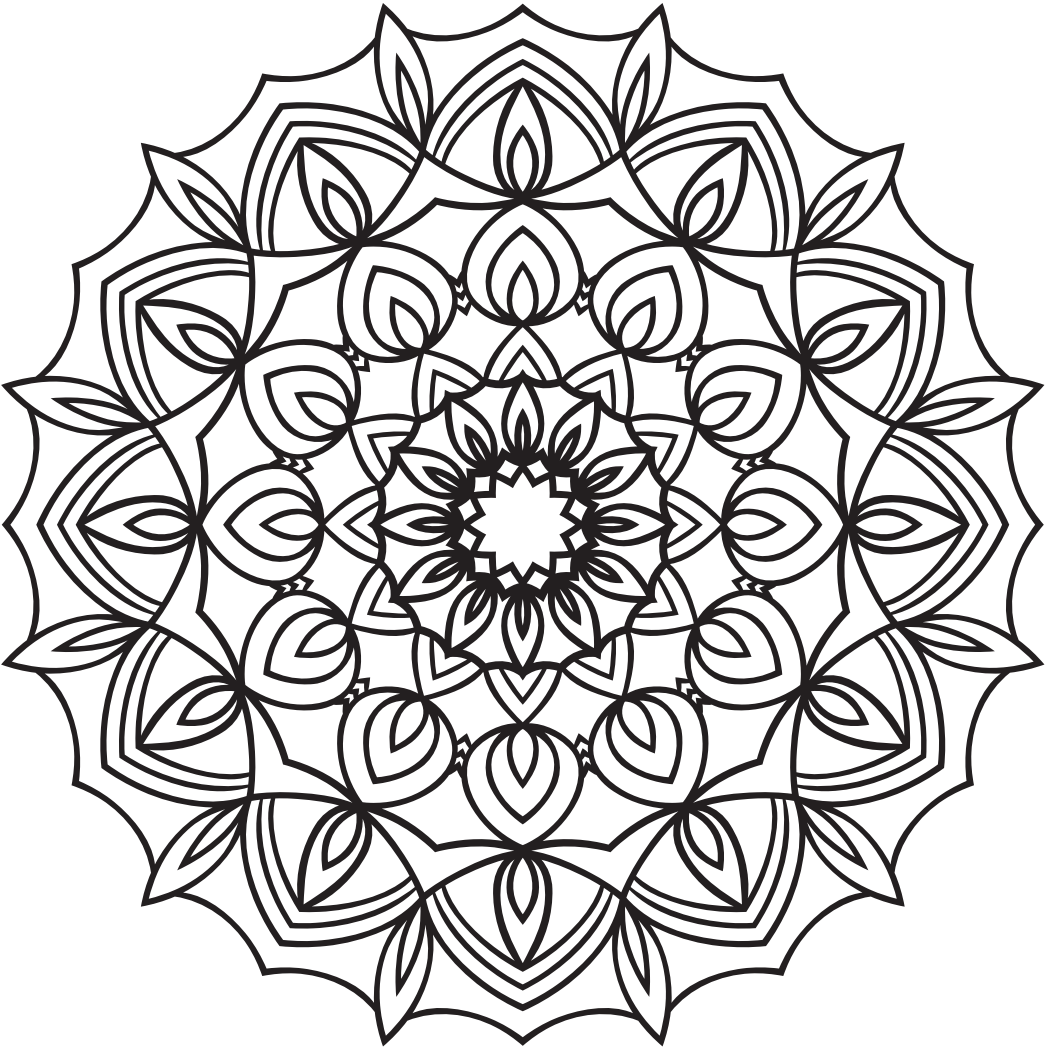
Make a Rangoli pattern. They are brightly coloured circular, hexagonal or square designs – you could make them from rice, pulses and seeds.



Learn to fold a napkin into a Lotus flower.



Learn about Diwali and its central themes.



Make a fan and decorate it to look like a peacock
the peacock is the national bird of India.

Try yoga - an ancient practice that was developed in India. Here are just a few to get your started:

Tadasana (Mountain Pose),

Vrikshasana (Tree Pose)

Adho Mukho Svanasana
(Downward Facing Dog Pose)



Lassi is a popular Indian based drink made from yoghurt, water, spices and sometimes fruit. **Have a go at making a strawberry lassi** by blending some strawberries and yoghurt, and adding a little sugar to taste.

PAX LODGE



Hold a traditional afternoon tea or eat fish and chips together.

Have a quiz on famous London landmarks.

How many can you name?



1



2



3



4



5

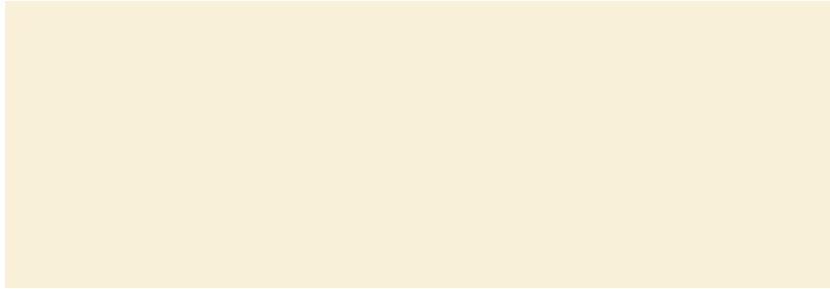


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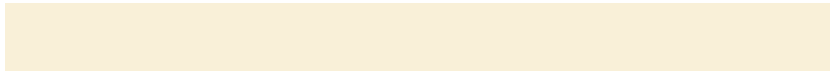
Pax Lodge is our nearest world centre and is a great place to go and stay. **Plan a trip for your unit to London** – think about how you will get there and what you will do when you are there. Share your plan with your leader.



Some of Harry Potter is filmed in London. Harry Potter is famous for its butter beer which is made from butterscotch, sugar and water with a frothy top. **Design your own magical drink, give it a name, and have a go at making it.**



London has many famous landmarks and this makes it a brilliant place to set a movie. Lots have been filmed there; Paddington, Harry Potter, Mary Poppins Returns - **find a Movie set in London, watch it and try to spot as many London landmarks as possible.**



One of the attractions in the big city is the Monopoly treasure hunt, why not play the monopoly board game with friends or family, see who can purchase the most hotels. **Make your own monopoly board**

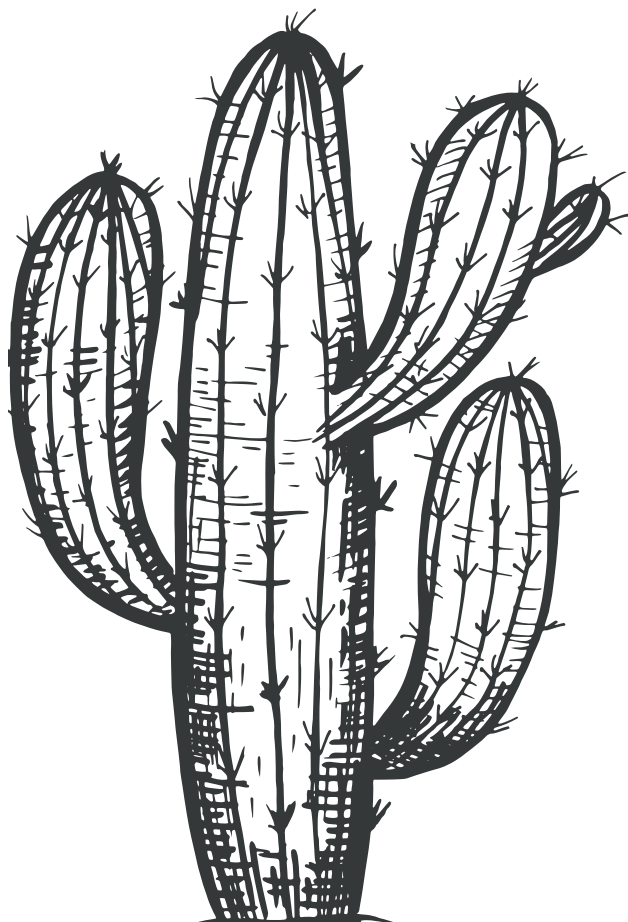


OUR CABAÑA



Make a family tree to show how you are related to other members of your family.

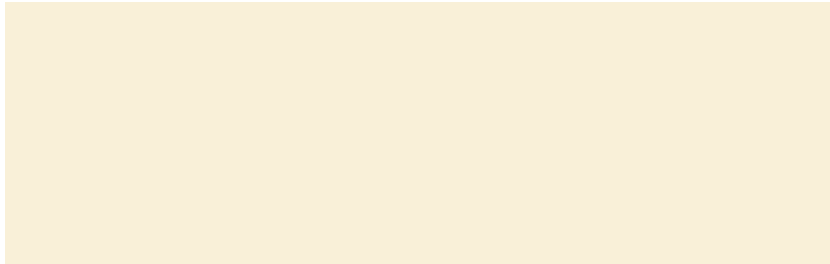
Play pin the moustache on the cactus.



Make a small sombrero from a paper cup, paper plate and mini pompoms. Why not design it first.



Did you know chocolate was originally from Mexico?
Have a go at designing your perfect chocolate bar - what would you add? You could even have a go at making it....



Mexico has the worlds largest population of Spanish speakers. **Learn to say, “hi my name is [name] and I am a rainbow/brownie/guide from [unit name]” in Spanish.**

Try some Mexican food such as quesadilla, nachos or churros.



KUSAFIRI



Kusafiri means 'to journey' in Swahili. **Take a journey that is different to you, perhaps on a train, bus or boat, which did you like the best and where did your 'journey' take you, what did you see on your journey.**

African women are known for wearing highly decorative bead necklaces; **design and make one, you could even make the beads from paper if you are feeling adventurous.**



Plastic bags are illegal in Rwanda, **make a reusable shopping bag from an old T-shirt.**



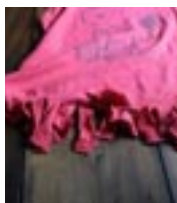
Cut the sleeves off



Cut the neckline area



Decide how deep you want the bag to be



Cut fringe



Tie Fringe

Learn these basic phrases in Swahili

Hello = jambo

How are you? = habari gani.

Goodbye = kwa heri

Goodnight = lala salama

Hello = jambo

How are you? = habari gani.

Goodbye = kwa heri

Goodnight = lala salama

Make your own tribal mask, traditionally made and worn by the Maasai people.



In Sub-Saharan Africa 40% of the 783 million people do not have access to clean drinking water. One of the reasons for lack of clean water is Africa's extreme climate. Although there is a lot of rain in the area it is seasonal and very unevenly distributed - often leading to droughts when no rain falls for many months.

Can you keep a weather diary for 2 weeks. Record the weather - you could record the temperature and make a rain-gauge to measure the rainfall.

[illegible]



Lorne

Irish leprechauns are a diminutive supernatural being in the Irish folklore, also known as solitary fairies. **Draw a leprechaun, give it an Irish name then write a story about an adventure your leprechaun has been on.**



A large, empty rectangular box with rounded corners and a yellow border, intended for drawing and writing.

Every family in Ireland has its own recipe for soda bread, hand-written on flour-crustured note paper and wedged in among the cookery books.

Try making some yourself



The Irish language is taught in schools across the country.

Learn some of the most popular Irish phrases and sayings below:

Dia Duit 'Hello'. Failte 'Welcome'

Is Mise 'My Name is'. Conas atá tú 'How are you'



Lots of potatoes are grown in Northern Ireland. **Try potato printing - you could make a repeating pattern like the Giant's Causeway.**



The Irish flag is green, white and orange.

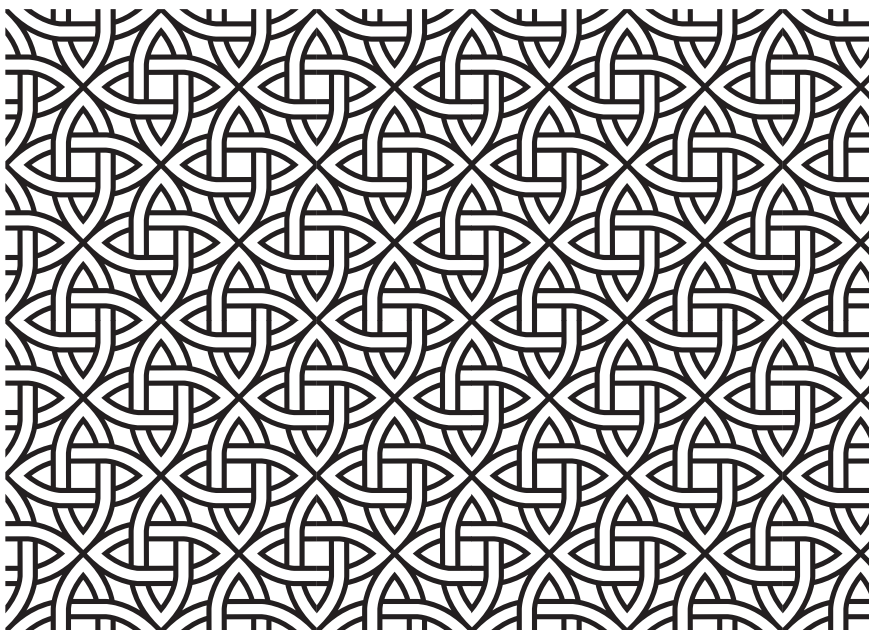
Using a rectangular piece of paper, draw and colour the Irish flag.

Then, use items around the house such as straws, pencils and rulers to create a flagpole and stick your flag onto it.

How tall can you make the flagpole?



Google Celtic art patterns and print and colour your favourites or try to draw your own.

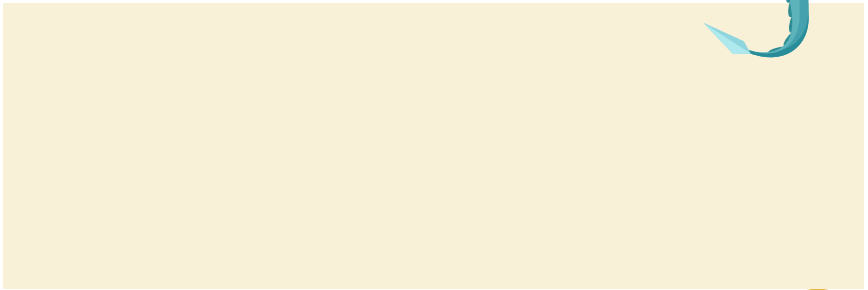


BRONEIRION

BRONEIRION



Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogogoch is the town with the longest name, it is located on the island of Anglesey, have a go at trying to pronounce it, **how many other words can you make from it?**



Wales is a land of two languages, that means children learn in both Welsh and English. **Try to learn a few phrases in Welsh.**

Daffodils are the national flower of Wales. **Try growing some from bulbs or making some out of paper.**



Wales is famous for having a dragon on its flag. **How about making a dragon of your own, or designing your own flag?**



There are many castles along the Welsh coastline. **Build a castle using recycled materials.**



Dragons appear in lots of stories and books - **read a story with dragon in it** some possibilities are: Zogg, Pete's Dragon, Harry Potter - The Goblet of Fire, How to Train Your Dragon, Room on the Broom, Lord of the Rings.



WADDOW HALL



The rooms at Waddow Hall have traditionally been named after local Guiding Counties. **Design a room themed for our Lancashire East County.**



Fleetwood pharmacist James Lofthouse develops a menthol and eucalyptus liquid for fishermen in 1865 which became the Fisherman's Friends lozenges.

Make a paper boat – how far can you sail it?



Ian Bland famous poet, born in Rochdale wrote the poem 'The dinner Lady Dance' plus many more. **Read the poem and anymore that he wrote, which is your favourite? Can you write a poem – have a go.**

A large, solid yellow rectangular area intended for writing a poem or other creative response.

Waddow is in the middle of the Lancashire countryside and is an excellent place to stargaze. **On a cloudless night try stargazing. Can you spot any constellations or planets?**



A red rose is the symbol of Lancashire. **Make a red rose out of tissue paper.**



One of the campsites at Waddow is Hill Top, it can sometimes get a bit windy up there...**what do you do when it is windy? Fly a kite! If you don't have a kite, try making your own.**



FOXLEASE



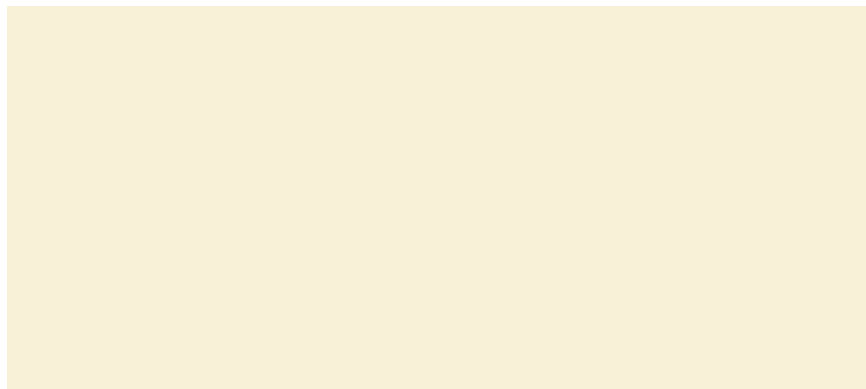
Foxlease is in the New Forest in Hampshire. **Plan a trip to Foxlease using public transport. How long will it take you to get there from home and how much will it cost?**



Henry VIII had how many wives?

Can you recite the riddle to remember their names and did they survive or die and who was beheaded?

When you go to an activity centre you'll probably try lots of new things and challenges. **Set yourself a personal challenge and complete it** - it might be going for a run every day for a fortnight, reading 30 minutes a day or trying a new sport , it's your challenge to conquer!





Hampshire is the home of the sausage and pie competition. If you entered the competition, what type of sausage or pie would you invent? **Have a go at writing a recipe for your new pie or sausage and give it a name. If you choose to, and with parental supervision, make and bake your pie.**

A large, solid yellow rectangular area intended for a child to write their recipe.

The New Forest has many great cycling trails – **go out for a bike ride in a local park or green area near to where you live.**



The 6th WAGGGS world conference was held at Foxlease in 1930 and the World Flag was agreed there. **Play World Badge Beetle**



[see over page](#)

World Badge Beetle:

You could bring all of this together by playing the world badge beetle drive game. Give girls a black and white print out of the world badge which they colour as they roll:

6 = blue sky
2 = the stars

5 = gold sun
1 = the needle

4 = flame

3 = trefoil leaves



A colorful illustration of three children holding hands in a circle around a globe. The globe is light blue and green, representing Earth. The children are drawn in a simple, cartoonish style. One child has purple hair and a purple shirt, another has purple hair and a purple shirt, and the third has blue hair and a blue shirt. They are standing on a red surface. There are small decorative elements like a heart, a flower, and a swirl around them.

Extra Activities

Girlguiding Merseyside!

Hold a taste test of different types of chocolate or cheese to decide which you prefer or hold a fondue party.

Switzerland is the birthplace of the Red Cross. Find out about the Red Cross Charity, what they do and how they help others. How could you help others? Make a list of 10 helpful things and do them, for example, wash up for your mum, tidy your bedroom, go to the local shop for a loaf of bread for your grandparent etc.

The Swiss Alps are often covered in snow. Coconut pyramids are a delicacy that you can shape to look like a Swiss mountain. Have a go at making some. Beat 1 egg lightly then stir in 125g of desiccated coconut and 125g of caster sugar. Divide the mixture into 9-10 heaps on a lined baking sheet and mould into mountain shapes (or you could use an egg cup). Top each mountain with half a glace cherry and bake for 15 minutes at 170°C. Enjoy!

Learn how to whittle from wood or carve soap. For ideas look at http://kids.tate.org.uk/create/soap_carving.shtm

Dress up in lederhosen made of binbags or make a Klausjagen miter hat out of paper!

Plait or braid your hair in a traditional Swiss style or make a floral headband to wear

Pack a bag to take to the mountains in Switzerland and be able to explain why you have packed certain things.

Learn the "Our Chalet Song". <https://www.youtube.com/watch?v=iQ3rMjsyt-Q>

St Bernard is a breed of very large working dog from the western Alps in Switzerland. They were originally bred for rescue work by the hospice of the Great St Bernard Pass on the Italian-Swiss border. Do you know what to do in an emergency? Investigate the what3words app and install it on your mobile (get permission first)

Design your own Swiss Army knife! What extra gadgets and tools would you have and why?

Edelweiss, is a well-known mountain flower, belonging to the sunflower family. The plant is unequally distributed and prefers rocky limestone places at about 1800--3000 m altitude. Learn the song Edelweiss. https://youtu.be/v_tt8mfprh8

Alpine symbolism is a main national identity of Switzerland. Traditionally, farmers herded stock through the alpine hills with folk art, the alphorn and yodel music, cultural traditions, learn to yodel or make an alphorn.

Rösti is a Swiss dish consisting mainly of potatoes, in the style of a fritter. The grated potatoes are shaped into rounds or patties, usually measuring between 3–12 cm in diameter and 1–2 cm thick. Rösti are most often pan-fried and shaped in the frying pan during cooking, but they can also be baked in the oven. Try them topped with some Swiss cheese.

Our Chalet is in a beautiful area of the Swiss Alps. Find out what the nearest big hill is to where you live and climb it.

Make a Rangoli pattern. They are brightly coloured circular, hexagonal or square designs – you could make them from rice, pulses and seeds.

Read or watch Jungle Book or another work by Rudyard Kipling.

Lassi is a popular Indian based drink made from yoghurt, water, spices and sometimes fruit. Have a go at making a strawberry lassi by blending some strawberries and yoghurt, and adding a little sugar to taste.

Hindu ladies often wear a sari which is a single piece of cloth that does not require stitching. It is a traditional outfit and are often very colourful. Have a go at designing your own sari. Learn how to wear a sari.

Research the history of the Taj Mahal and design a building around someone or something you love.

Indian elephants are smaller than African elephants. What other facts can you find out about them? Find out how to make a towel elephant and have a go.

Learn about Diwali and its central themes. Create your own 'Festival of Light' by making and using Diyas, think about their original purpose.

Find out about the use of Henna in parties and celebrations and have a go at doing your own designs in paint or chocolate.

Learn to fold a napkin into a Lotus flower.

Welcome Garlands are used in lots of ceremonies - make your own using crepe paper.

Try yoga - an ancient practice that was developed in India. Here are just a few to get you started: Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Adho Mukho Svanasana (Downward Facing Dog Pose)

Make a fan and decorate it to look like a peacock - the peacock is the national bird of India.

Have a go at making your own shadow puppets and put on a performance.

Around 20-40% of Indians are vegetarians, making it the largest vegetarian-friendly country in the world. Make your own Vegetarian meal.

Snakes and Ladders originated in India earlier known as Moksha Patamu, the game was initially invented as a moral lesson about karma to be taught to children. Make your own snakes and ladders game and challenge your family to a game.

Find out what animal is on the bottom of Sangam's swimming pool and make your own model or drawing of that animal. Can you find a story that has this animal in it? Also, find out which other World Centre has a swimming pool.

Try growing your own wildflowers or roses for England.

Hold a traditional afternoon tea or eat fish and chips together.

Have a quiz on famous London landmarks. How many can you name?

Recreate London Bridge out of spaghetti and marshmallows or cocktail sticks and midget gems or even recycling materials?

One of the attractions in the big city is the Monopoly treasure hunt, why not play the monopoly board game with friends or family, see who can purchase the most hotels.

I'm betting that what you think of when you think of Big Ben isn't actually Big Ben at all. Most people refer to the tower and clock as Big Ben, when actually its name is Elizabeth Tower. Big Ben is the bell within the tower. Mind blown. Create your own Elizabeth tower using 'junk' that you may throw away.

How do you tell whether the Queen is in residence when you go and see Buckingham Palace? The answer's pretty simple actually – the Royal Standard (yellow with a red dragon on it) is flown over the palace when the Queen is in residence. Create your own family standard flag and fly it in your garden.

Pax Lodge is our nearest world centre and is a great place to go and stay. Plan a trip for your unit to London – think about how you will get there and what you will do when you are there. Share your plan with your leader.

Fudge is a traditional English sweet. Have a go at making 2-minute fudge. Melt 400g of chocolate in the microwave in 30 second bursts until the chocolate is melted. Stir in a tin of condensed milk. Add a few drops of vanilla essence or another flavouring if you wish. Pour into a lined baking tin (such as a swiss roll tin) then place in the fridge for 4-6 hours. Once set, cut into pieces. Keep in the fridge.

Some of Harry Potter is filmed in London. Harry Potter is famous for its butter beer which is made from butterscotch, sugar and water with a frothy top. Design your own magical drink, give it a name, and have a go at making it.

London has many famous landmarks and this makes it a brilliant place to set a movie. Lots have been filmed there; Paddington, Harry Potter, Mary Poppins Returns - find a Movie set in London, watch it and try to spot as many London landmarks as possible.

London's West End is full of theatres that can't open at the moment due to Covid-19 but usually they would be performing fantastic Musicals like the Lion King, Matilda, Wicked and plays. Put on a short show for your family/unit.

Fenton House locally is known for its walled garden - Plant a bulb and look after it. Or give to someone as a surprise (act of kindness).

Make a family tree to show how you are related to other members of your family.

Ice biscuits to look like the highly decorative skulls for the Day of the Dead festival.

Make cacti using painted stones in a plant pot

Play pin the moustache on the cactus.

Create a Mexican Wave with the members of your unit – this could be fun on Zoom!

Try some Mexican food such as quesadilla, nachos or churros.

Make a traditional Ojo de Dios, or God's Eye.

Play Jumping Beans – start jumping up and down when the music starts. When the music stops, stay still. If you're crouching down ready to jump – stay there! Anyone who moves or wiggles is out!

Folk dancing is common throughout Mexico. The Jarabe Tapatio (Mexican Hat Dance) is one of the iconic dances of Mexico – probably the country's national dance. It celebrates courtship and the dancing is performed around a sombrero, learn the dance... <https://youtu.be/p31lF-hY9u0>

Mexico is a land full of volcanoes. Comprising 42 active volcanoes and thousands of inactive volcanoes, the country is located along the Ring of Fire. Have a go at making your own volcano cake.
<https://www.bbcgoodfood.com/recipes/volcano-cake-0>

Try making Chilaquiles. This popular traditional breakfast dish features lightly fried corn tortillas cut into quarters and topped with green or red salsa (the red is slightly spicier). Scrambled or fried eggs and pulled chicken are usually added on top, as well as cheese and cream.

Did you know that a Mexican tradition is a piñata? Its origins are very symbolic. Find out what the colours, stick, blind fold and sweets represent. Think of a different party game you play and make it into a tradition. What would it symbolise? What would the parts/players represent?

Mexico has the world's largest population of Spanish speakers. Learn to say, "hi my name is [name] and I am a rainbow/brownie/guide from [unit name]" in Spanish.

Did you know chocolate was originally from Mexico? Have a go at designing your perfect chocolate bar - what would you add? You could even have a go at making it....

Make a small sombrero from a paper cup, paper plate and mini pompoms.

Kusafiri means 'to journey' in Swahili. Take a journey that is different to you, perhaps on a train, bus or boat, which did you like the best and where did your 'journey' take you, what did you see on your journey.

The "Big 5" animals (elephant, lion, leopard, rhino and buffalo) can all be found in Africa. Find out about one or more of them and what is being done to protect them

African women are known for wearing highly decorative bead necklaces; design and make one, you could even make the beads from paper if you are feeling adventurous.

Have a go at African drumming.

Make a basket using a weaving technique.

Plastic bags are illegal in Rwanda, make a reusable shopping bag from an old T-shirt.

Make your own tribal mask, traditionally made and worn by the Maasai people.

Learn at traditional dance from a county in the Africa Region.

Learn these basic phrases in Swahili: Hello = jambo How are you? = habari gani. Goodbye = kwa heri Goodnight = lala salama.

Lots of exotic fruits are grown in Africa – make a fruit salad using fruits such as passion fruit, pineapple and mango.

Koeksisters, pronounced 'cook sisters', are sticky donut-like delicacies. They are a very popular South African dessert and are usually served slightly warm and dripping with syrup. Here is the [link to the recipe](https://www.food.com/recipe/south-african-koeksisters-309851). Hope you enjoy them. <https://www.food.com/recipe/south-african-koeksisters-309851>

African percussion instruments include drums, finger pianos, shakers and rattles – these are often made from natural items like shells, leather and wood. Can you make your own shaker or rattle from things you find in your own home and garden.

The symbol for Kusafiri is footprints. Give yourself a pedicure as a treat.

The festival of the dancing masks is held every 2-years in Africa. See if you can find some example masks and costumes that are worn at this event. Make your own face mask.

In Sub-Saharan Africa 40% of the 783 million people do not have access to clean drinking water. One of the reasons for lack of clean water is Africa's extreme climate. Although there is a lot of rain in the area it is seasonal and very unevenly distributed – often leading to droughts when no rain falls for many months. Can you keep a weather diary for 2 weeks. Record the weather – you could record the temperature and make a rain-gauge to measure the rainfall.

Ireland has numerous micro-climates so you can literally be in one village, looking over to the next one across the valley or around a hill, and see completely different weather! People tend to dress in layers and always assume it will rain (if it isn't already). Why not make a sun dial for the sunny side of the valley and a rain measuring device for measuring the rain fall for the other side of the valley, using 'junk'?

Irish castles are scattered across the island – a total of 30000 of castles and ruins! Where is your nearest castle? Can you stay in it? If possible, visit a few castles or ruins around your area, Skipton, Lancaster, Clitheroe, Furness ruins, Bolton Abbey ruins to name but a few. Which was your favourite?

Every family in Ireland has its own recipe for soda bread, hand-written on flour-crustured note paper and wedged in among the cookery books. Try making some yourself:
<https://www.bbcgoodfood.com/recipes/1977666/fruit-and-spice-soda-bread>

Lorne is near a very famous landmark called Giant's Causeway. Research local tales from Northern Ireland about the Causeway and tell one to someone else.

Irish leprechauns are a diminutive supernatural being in the Irish folklore, also known as solitary fairies. Draw a leprechaun, give it an Irish name then write a story about an adventure your leprechaun has been on.

The Irish flag is green, white and orange. Using a rectangular piece of paper, draw and colour the Irish flag. Then, use items around the house such as straws, pencils and rulers to create a flagpole and stick your flag onto it. Could you make the flagpole taller? How tall can you go?

In the legend of Finn MacCool the giant built a causeway across the sea from Northern Ireland to Scotland. Can you beat someone to build a path from one side of the board to the other in a game of Hex. Take it in turn to colour a hexagon - one player trying to get from top to bottom (or bottom to top), the other from one side to the other - can you block the other player and make it across yourself?

The Irish language is taught in schools across the country. Learn some of the most popular Irish phrases and sayings below: Dia Duit – 'Hello'; Failte – 'Welcome'; Is Mise.... – 'My Name is'; Conas atá tú – 'How are you'

Google Celtic art patterns and print and colour your favourites or try to draw your own.

Try learning some Irish dancing steps. Remember to keep your arms straight!
<https://www.youtube.com/watch?v=b7hDNG1duLk>

Using recycling, create yourself a giant! Give him a name and write a short story of where your giant comes from, where does he live, what does he eat etc.

Lots of potatoes are grown in Northern Ireland. Try potato printing - you could make a repeating pattern like the Giant's Causeway.

There are many castles along the Welsh coastline. Build a castle using recycled materials.

The Welsh hat worn by women as part of Welsh National Costume is a tall stovepipe-style hat. It is still worn by women, and particularly schoolgirls, in Wales on St. David's Day but rarely on other occasions. Make a full size or mini traditional Welsh hat.

Wales is famous for having a dragon on its flag. How about making a dragon of your own, or designing your own flag?

Dragons also appear in lots of stories and books - read a story with dragon in it some possibilities are: Zogg, Pete's Dragon, Harry Potter - The Goblet of Fire, How to Train Your Dragon, Room on the Broom, Lord of the Rings.

Cook a traditional Welsh dish such as Welsh Cakes, Welsh Rarebit or Bara Brith.

Llanfairpwllgwyngyllgogerychwyrndrobwilllantysiliogogogoch is the town with the longest name, it is located on the island of Anglesey, have a go at trying to pronounce it, how many other words can you make from it?

The custom of giving love spoons as a token of affection began in Wales in the 16th Century. They were given to a loved one as a courting gift (in a similar way to a bouquet of flowers or a love letter!). Have a go at making your own love spoon and give it as a present to a loved one or friend.

The leek is the national emblem of Wales. With parental supervision, make some leek and potato soup. Slice 2 leeks, peel and chop 2 potatoes and place in a pan with 1 litre of vegetable stock. Bring to the boil and simmer for 20 minutes. Then, using a blender, blend until smooth. Enjoy!

Daffodils are the national flower of Wales. Try growing some from bulbs or making some out of paper.

Broneirion is near to the Brecon Beacons which are said to be named after the ancient practice of lighting signal fires (beacons) on mountains to warn of attacks by invaders. Learn how to light and put out a fire safely or make an edible fire.

Hold a Welsh evening to include crafts, dance and songs.

Wales is a land of two languages, that means children learn in both Welsh and English. Try to learn a few phrases in Welsh.

Lancashire was the first place to take on mass fingerprinting after a Blackburn girl was sadly died, a number of people had their finger prints taken, take your finger prints and perhaps parents or friends and compare them against each other, your finger prints are unique to you.

The Friends of Waddow is an organisation which supports and raises money for the running of the hall. Find out more about them, maybe interview a "Friend" or become one yourself.

The rooms at Waddow Hall have traditionally been named after local Guiding Counties. Design a room themed for our Lancashire East County.

Fleetwood pharmacist James Lofthouse develops a menthol and eucalyptus liquid for fishermen in 1865 which became the Fisherman's Friends lozenges. Make a paper boat – how far can you sail it?

The Friends of Waddow hold an annual Christmas Tree Festival – design a themed tree for the festival in 2020.

Ian Bland famous poet, born in Rochdale wrote the poem 'The dinner Lady Dance' plus many more. Read the poem and anymore that he wrote, which is your favourite? Can you write a poem – have a go.

Manchester tart is a very tasty dish for everyone with a sweet tooth! These tarts were invented in the 1800s and are unique in the way they look, as they can be immediately recognised at a glance, especially because of the cherry on top. Try making one to eat with a good cup of Lancashire tea!

Waddow is located in Lancashire in the Ribble Valley and has the River Ribble flowing in front of the main manor house. On the banks from the River Ribble, not far from Waddow at Cuerdale, the largest collection of Viking silver was found including coins and jewellery. Design yourself some Viking style jewellery then have a go at making this out of your craft materials.

Under Blackpool Tower, there is a time capsule. Using a sealed container such as a coffee jar from your recycling, create your own time capsule. With parental supervision, place objects into the jar (these could be drawings, notes or objects) then find a spot in your garden and bury it for someone to find in many years to come.

A red rose is the symbol of Lancashire. Make a red rose out of tissue paper.

Waddow is in the middle of the Lancashire countryside and is an excellent place to stargaze. On a cloudless night try stargazing. Can you spot any constellations or planets?

One of the campsites at Waddow is Hill Top, it can sometimes get a bit windy up there...what do you do when it is windy? Fly a kite! If you don't have a kite, try making your own.

Foxlease is in the New Forest in Hampshire. Plan a trip to Foxlease using public transport. How long will it take you to get there from home and how much will it cost?

Henry VIII had how many wives? Can you recite the riddle to remember their names and did they survive or die and who was beheaded?

Foxlease is near to the New Forest national park, visit your local park, Forest or wood and challenge your family or friends to a scavenger hunt and see what you see on your trip using the letters: NEW FOREST NATIONAL PARK, who can get the most and the most unusual.

Foxlease is based at Lyndhurst in Hampshire. Lyndhurst means 'wooded hill with lime-trees growing'. Make an edible lime woodland. In a bowl, make a lime jelly as per instructions and allow to set. Using chocolate sticks such as Mikado or flakes, stick a few into the jelly to resemble tree trunks. Try using shoelace sweets for branches. What else could you add? Once your masterpiece is ready, enjoy!

Hampshire is the home of the sausage and pie competition. If you entered the competition, what type of sausage or pie would you invent? Have a go at writing a recipe for your new pie or sausage and give it a name. If you choose to, and with parental supervision, make and bake your pie.

The campfire circle is a brilliant place to meet new friends. People come together to exchange stories and to sing campfire songs. Learn a new campfire song and perform it to your family or your unit.

Jane Austen is one of England's most celebrated and greatest novelists and Hampshire played an important part in her life, not just as the place she lived but as inspiration to many of her novels. Jane was born on the 16th December 1775 at the village of Steventon in North Hampshire where her father was the vicar of the small 12th century church. Find out how many books she wrote and have a read of one, which is your favourite?

Alice Liddell lived in Hampshire and is rumoured to be the inspiration for Alice's Adventures in Wonderland. Read the book or dramatise part of the story.

The New Forest has many great cycling trails – go out for a bike ride in a local park or green area near to where you live.

Southampton is one of the nearest cities to Foxlease. Many ships sail in and out of the port, including the Titanic. Watch the film.

The 6th WAGGS world conference was held at Foxlease in 1930 and the World Flag was agreed there. Play World Badge Beetle – see the next page.

When you go to an activity centre you'll probably try lots of new things and challenges. Set yourself a personal challenge and complete it - it might be going for a run every day for a fortnight, reading 30 minutes a day or trying a new sport, it's your challenge to conquer!

Congratulations on
completing your
"Pack your guiding
bags" badge!

