

The logo for 'RANGERS' is displayed in a blue, rounded rectangular box. The word 'RANGERS' is in a bold, sans-serif font. Below it, in a smaller font, is 'age 14 - 18'.

RANGERS

age 14 - 18

The title 'ACTIVITY PACK' is written in large, bold, teal letters. It is surrounded by various stationery icons: a pair of yellow scissors at the top left, a magnifying glass at the top right, a yellow paper ring at the right, a red pen at the bottom center, and several colored pencils and a notepad on the left.

ACTIVITY PACK

Whilst we are not able to meet in person, we have come up with some things for you to do at home. There are lots of fun activities and some for you to do with your household too.

Please contact your Leader to let them know how you got on with the activities.

THANK YOU AND HAVE FUN !

Created by The Space to Grow Together Project



COLLECTING HAPPINESS

It is really important to look after our mental health.
Sometimes it can be difficult to remember the things that
make you happy or you are grateful for.



WHAT YOU'LL NEED...



A jar, paper to line it with,
or 2 pieces of A4 paper to
make a box.
Strips of paper and
colouring pens.



WHAT TO DO

1

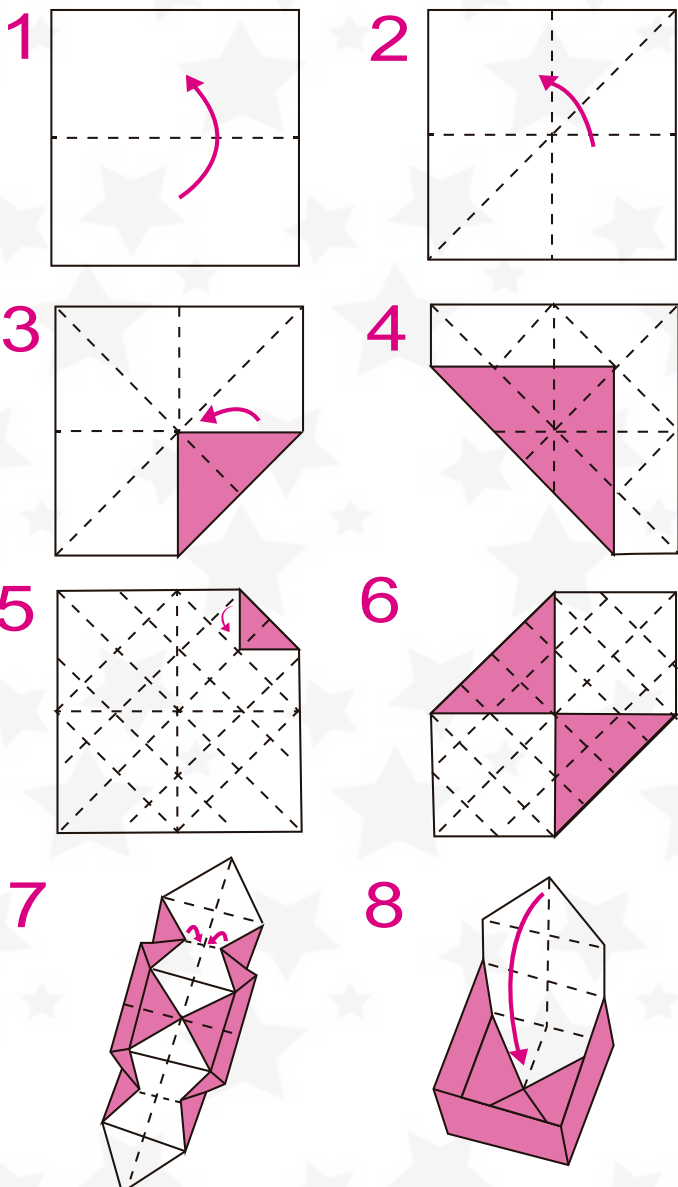
Clean out your jar and cut a piece of paper so that it fits inside the jar. Decorate the paper so that it looks funky.

Or fold an A4 paper to make a box following the instructions on the next page. Decorate one side of the paper with a really funky pattern.

2

On strips of paper write down all the things that make you happy and put them in your jar or box.
Whenever you are worried or feel sad, take out one of your happy thoughts and read.

ORIGAMI BOX TUTORIAL



1. Start with your paper patterned side face down. Fold the square in half to form a rectangle. Open out and repeat in the other direction.

2. Now fold your square in half diagonally, open out and repeat in the opposite direction then open out again.

3. Fold each point into the centre, then unfold to your square again.

4. Fold each point of the square to the point three-quarters across, as in the diagram below, then open out again.

5. Now fold each point one quarter across, then once again open out to the square.

6. Now fold 2 opposite points to the centre.

7. Push the sides up to start making the 3-dimensional box shape.

8. Finally tuck the remaining 2 corners inside the box. Your box should keep its shape on its own, but if you like you can use a little glue to secure the triangle points to the base of the box.



RATHER THAN STORING HAPPY THOUGHTS YOU COULD TRY OFFLOADING YOUR WORRIES INSTEAD:

If you find that your worries are weighing you down it might help if you jot them down, when a worry comes into your head during the day, make a note of it on strips of paper and then continue about your day.



TAKE IT FURTHER

Why not really get into the swing of mindfulness by working on the Ranger Self Care interest badge?



LOVE GUIDING + TELL OTHERS ABOUT IT

Guiding is amazing – and you know it ...

Sadly not everyone knows about the fantastic opportunities and activities that guiding has to offer.

Can you help to spread the word?

WHAT YOU'LL NEED...

Pencil or pen

Optional:

Colouring pens or pencils



WHAT TO DO



1

List all the things that you have enjoyed doing in guiding. This could even include activities that you did in younger sections as well as in Rangers.

Are there any opportunities that you're looking forward to in the future?

2

Decide how you are going to promote guiding locally.

Will you produce a poster to display in a local supermarket/post office/school or college etc?

Could you write an article for your local free press or even local radio?

3

Put your ideas into action and spread the word about how amazing guiding is!

TRY IT THIS WAY



Produce an advertising campaign that promotes guiding to all age groups (5-7 yrs old for Rainbows, 7-10 yrs old for Brownies and 10-14 yrs old for Guides) or their parent/carers.

Could you create a range of ideas (social media posts, posters, free press article) to promote guiding locally to your chosen age range locally?

★ AWARDS FOR EVERYONE

Everyone loves to be recognised by others for anything that makes them awesome. You're going to make your friends and/or family feel great about themselves by presenting them with an award and including a few words about what makes them fab.

WHAT YOU'LL NEED...

Paper, pencil, pen
Optional: Colouring pens,
Craft materials, aluminium foil



WHAT TO DO

1

Decide who you want to create your award for. You can choose as many friends and family as you like.

2

Decide what makes them so fabulous that they deserve an award from you.

3

Prepare your award speech about them. Don't worry – if you're too shy to say the words to them you can always write it down and present it to them.

4

Design their award – you could either draw what the award looks like or you can even make the award using craft materials.

5

Present them with their award and either read your speech to them or give the speech to them.



TRY IT THIS WAY

Aluminium foil makes a great material for sculpting a small award!





ELEPHANTS NEVER FORGET

Learn about your personality type
and how you interact with other people.



WHAT YOU'LL NEED...

Paper and
pencil or pen



WHAT TO DO

1

You have no more than 5 minutes to draw an elephant. On your marks, get set and GO!



2

Look at the next page to interpret your drawing.

3

Do you agree with what your picture says about you?
It's OK to disagree... because this is just a bit of fun, and how
you were feeling when you drew the picture doesn't always
equal how you are as a person.

TAKE IT FURTHER



If you've enjoyed finding out about your personality
types then why not have a go at the Morals and
Values interest badge.



ELEPHANT ANALYSIS IF THE ELEPHANT IS DRAWN:



Toward the top of the paper
You have a tendency to be positive and optimistic.



Toward the middle
You have a tendency to be a realist.



Toward the bottom
You have a tendency to be pessimistic and may be prone to behaving negatively.



Facing left – You have a tendency to believe in tradition and be friendly; you may also be prone to remembering dates well.



Facing Right – You have a tendency to be innovative and active, but may be prone to forgetting dates easily and may not have a strong sense of family.



Facing front – You have a tendency to be direct, and may enjoy playing the role of devil's advocate; you also are prone to neither fearing nor avoiding confrontational discussions.



With few details – You have a tendency to be emotional and to focus on the larger picture rather than focusing on details. You also have a tendency to be a great risk taker and may sometimes be prone to reckless and impulsive decisions.



With many details – You have a tendency to be analytical, but may also be prone to being cautious to the point that you struggle with trust.



With less than 4 legs showing – May indicate that you are living through a major period of change and as a result you may be prone to struggling with insecurities.



With 4 legs showing – You have a tendency to be secure and to stick to your ideals; however, others may describe you as stubborn.



With extra large ears – Indicates how good of a listener you are (the bigger, the better).



With a long tail – Indicates how intelligent you are (the longer, the better).



ENJOY NATURE

Share with others what the physical, intellectual, emotional and social benefits are of spending time in nature.

WHAT YOU'LL NEED...

Paper, scissors and pen
Optional:
Colouring pens or pencils.



WHAT TO DO



1

Settle yourself down either outside in your garden, in a local park when out with members of your household, or even on a comfy chair looking out of your window.

2

Jot down all the physical, intellectual, emotional and social benefits that you can think of about spending time in nature.

3

Make a blank zine (mini booklet) – example instructions are given on the next page.

4

Fill your zine with all the benefits of nature

- **Front page** – title
- **First double page** – physical & intellectual benefits of being in nature.
- **Second double page** – emotional & social benefits of being in nature.
- **Third double page** – ideas for getting out into nature – local places to go, activity ideas etc.
- **Back page** – space for notes or links to websites.

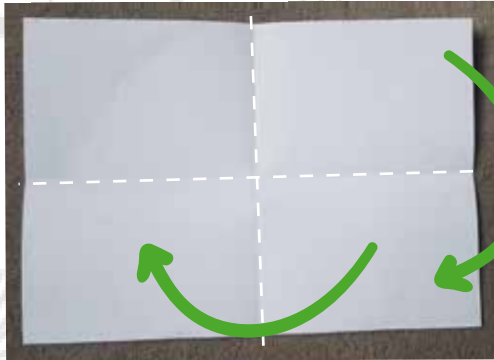
TAKE IT FURTHER

Could you make multiple copies of your zine and give to people locally?



HOW TO MAKE A QUICK ZINE

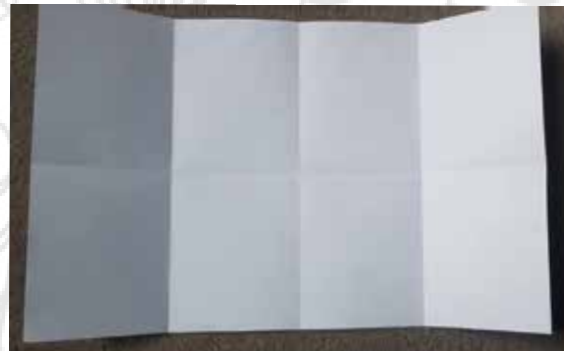
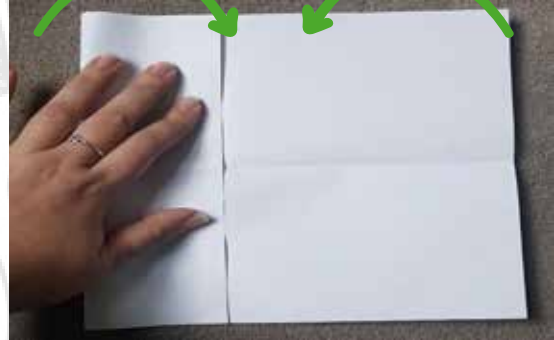
1 A4 PIECE OF PAPER



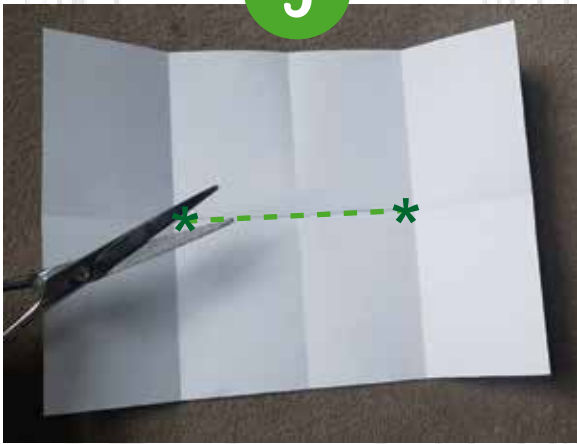
FOLD IN HALF BOTH WAYS

2

FOLD SIDES INTO THE CENTRE



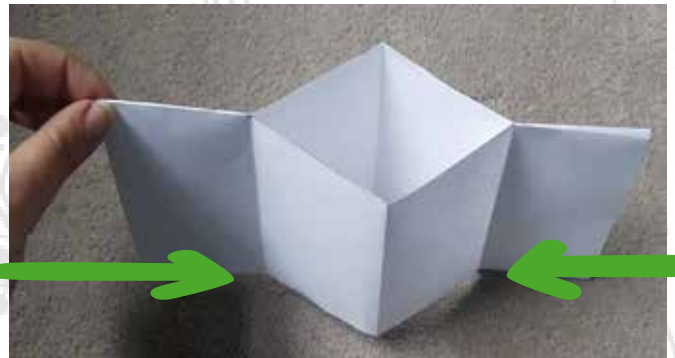
3



CUT ALONG THE CENTER FOLD CAREFULLY WHERE INDICATED.

4

FOLD IN THE HALF THEN OPEN UP AT THE CUT IN THE CENTRE.



PUSH TOGETHER UNTIL IT FORMS FOUR PAGES.

5

FOLD SO IT FORMS A COVER ON THE OUTSIDE.





MY KINDA ROLE MODELS!

Identify women who inspire you and think about what it is that makes an inspirational woman.



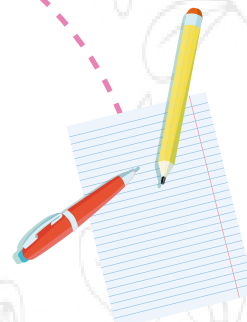
WHAT YOU'LL NEED...

Pencil or pen

Optional:

Colouring pens or pencils

Craft materials



Did you know
8th March is
International
Women's Day?



WHAT TO DO

1

Around the body outline on the next page write the names of all the women who inspire you. These could be famous women and/or women that you know in real life (Like your family, friends, teachers or guide leaders).

2

For each woman that you have written down add why they inspire you. Maybe they are funny, brave, strong, clever, powerful?

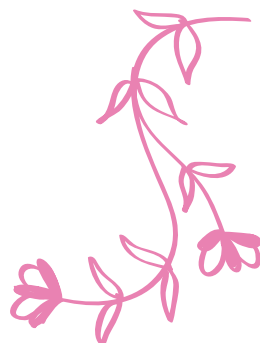
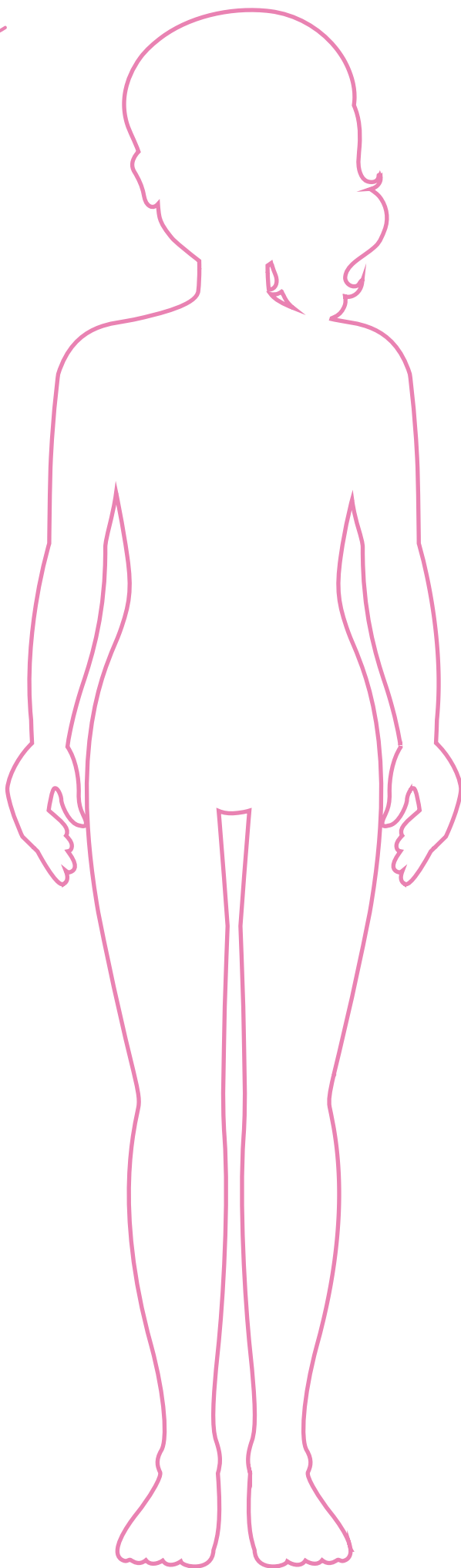
3

Inside the body outline write down your ideas about what makes an inspirational woman. You could plan how you could become an inspirational woman.

TAKE IT FURTHER



Create a piece of art that shows your ideas about inspirational women. This could be a drawing or a collage. If you have access to newspapers or magazines or if you have craft materials then really get creative.

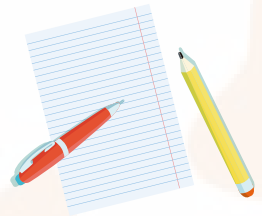


GET MORE ACTIVE

Spring is a great time to get more active
and to learn more about your pulse and the effects of
exercise.

WHAT YOU'LL NEED...

Paper and pen or pencil
A way of measuring
one minute
Optional: Calculator



WHAT TO DO



1

Put your first and second finger on the inside of your opposite wrist and count how many times you can feel your pulse beat in 1 minute.

2

Work out your suggested maximum heart rate (Max HR):
 $\text{Max HR} = 220 \text{ minus your age.}$

3

Work out your target heart rate range for exercise:

50% max HR = max HR divided by 2.

70% max HR = max HR multiplied by 7 and then divided by 10.

Your target exercise range is between 50% and 70% of your max heart rate.



Normal resting pulse rate is between 60 and 80 beats per minute (bpm).

So: for someone **14 years** old max HR is $220 - 14 = 206$ bpm

for someone **16 years** old max HR is $220 - 16 = 204$ bpm

for some **18 years** old max HR is $220 - 18 = 202$ bpm

TAKE IT FURTHER



Set yourself an activity goal, which raises your pulse to
between 50% and 70% of the maximum for your age...
and try to stick to it for 2.5 hours over the week.

COMMUNITY MATTERS

Design your ideal community

WHAT YOU'LL NEED...

Pencil or pen
Optional:
Colouring pens or pencils
craft materials



WHAT TO DO



1

Think about everything that there is in your local community... is there anything missing that you think that it should have? Here is your chance to design the perfect community.

2

Start by drawing some roads, then add in different buildings and label them so you know what they are. Think about the impact on the environment of your community.

3

Remember to include:

- Activities for people of all ages.
- Health services, emergency services and education.
- Places of worship, shopping and leisure.
- Transport links and communication methods.

LIRPA LOOF TIME

April Fools day doesn't have to be about playing tricks on people...
the media have a history of creating wacky news stories too.

By the way, Lirpa Loof is April Fool backwards!

WHAT YOU'LL NEED...

Pencil or pen

Optional:

Colouring pens or pencils
craft materials



WHAT TO DO



1

The Lirpa Loof is a new creature that has been discovered by scientists where you live. Decide what a Lirpa Loof looks like. Is it a bird, a fish, a mammal or even a crazy looking alien?



2

Draw what a Lirpa Loof looks like.

3

Can you come up with some interesting facts about Lirpa Loofs to persuade people that they really exist?

TRY IT THIS WAY



If you have any craft materials available why not make a model of a Lirpa Loof? Its body could be made out of a pompom.

ACTIVITIES

for you and your household to try

♥ RAINBOW WALK

Rainbows are a symbol of hope. Following the latest guidance on exercising outdoors, wrap up warm and go out for walk with your household. While you are walking, see if you can spot something to represent each colour of the rainbow. When you get back home you could draw or paint what you saw.

♥ POSITIVE MESSAGES

A positive message can change someone's day. Leave positive notes around the home. How about a joke, a funny face, something you are grateful for, a picture or an inspirational quote? You could spread your positivity even further and leave messages in your community for people to find.

♥ PANCAKE MEMORY GAME

Make a stack of cardboard pancakes (you could cut up a cereal box), then draw a letter, number or shape on pairs of pancakes. Turn all the pancakes face down and shuffle them around. Now take turns using a spatula or a spoon to flip two pancakes over at a time, trying to find matching pairs.

♥ FOOD WASTE CHALLENGE

In the UK the average household throws away 22% of their weekly shop, worth £730 each year. To tackle your food waste, you could keep a food diary by noting down any food that ends up in the bin and why. Why not put your diary on the fridge so everyone can see it?

At the end of the week, come up with one thing you will do to reduce your food waste and keep a diary for a second week. You can repeat this challenge for as many weeks as you want, to see how much food you can save from going in the bin.

♥ LEFTOVERS BAKE-OFF

Instead of throwing away old fruit, vegetables or bread, you could turn it into something delicious instead. Try making courgette cake, banana bread, beetroot chocolate cake, fruit and veg smoothies, or bread and butter pudding.

Or you could challenge your household to come up with new meals using just five ingredients from your store cupboards, fridge or freezer.



♥ SCAVENGER HUNT

Turn a walk around your neighbourhood into a scavenger hunt. Take a pen and paper with you and see if you can find an object that begins with each letter of the alphabet. You could see if you can find a street name for each letter. You can also do this activity around your home.

♥ GET ACTIVE

Getting active is about breaking a sweat while having a bit of fun. How about coming up with a dance routine for your favourite song and performing it? You could teach your routine to your household. If you've got the internet, check out This Girl Can's Disney workouts for ideas

www.thisgirlcan.co.uk/activities/disney-workouts

♥ EARTH HOUR INDOOR CAMPING

This year's Earth Hour takes place on Saturday 27th March, with people across the world making a stand against climate change by turning off their lights between 8.30 - 9.30pm. Turn your living room or bedroom into an indoor campsite using blankets, bedsheets, pillows and anything else you can find. Grab your torches and a hot chocolate, wrap up warm and turn the lights out.

Challenge each other to a game of Heads Up. Write nature or wildlife-related words on pieces of paper. Take it in turns to hold a word to your forehead, while others act it out and you try to guess what it says.

There are more fun ideas on the Earth Hour website

<https://latest.earthhour.org/earthhour-at-home>

♥ TIME CAPSULE

Fill a box with memories such as personal treasures, birthday cards, artwork and items from this era, like a coin, newspaper or food packaging. You could also include details about your life, such as your favourite food, music or TV programmes. Make sure the box is waterproof if you want to bury it in the garden, or hide it in a cupboard, under the bed or in the loft. You could even decorate the box or make one to give to someone as a present.