Welcome to Girlguiding Anglia's...



Challenge pack

In partnership with the Institute of Acoustics

What is the Institute of Acoustics?

The Institute of Acoustics is the UK's professional body for those working in acoustics, noise and vibration. It was formed in 1974 from the amalgamation of the Acoustics Group of the Institute of Physics and the British Acoustical Society (a daughter society of the Institution of Mechanical Engineers). The Institute of Acoustics is a nominated body of the Engineering Council, offering registration at Chartered and Incorporated Engineer levels.



Why take part in this challenge?



Have you ever watched your favourite pop star at a concert and dreamed that one day you would be on a stage performing in front of a huge audience? Or perhaps you have taken part in your school plays and always wanted to develop your skills in public speaking? Or do you just have an interest in all aspects of sound engineering and sound production?

This badge has 3 sections and a compulsory element. You can work through it alone or as part of your unit meeting activities.

What do you have to do to complete the challenge?

Everyone must complete the compulsory element as well as the required number of activities from each section for their section as shown below:

- Rainbows – complete at least 1 activity from each section.
- Brownies - complete at least 2 activities from each section.
- Guides and Rangers - complete at least 3 activities from each section.
- Adults and Trefoil - complete at least 3 activities from each section.



Compulsory element: How to hold a microphone

Have you ever watched a famous person on a stage where you couldn't hear them very clearly? Holding a microphone may look easy but if you don't hold it the correct way you may not reach your audience. Try this experiment to see how you should hold a microphone. By using a torch, you can shine it on your face to see if you are holding it correctly. Get your other unit members to check or look in a mirror.

What you need:

- An empty kitchen roll tube or long crisp tube
- A lightweight torch
- Sticky tape and scissors

Download an additional resource for photo instructions

Instructions:

- Get your tube. If using an open ended tube, seal one of the ends with Sellotape.
- Turn the torch on and put it in the tube so it is shining out the open end.
- Hold the microphone up as if you are singing a song or reading a speech.
- Does the light shine on your mouth? If it doesn't try asking your friends to help direct you or use a mirror.

Perhaps you have a karaoke machine. Why not test out your skills with a karaoke night. Next time you see someone giving a speech with a microphone how would you rate their microphone technique? Maybe it is a teacher at school or perhaps a pop star on stage, or it could be a politician or other famous person on the news.

Did you know?

A microphone works like an electronic ear that turns your voice and other sounds into electricity.

Competition

What to do:
Create your very own personalised microphone!
Decorate your cardboard tube however you like. Make it colourful, creative and completely your own.

Once you're happy with your design, carefully attach a small torch inside the tube so that the light shines through the opening at the top of your microphone.

You will need:
- A toilet roll tube, or a kitchen roll tube cut in half
- Coloured pens
- Craft materials of your choice
- A small torch
- Tape

The challenge:
Can you make your microphone stand out from the crowd?
Bonus: Why not give your microphone a name?

Now it's time to step into the spotlight!

Prepare a short performance using your microphone. You could:
- Sing a karaoke song
- Tell some jokes
- Give a speech
- Read a poem
- Tell a story
- Perform a character or skit with some friends
- Or come up with your own idea!

The challenge
The aim isn't to give the perfect performance - it's about having a go, using your voice and becoming more confident speaking in front of others.

Timeline/instructions for the competition

Judging is expected to take place around Easter 2027. This will allow units to take part during their winter and spring term programme 2027.

Once your girls have created their amazing microphones, we need you as unit leaders to choose the microphone you think is the most creative and personalised from all the girls who participated in your unit. We have a blank template score sheet to make it fair and easy for everyone judging to download as part of the pack.

All you then need to do is to take a great picture of the winning microphone and upload the picture/complete the form on our website here: girlguiding-anglia.org.uk/for-members/challenge-packs/step-up-to-the-mic

Your unit's winning entry will be judged by your county along with lots of others from the same section when the competition closes.

The plan is that each county will submit their winning entry in each age category:

- 4 – 7 years Rainbows
- 7 – 10 years Brownies
- 10 – 14 years Guides
- 14 – 18 years Rangers/young leaders

A maximum total of 12 entries per age group.

We will be offering a prize to the winning entry in each age group (4 prizes in total). There will also be 1 overall prize to the county whose winning entries accumulate the most points overall.

All entries will be judged according to the same criteria from unit level to the industry experts to make it fair to everyone who enters. All scoring should be out of 10.

We will have a final overall judging panel of industry experts or musical artists. We want to raise the awareness of females in the music industry and provide inspiration for our young members. This exciting information will be shared on our social media channels/email newsletter in the coming weeks.

Key

Download an additional resource

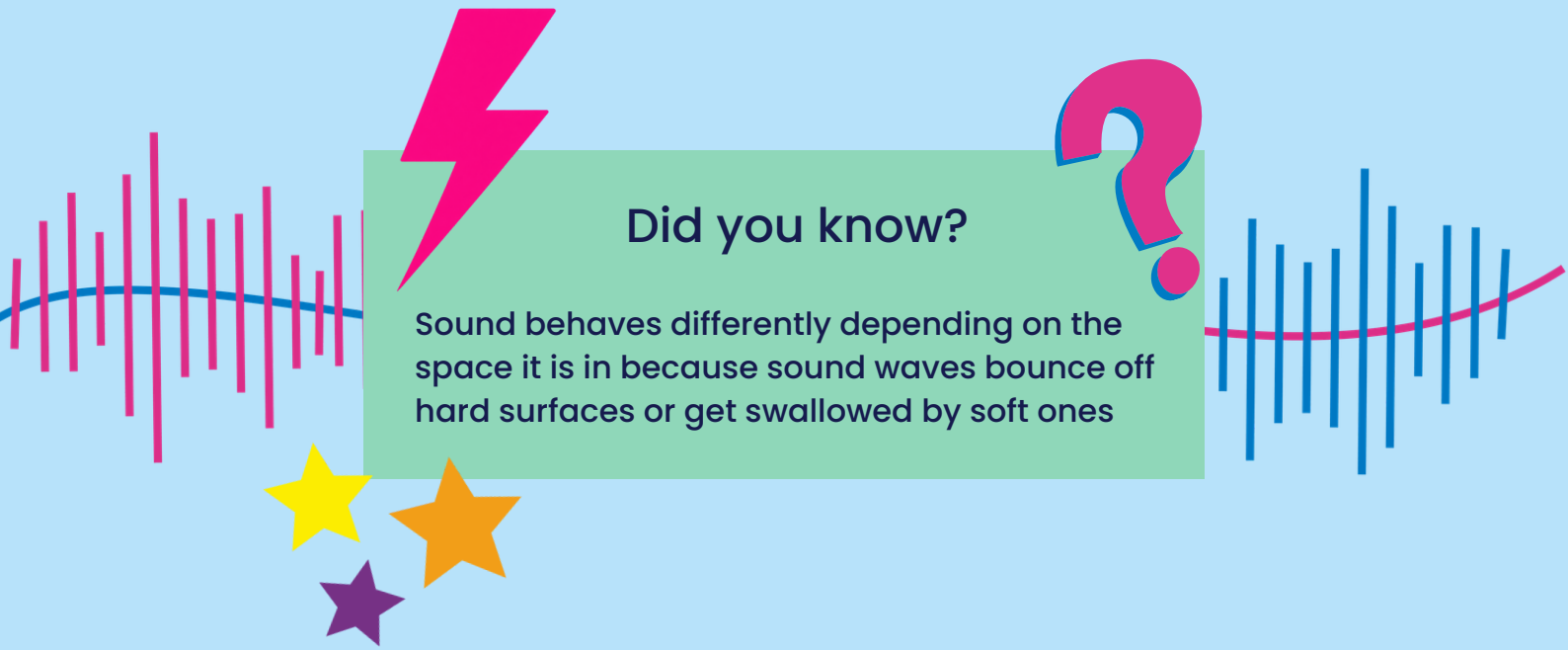
Suitable for Rainbows

Suitable for Brownies

Suitable for Guides

Suitable for Rangers

Programme link



Did you know?

Sound behaves differently depending on the space it is in because sound waves bounce off hard surfaces or get swallowed by soft ones

Theme 1: Speaking

Did you know?

Sound is made when an object or living thing shakes back and forth quickly, which we call a vibration.



Create a game to practice projecting your voice

Learn about the diaphragm and how it helps us to speak clearly

Learn to speak in different languages



Practice meditating

Try some breathing exercises to support speech

Create a game with a speaking element

Can you hear me? A voice projection experiment

Theme 2: Performing



Did you know?

Sound moves about four times faster through water than through air because the molecules are closer together.

Narrate a story of your choice

Interview someone in your community

Create a unit podcast about an event or activity you have done



Put on a karaoke evening in your unit to test out your new skills

Put on a talent show. You could sing, play an instrument or act out a show

Careers involving performance

Become a sound detective

Theme 3: Recording

Did you know?

Acoustics are used in everyday life to control noise, improve communication, and enhance our comfort in homes, workplaces, and public spaces

Learn about vibrations in sound

Visit a local studio or radio station

Carry out an interview or invite a speaker to your unit



Learn to recognise sounds

Learn about the tools used for recording

Learn about the proximity effect

Another recording based challenge of your choice

Programme links



Be well
Feel the music
Laughing out loud
The big blue whale

Interest badges
My thoughts
Storyteller

Express myself
Curtain call
It's sounding stormy
Music maestro
Splat bang zoom
The art of distraction

Have adventures
Campfire singsong
All my friends
Tune into our history

Skills for my future
Great greetings
Music band masters

Take action
Sing for safety

Programme links



Take action
Blast from Brownie past
Brownie broadcasters
Listen up
Uniquely you
Mission: understanding

Interest badges
Speaking out
My voice
Performing

Express myself
Catch a story
Clowning around
Hootenanny
Sea shanty sing-song
Sensory stories

Have adventures
Dancing in the rain
Nature noises

Be well
Kabaddi
Mindful music

Skills for my future
Brand your band
Thank you, merci, takk

Know myself
Buddy bingo
Festival fun
Sound of my unit

Programme links



Be well
Checking in
Comfort for your discomfort
Perfect poses

Interest badges
Campaigning
My views

Express myself
Create a cast
Knock knock
Prop-er dancers
Props to you
Sensational sound effects
Sounds around

Have adventures
Adventure sounds

Take action
A game of no noise
Accesstival
Flash mob

Skills for my future
Music video magic

Know myself
Aeroplane answers
Battle of the air bands
Director's cut

Programme links



Be well
Move to the music
Music motivator
Relaxation station

Interest badges
My say
Interests

Express myself
Beat it
Breaking news
Hear me roar
On the air
Slam
Trill trip

Have adventures
Fireside games

Take action
Change the chat
Rockin' Rangers
Our choices, our voices

Skills for my future
Project festival

Know myself
Bona fide cure
In the hot-seat
Spread the word