



# Social action challenge pack

# Introduction



Welcome to the social action challenge pack!

This pack has been made by the region's marketing and communications team for the whole of Girlguiding Anglia to enjoy. With thanks to Katie, Emma, and Lauren.

The social action theme is 'community' and is centered around ways to look after, protect and fundraise for your community as well as nurturing your guiding community itself.

The concept behind this pack is to create a resource that is open for every section to get involved in and can be used by taking a glance at the tables on pages numbers 3 to 6. The volunteer team has tried to link to as many UMA's and skills builders as possible so that you can use this social action pack to try and tick off both if you'd like to!

The whole pack focuses on a house, to represent the 'home of guiding', with each window representing a theme, the front door linking the compulsory element to fundraising, and the roof containing the links to the guiding programme.

The **compulsory element** of this package is to fundraise and divide the money equally, with 50% going to your unit and the other 50% donating to an organisation in your unit's community that you would like to support.

The way in which you fundraise can be entirely up to you and your unit, this may be a bake sale, a PR stand, or perhaps supermarket packing. There is no minimum goal to fundraise to achieve the badge, you can raise as much or as little as you'd like. When fundraising, it's important to have a target to work towards, so don't forget to set a goal for your unit.

To earn your badge, Rainbows, and Brownies must complete the compulsory element and 3 activities from each theme, whilst Guides and Rangers must complete 5 from each theme as well as the compulsory element.

We hope you enjoy your social action! Don't forget to tag us on social media and use the hashtag #GGASocialAction

Please note, badges will be available during the new term, September 2023.



**Key:**

**Additional resource available**

/girlguidinganglia

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# Social Action Challenge activities

					Type of activity	Programme links	Page
	Rainbows	Brownies	Guides	Rangers			
	Belonging						
Belonging bunting	x	x	x	x	Craft	UMA Guides washing line of pride	7
Belonging tree	x	x			Craft	Feel good this is me skills builder stage 1	7
How to say hello		x	x	x	Game	UMA Guides hello my fabulous friend	7
Putting the pieces together	x	x	x	x	Craft	UMA Rainbows story puzzles	7
Parachute game	X	x	x		Game	Constructive communities skills builder stage 5	7
Guiding show & tell	x			x	Discussion	Reflect if your eyes are brown turn round skills builder stage 1	7
Trefoil hand prints	x	x			Craft	UMA Brownies trefoil trivia blue	7
Team flower	x	x			Craft/discussion	Reflect growing together skills builder stage 1	8
What is belonging?			x	x	Discussion	Give and take skills builder stage 6	8
Belonging emblem			x	x	Design	UMA Rangers creative communities	8
Rangers social media campaign				x	Thought provoking	Like share subscribe skills builder stage 6, fight the cause skills builder stage 6	8
Make your own belonging tassles			x	x	Craft and discussion	Leave it out skills builder	8
Sense of belonging collage	x	x	x	x	Craft	Reflect fly your flag skills builder stage 2	8
I belong because	x	x	x	x	Writing	Communicate its not what you say skills builder stage 2	8
We belong together song or dance	x	x	x		Performing	UMA Rainbows cheer challenge purple, UMA Guides cheerleader vs sneer leader, lead dance challenge skills builder stage 2 , innovate move and shake skills builder stage 2	8
Community mural	x	x	x	x	Craft	UMA Brownies what's the point?	8

Loneliness							Page
Bring a friend/family member	x	x	x	x	Event	UMA Rangers welcome with open arms orange, live smart role up skills builder stage 3	9
Dear community	x	x	x	x	Spread the word	UMA Rainbows a big thank you orange, influence who else will help stage 1 skills builder, UMA Rangers think and thank orange, UMA Brownies brownie beads blue	9
Crafting connections	x	x			Craft	UMA Brownies pop up cards dark pink	9
Friendship bracelets	x	x	x		Craft	UMA Rainbows you've got a friend orange	9
Sharing our sound		x	x	x	Discussion	Reflect Rangers soundtrack to my life blue, reflect voicing our values skills builder stage 3	9
Leaving your mark	x	x	x	x	Craft	Explore local skills builder stage 1, influence spread the word skills builder stage 2, UMA Brownies positive pebbles orange	9
Magic of mindfulness		x	x	x	Mindfulness	Feel Good happy thoughts skills builder stage 3	9
Rangers social media campaign				x	Thought provoking	Like share subscribe and fight the cause skills builder stage 6	9
Friend circle	x	x			Craft and Discussion	UMA Rainbows uncrumpled friends orange, UMA Brownies one good turn leads to another orange	9
Kindness bingo	x	x	x		Game	UMA Guides take action for kindness p2, UMA Brownies buddy bingo blue	10
Toppling loneliness				x	Discussion	Keeping afloat skills builder stage 6	10
Sketch to story	x	x	x		Writing and Discussion	UMA Rainbows buddy books blue, UMA Guides puppets, influence character mix up skills builder stage 2	10
Feeling artsy	x	x	x	x	Craft	Keeping afloat feel good skills builder stage 6, communicate picture perfect skills builder - stage 2, communicate exploring emojis skills builder stage 3, innovate a work of art skills builder stage 3	10
Penny hike		x	x			UMA Guides penny hike, make change environmental detectives skills builder stage 2	10
Journal writing			x	x	Writing	UMA Rangers I'm worth it blue	10
Emotion exploration	x	x		x	Performing	UMA Rainbows lets go dark pink, UMA Rainbows you've got a friend orange, Communicate funny faces skills builder stage 1, UMA Rangers slam poetry dark pink, lead that's not what I meant skills builder stage 3, first aid are you okay skills builder stage 3, reflect look feel jump skills builder stage 2, innovate mime time skills builder stage 2	10

					Type of activity	Programme links	Page
	Rainbows	Brownies	Guides	Rangers	Eg. Craft/ STEM/ performing		
Sustainability							
Clean up your community	x	x	x	x	Community	Environmental detectives skills builder stage 2	11
Innovation station	x	x		x	Craft	Live smart mend reuse recycle upcycle skills builder stage 6, make change how to make a monster skills builder stage 2	11
Eco chic	x	x	x	x	Craft/Performance	Live smart catwalk craze skills builder stage 1, UMA Rangers totally-tee dark pink, UMA Brownies trash fashion orange, UMA Brownies demanding designs dark pink	11
Invent the unexpected	x	x	x	x	Innovation	Rangers UMA random redesign dark pink, skill Builder – innovate I have an idea skills builder stage 2, invent a gadget skills builder stage 3	11
Newspaper hockey		x	x	x	Game	UMA Guides build a beast. UMA Rangers anything goes hockey	11
Plastic bottle bowling		x	x	x	Game	UMA Brownies bottle mansions green	11
Bottle cap art	x	x	x		Craft	Make change growing cups of kindness skills builder, UMA Brownies pass on plastic orange	11
Grow a sunflower	x	x		x	Gardening	Rangers UMA sow it, grow it orange	11
Wise water		x	x	x	Game	UMA Brownies water run purple	12
Elastic band cars			x	x	STEM	UMA Rangers plastic fantastic, UMA Rangers engineer your future, UMA Rangers on the right track	11
Energy pledge	x	x	x	x	Activity	UMA Rainbows actions for energy orange	12
Bee the change				x	Craft	No pans no problem skills builder stage 6	12
Rangers social media campaign				x	Thought provoking	Like share subscribe and fight the cause skills builder stage 6	12
Can it be recycled?	x	x		x	Discussion	UMA Rainbows ready... set... recycle orange, UMA Rangers plastic fantastic light pink, UMA Brownies unfantastic plastic orange	12
Imagine packaging	x		x	x	Innovation	UMA Rainbows waste of time orange, UMA Rangers plastic personas orange	12
Waste no more	x	x	x	x	Gardening	Growing cups of kindness skills builder stage 1, environmental detectives skills builder stage 2	12

Food poverty							Page
Food poverty blockbuster			x	x	Game	UMA Rangers guiding block busters blue	13
Hungry heroes	x	x	x	x	Community	Camp cafe skills builder stage 4	13
Food for thought	x	x	x		Game	UMA Rainbows higher or lower light pink, live smart shop 'til you drop skills builder stage 2	13
Food waste		x	x	x	Food	Live smart fajita fun skills builder stage 2, UMA Brownies seasons' eating orange, chop chop skills builder Guides	13
Make a water filter	x	x	x	x	STEM	UMA Guides thirsty work p2	13
Ready, steady, cook!			x	x		Live smart flameless food skills builder stage 6, live smart sauce up your life skills builder stage 3	13
Unit shopping			x	x	Food	UMA Guides skills for my future 'savvy shopper' p3	13
Fruit & vegetable tasting	x	x			Food	Live smart feeling fruity skills builder stage 1, live smart tasty testing skills builder Brownies	13
Unit cook-book	x	x	x	x	Craft and discussion	Food for thought skills builder Rainbows	14
Can you taste it?	x	x	x	x	Food	UMA Rangers tea tasting	14
Food acrostic		x	x		Poem	Communicate beat the butterflies skills builder stage 3	14
What food is this?	x	x	x	x	Problem solving	UMA Rangers palm oil protest orange	14
Who's who		x	x	x	Game	Rainbowls skills builder stage 5	14
Ted talk				x	Performing	Influence the biggest influencer skills builder stage 6	14
Guiding girls into greatness	x	x	x	x	Community	UMA Rangers acting out taking action orange	14
Draw a healthy plate	x	x			Craft/Thought provoking	Food for thought skills builder stage 1, feel good build it with food skills builder stage 3, rainbowls skills builder stage 5	14
Rangers social media campaign				x	Campaign	Like share subscribe and fight the cause skills builder stage 6	14

# Belonging



## Belonging bunting ↓

Create your own unit bunting! Each girl can take a triangle of the bunting to decorate. On the triangle, girls should write or draw things about themselves, their favourite food, hobbies etc. At the end, using string tie all the girls triangles together to create 'Belonging bunting' and explain to the girls once displayed, how they are all belong. Your bunting can be proudly displayed at unit meetings to reinforce the feeling of belonging every week.

## Belonging tree

Create a belonging tree using a large piece of paper and hand prints. Draw, paint or collage a tree trunk onto the paper and use paints to create hand prints to place as the leaves on the tree - you could print straight onto the tree if you prefer! Every hand is unique, but we all belong to Girlguiding.

## How to say hello ↓

How many ways can you say hello? In small groups or as a unit, stand in a circle, each person has to say hello in a different way.

## What is belonging?

Discuss as a unit what belonging means to them, and examples of belonging. What does belonging mean to other units? Rangers could create an activity and run it at another unit.

## Putting the pieces together ↓

Use the template of a jigsaw piece for each girl and ask them to draw a self-portrait. Cut out and fit pieces all together to show the bigger picture of belonging.

## Parachute game

Can you keep the ball on the parachute? What would happen if some members left, would the challenge be harder? What would happen if there were 2 balls added? Can you juggle?

## Guiding show & tell

Bring along something that relates to your time in guiding, or reminds you of a happy guiding memory. Take the time to discuss what guiding has meant to you, and think about your future guiding plans.

## Trefoil hand prints

Each girl creates a hand print using paint or drawing and writes inside what they belong to. Use all hand prints to create trefoil shape.



# Belonging



## Team flower

Draw a flower on a large piece of paper – one per six – with enough petals for each girl. Each girl writes facts about themselves in their petal – without looking at what the other girls have written. With a different colour pen, highlight all the facts that cross over in the petals and write these in the middle of the flower. What do you all have in common? Did you think they would be the same? What is different about some of the girls in your six? Did you know that about them?

## Rangers social media campaign

Create a social media campaign on the topic of belonging. Tag Girlguiding Anglia and we will reshare it. Please ensure all girls have relevant photo permissions.

## Belonging emblem

Create a universal emblem or symbol to represent belonging. This can be done individually or as a unit.

## Make your own belonging tassels



Each girl to make their own tassel using the video instructions. Ask girls to write on luggage labels why they feel they belong to Girlguiding. At the end tie each tassel and luggage label to a long piece of wool to make bunting. Hang in your unit meeting place to show how we all belong together.

## Sense of belonging collage

Create a "sense of belonging" collage: Ask girls to gather magazine pictures, photos, and other images that represent what belonging means to them. Glue the items onto a piece of paper to create a collage.

## I belong because

Ask girls to write about what makes them feel like they belong, whether it's being part of a family, having a group of friends, or being part of a school or Girlguiding.

## We belong together song or dance

Encourage girls to create a song or dance that celebrates belonging and togetherness. They can perform it to the unit if they wish record it to share with friends and family.

## Community mural

Create a mural that represents their community and the things that make them feel like they belong.





# Loneliness



## Bring a friend/family member



Have the girls invite a friend or family member to your unit meeting. For Rainbows and Brownies, host a teddy bear's picnic, girls can bring along their picnic (leaders can provide the tea & coffee), or for the Guides and Rangers, why not have them host their own tea party, and serve tea and cakes to their friends or family members.

## Dear community



Talk about the importance of people in our communities like firefighters, teachers, or nurses, for example. Why not write to your community? Is there a local retirement home or homeless shelter that Rainbows and Brownies could make cards for? Let the Rangers choose who they want to write to. Share your experiences of guiding, or just spread kind messages within your community. Rainbows and Brownies could draw pictures or write kind messages to express their gratitude to these people.

## Crafting connections



Is there a local care home, homeless shelter, or other community groups that might like to receive handmade cards from Rainbows and Brownies? We have included an additional resource of a poem to stick inside the card. Why not encourage your unit to write a personal message inside?

## Friendship bracelets



Make friendship bracelets as a unit, give your bracelet to someone you haven't spoken to much before, and use this to build a new friendship.

## Sharing our sound

Girls should think of their happy/favourite song, create a playlist and make it your unit playlist. Have a disco!

## Leaving your mark

Paint positive affirmations on rocks and leave round your local area. Create a hashtag or ask finders to post on a Facebook group. This will also help raise awareness of guiding.

## Magic of mindfulness

Ask girls to sit up tall and close their eyes. Begin breathing deep enough that they can hear their breath. Explain how the breath moves your body, and notice the flow of the breath through your nostrils, in and out of the body. Try to feel the contact of the air with the inside of their nose, or how the air touches their upper lip. Go through how the senses are impacted by breathing.

## Rangers social media campaign

Create a social media campaign on the topic of loneliness. Tag Girlguiding Anglia and we will reshare it. Please ensure all girls have relevant photo permissions.

## Friend circle



Create a circle paper chain of people and colour them to look like people you can go to when you are feeling lonely. For example, friends, parents, leaders, teachers, family.

# Loneliness



## Kindness bingo

Use the bingo sheet template at home for a week and see how many acts of kindness girls can cross off. For example, hold the door open, share something, sit with someone new at lunchtime. You can create your own bingo card if you wish (if you wanted to adapt it to suit your unit).

## Toppling loneliness

Write down open questions about loneliness for Rangers to debate. This could be as broad as you want it to be. Questions you could ask could be like: Is social media leading the cause of loneliness in teenagers?

## Sketch to story

Encourage girls to write or draw their own stories about how they feel when they are alone, and share their stories with the group.

## Feeling artsy

Provide materials such as colouring pages, paints, and clay, and encourage girls to express their emotions through art.

## Journal writing

Encourage girls to write about their experiences, thoughts, and feelings in a journal. This can help them process their emotions and gain insight into their experiences.

It may help to provide prompts to their journal writing, such as 'reflect on a challenging experience you recently faced, what did you learn from it?'

## Penny hike

Go on a walk around your local area with a penny deciding which way to go. Before you set off, decide which way heads and tails will make you go, for example heads left, tails right. When you reach a corner or crossroads on your walk flip the coin to decide which way to go. Take it in turns to flip the coin. See where you end up, do you go round in a circle or end up somewhere new? As you are walking think about the different senses you experience, such as what you can smell, feel and hear.

## Emotion exploration

Use drama and role-playing activities to help girls explore different emotions and perspectives. For example, have small groups act out different scenarios in which they might feel lonely, and then talk about how they can cope with those feelings.





## Clean up your community

Arrange a litter pick locally, invite another unit or parents to get involved. Write a benefit of doing this.

## Innovation station

Design a toy using recycling – be as imaginative as possible!

## Eco chic ↓

Using recycled materials, Rainbows make outfits for their teddies. Brownies, Guides and Rangers can be given a theme and dress each other, then the models can do a catwalk at the end. Rangers could have to present their piece/outfit.

## Invent the unexpected

A new invention could change the world. Why not try inventing something that makes a change in the world? It could help to reduce the need to cut down trees or stop littering.

## Newspaper hockey

Roll old newspapers to make a hockey stick each and mark out two goals. Get into 2 teams and one at a time take it in turns to compete against someone from the opposite team. The person to get the ball into their goal, by using their newspaper hockey stick wins the point. Keep playing until everyone has had a go. The team with the most points win.

## Plastic bottle bowling

Collect lots of plastic bottles as a unit. Set up the bottles in a bowling formation and fill them with something to help them stand up (for example, water, rice). Take it in turns to bowl the ball and see how many bottles you can knock over. Can you get them all down in one go?

## Bottle cap art

As a unit collect lots of different size bottle caps in as many colours as possible. In either small groups or as one big unit create a piece of art only using the bottle caps. This could either be a picture or a 3D model. While doing this, discuss what plastic pollution is and different ways we could work together to reduce the amount of plastic we use.

## Grow a sunflower ↓

Grow a sunflower – who can get the tallest sunflower? Look at all the uses for a sunflower – oil and seeds. Discuss the life cycle of a plant.

## Elastic band cars ↓

Have fun making an elastic band car while also learning about physics and engineering. Who can make their car go the fastest?

# Sustainability



## Wise water

Work as a team to get your water from point A to point B as quickly and efficiently as possible. Split into teams and have each team line up, place a bucket or bowl at the front, and one at the end of each line. Each person has a cup, they have a minute to get as much water from the full bucket at the front into their bucket at the end as they can. How much water did each team get into their bucket? You can submit your unit amount to the [commsteam@girlguiding-anglia.org.uk](mailto:commsteam@girlguiding-anglia.org.uk) where we will keep a leaderboard!

## Energy pledge

Make your energy pledge. Have each girl draw around their foot and cut out the shape. On their foot cutout, write an energy pledge (for example, I will remember to turn the lights off when I leave a room). Come back to your pledges when you have completed the activity pack and see if everyone stuck to their pledges.

## Rangers social media campaign

Create a social media campaign on the topic of sustainability. Tag Girlguiding Anglia and we will reshare it. Please ensure all girls have relevant photo permissions.

## Can it be recycled?

Ask girls to bring in a range of packaging. Investigate how many products are actually recyclable or not. Come up with an idea of what material could be used as an alternative.

## Imagine packaging

Ask girls to come up with a new sustainable material that could be used instead of bubble wrap or other materials. Discuss with the girls why this is a good idea.

## Waste no more

Teach girls about the benefits of composting and how it helps reduce waste and promote healthy soil.

## Bee the change



Beeswax wraps are a popular choice for replacing cling film. These homemade food wraps are reusable and very quick to make. Have a go at making one yourself to store your food for school.



# Food poverty



## Hungry heroes



See if you can invite someone from your local food bank to give a talk about where the food goes. All bring in something that you can donate to the food bank as a way of saying thank you. Create your own collection box to collect any spare change to donate to a food bank or homeless charity.

## Food for thought



Print out the images of different foods. Hold up the first card and then another one. If the girls think the second item costs more than the first one, go to one side of the room, if they think the item is cheaper, go to the other side. Reveal the answer and the average price of that item. Pick up another card and repeat until all the cards are gone. As a unit discuss if anyone was surprised by the answers.

## Food waste



Lots of food ends up in the food bin, which we could use for something else. Have a go at making something with your food waste. This could be croutons using old stale bread, veggie scraps or crackers.

## Make a water filter

Cut the top off a 2 litre bottle and place it in the rest of the bottle upside down to make a filter. Add a coffee filter into this. Make dirty water by mixing water with oil, coffee, dirt, etc. Add sand or cotton wool into the filter and pour in your water. Time how long it takes for the water to filter through to the bottle. Is the water cleaner now? Can you see the dirt left in the filter?

## Ready, Steady, Cook!

Create a meal using a random collection of foods.

## Unit shopping

Provide girls with a shopping list and ask them to buy the things on the list on a trip to a supermarket. Maybe ingredients to cook at next unit meeting?

## Fruit and vegetable tasting

Bring in a selection of fruit and vegetables, some of which the girls will have heard of and some obscure, and ask girls to taste them – blindfolded!

## Food poverty blockbuster



Have a go at making your own unit blockbuster! Come up with a question for each letter of the alphabet all about the theme of 'food and drink'. Split into 2 teams. Each team needs to 'win' hexagons by correctly answering the question matched to the letter. Use the additional resource to start playing!

# Food poverty



## Unit cook book

Ask girls to come up with recipes or bring their own to create their own unit cookbook. Leaders could provide a scrapbook or alternatively ask girls to put their recipe on to a sheet of A4 and combine at the end. Create a front cover and even make copies to send home to parents.

## Can you taste it?

In patrols, or as a unit, one girl can be blindfolded and then given a piece of food to eat. They must try to guess what food it is that they are eating. To add a layer of difficulty, you could have different branded products and they have to guess which is which (for example, branded orange juice versus supermarket own).

## Food acrostic



The girls must write an acrostic to show what food means to them.

## What food is this?



Begin with zoomed in pictures of different foods, the girls must guess what it is. For Rangers, they must also guess where the food is from, where it grows and its average cost.

## Ted talk

Research into food poverty and film your own TED talk – snippets you send us can be used on our platforms!

## Guiding girls into greatness

Raise awareness of guiding in the local area. How can you do this?

## Draw a healthy plate



Provide a range of different food groups/types as images and ask the girls to create a healthy plate.

## Rangers social media campaign

Create a social media campaign on the topic of food poverty. Tag Girlguiding Anglia and we will reshare it. Please ensure all girls have relevant photo permissions.



## Who's who

In the format of the game 'Guess who', girls can guess the food of their opponent based on the foods displayed on the grid. Girls can describe it by colours, and taste or maybe take it further and ask questions about which country the food originated from.





# The challenge badge

The Social Action challenge badge will be available to purchase from our region retail shop, both instore and online, in the 2023 autumn term. Keep an eye on our socials or on the shop website at <https://www.girlguiding-anglia.org.uk/shop>

