

Welcome to the...



Welcome to our wellbeing challenge pack in partnership with **Bird & Blend tea co!**

A special adventure designed to help you explore and support your wellbeing in a fun way! You'll take part in activities that focus on physical, emotional, financial, and environmental wellbeing. This challenge is open to all sections and can be completed as individuals or in groups, units or even with your families.

Our challenge pack is in partnership with Bird & Blend Tea Co. an independent, award-winning tea company. Specialising in creative, handcrafted blends, Bird & Blend offers over 100 unique teas all crafted with high-quality, natural ingredients. Their mission is to spread happiness and reimagine tea, making the experience sustainable and accessible for everyone to enjoy.

Exciting news! This challenge badge has a competition twist! Have a read on page 4 to find out more and take part.

Many of the activities included also link to the Girlguiding programme which is shown with a rainbow. To complete this badge, you need to complete the compulsory task and at least 1 challenge from each of the 4 sections. There are a range of activity ideas so you're welcome to adapt the activities particularly when linking with UMAs and skills builders. Once you have completed these, you can order your wellbeing challenge badge from our retail shop girlguiding-anglia.org.uk/shop

We hope that you love our wellbeing challenge! If you have any photos of you or your unit completing the challenge, then don't forget to share them with us on our social media platforms. Please ensure that you have the correct permissions for everyone in the photos before sharing.

This badge has 1 compulsory task and 4 sections:

Compulsory task

Host a tea party

Section 1: Physical wellbeing

Taking care of your body

Section 2: Emotional wellbeing

Understanding and regulating your emotions

Section 3: Financial wellbeing

Knowing how to use and save money wisely

Section 4: Environmental wellbeing

Taking care of your surroundings

Key:



Suitable for Rainbows



Suitable for Brownies



Suitable for Guides



Suitable for Rangers



Suitable for Trefoil Guild and adult members



Programme link



Download an additional resource

Please see index throughout the challenge pack. The suitability age group of each activity for is a recommendation only.

The compulsory element and competition

Host a tea party with your unit!

You could invite family and friends, community or anyone else you would like.

When hosting your tea party consider...

- Researching about where tea comes from and its history – why not have a go at our tea quiz.
- Choosing who you want to invite and sending out invitations.
- Creating decorations – think about using sustainable materials, we have some templates you can use.
- Choosing your favourite teas, refreshments and treats to serve.

Competition time!

A unit will win the chance of attending a 2-hour tea mixology workshop instore at Bird and Blend within Girlguiding Anglia.

To enter, please share the following to events@girlguiding-anglia.co.uk by 31 December.

- Photographs of your tea party
- A short description of what you did focusing on presentation, atmosphere and creativity
- Photo consent form (see separate document)

Bird & Blend Tea Co. will be helping to choose our winning tea party.
The winner will be announced in January 2026.

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Physical wellbeing

Healthy eating      

Plan and prepare a balanced meal or snack

Go for a walk      

Go for a walk, scavenger hunt or even a hike

Teamwork is dreamwork      

Try one or more of our teamwork challenges

Be adventurous     

Try an activity such as riding a bike you've not done before

Get sporty      

Why not try a sport or host your own mini sports event

Get dancing    

Have a boogie to music. You could create your own dance routine

Personal hygiene    

Play hygiene charades or have a go at the germ experiment

Play a wide game    

Play a fun wide game, have a look at our suggestions

Emotional wellbeing

Mindfulness



Have a go at different breathing techniques. You could use the peer education resource

Building resilience



Have a go at a peer education resource – positive spinning. What can I control?

Mixology



Get creative! Create your own herbal tea or infused drink

Express yourself



Try painting, sketching or another creative activity

Relax



Do something that helps you relax. You could try yoga, have a pamper or board games night

Be thankful



Create a gratitude jar or write and thank you card to someone who deserves to be thanked

Get journalling



Create your own journal book and get journalling

Fidget fun



Create your own fidget toy. Why not make a squeeze ball or flex tangle?

Financial wellbeing

Helping hands     

Visit or learn about food or clothing banks

Get budgeting   

Budget for a meal or even for a week!

Money games      

Play a money game like 'higher or lower' or 'monopoly'

Visit the bank    

Visit a bank to explore ways to save your money

Needs vs wants    

Sort items into what you need vs what you want

Supermarket visit      

Set a price to spend. You could make something with what you buy or donate it to a foodbank

Money saving    

Create your own money box. How much can you save?

Coin caterpillars  

Create coin caterpillars by laying different coins out in wiggly lines on paper, then draw on antennae and legs

Environmental wellbeing

Gardening      

Plant something for yourself or for someone else or create your own mini herb garden

Get tidying     

Organise and tidy your unit meeting space or your own room at home

Litter pick     

Go for a litter pick in your local area, how much rubbish can you collect?

Wildlife watch      

Watch the stars, try geocaching or go for a walk – what wildlife can you spot?

Seed bombs      

Create your very own seed bomb

Crafty upcycle      

Get creative and upcycle something old

Nature art      

Use natural resources to create a picture or an art piece of your choice

Bug hotel      

Create your own bug hotel, fill it with natural materials

Programme links



Unit meeting activities

Physical wellbeing:

Ready, steady, sport
Game of stones
Catch me if you can
Balancing balloons
Track your skills
Karate Tennis
Sports of the past

Emotional wellbeing:

Sticky salt
Pendulum painting
A big thank you

Financial wellbeing:

Higher or lower
Coin chain
challenge
Fruit shop
Know your coins

Environmental wellbeing:

Nature
neighbours
Rainbow
recycling centre
Waste of time
Tree-mendous
senses
Bug hunt
Bincocular bingo

Skills builders

Explore stage 1
Network stage 1
Innovate stage 2
Lead stage 1 and 2
Live smart stage 1 and 2
Influence stage 1
Make change stage 1 and 2

Interest badges

Agility
Drawing
Healthy mind
Helper
Nature
Recycling
Fruit and veg

Key:

Have adventures = green
Know myself = blue
Express myself = dark pink
Be well = purple
Skills for my future = light pink
Take action = orange

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Programme links



Unit meeting activities

Physical wellbeing:

Shiny teeth
Cyclist says
Kabaddi
It's a hole in one
Rallies and relays
Birds of a feather
Hootenanny
En pointe
Seasons eating
Dancing in the rain

Emotional wellbeing:

Mindful music
Mellow moment
Big up a Brownie
Spread your wings
One good turn leads
to another
You on a plate
Reflect on your
reflection

Financial wellbeing:

Need vs want
Brownie market
place
Stepping stone
savers
Profit and pitfalls
Coin hunt

Environmental wellbeing:

Trash fashion
All creatures great
and small
Super Brownies
Brownies on the
move
Nature noises
Find my friend
Bottle mansions
Hedgehog home

Skills builders

Skills for my future: Lead
Be well: Feel good
Know myself: Network

Interest badges

Baking
Charities
Dancing
Grow your own
Inventing
Painting
Zero waste
Mindfulness

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Unit meeting activities

Physical wellbeing:

Ready to rally
Totally ga-ga
Touchdown
Burning ball
Surfs up
High flyer
Tap it out
Break to bank
Capture the sun
Penny hike
Prop-er dancers

Emotional wellbeing:

Splatter
Perfect your poses
Soothing scribbles
Tai one, two, chi
Pets rock

Financial wellbeing:

Earn it, save it
Independent savers
Myth busting
Bank or bust
Savvy shopper

Environmental wellbeing:

A-Z in nature
Biodiversity blitz
Wild wax
Build a beast

Skills builders

Make change stage 3,4,5
Influence stage 5
Happy thoughts stage 3
Feel good stage 3,4,5
Live smart stage 3 and 4
Explore stage 4
Communicate stage 4

Interest badges

Confectionery
Craftivism
Fitness
Meditation

Mixology
natural remedies
Navigator
Upcycling

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Unit meeting activities

Physical wellbeing:

The great guiding games
Anything goes hockey
Sitting volleyball
Kicking it
Jianzi
Karate block
Tennis tournaments
Rhythm and rhyme

Emotional wellbeing:

Tea tasting
Scratch the surface
Relaxation station

Financial wellbeing:

Earn it, save it
Balancing act
Independent spenders

Environmental wellbeing:

Plastic fantastic
Speedy scavengers
Land art
Diversify your garden

Skills builders

Feel good stage 5 and 6
Make change stage 5
Influence stage 5
Live smart stage 6
Explore stage 6

Interest badges

Event planning
Self care
Sports
Cooking
Saver

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