

Welcome to
Girlguiding Anglia's
Girlguiding Journey
challenge pack



With thanks to Girlguiding North West Norfolk division

Welcome to the Girlguiding Journey challenge pack!

The Girlguiding Journey garden and challenge was created by amazing volunteers in Girlguiding North West Norfolk division to tell the story of how girls grow through guiding, from Rainbows to Rangers, using nature, and hands on learning. Designed for the Sandringham Flower Show 2026, the garden reflects real Girlguiding badgework, including Bee Rescuers, and Gardening. At its heart is the Girlguiding promise bench, symbolising the values that connect all sections together.

The challenge pack exists so that everyone can be part of that story. The garden represents the kind of learning that happens every week in units across the region, and this challenge invites members to explore the same ideas through practical, achievable activities.

A huge thank you to **Girlguiding North West Norfolk** for all their hard work and creativity that went into writing this pack and the activities within it.

After the flower show, the journey continues. The garden will be relocated to Hautbois Activity Centre, becoming a permanent outdoor classroom for Girlguiding Anglia members.



How to complete the challenge

To complete this badge, you need to complete a minimum of 4 challenges, with at least 1 from each of the 3 sections: discover, create and share.

Many of the activities included could also link to the Girlguiding programme. The challenges can be adapted to be done at home, in the unit meeting place, or in a local community space. The focus is on learning, getting hands-on, and understanding the why behind the actions. This badge will empower the girls and young women of Anglia to become true leaders in creating a more sustainable future.

Once you have completed at least 4 activities, you can order your Girlguiding Journey challenge badge from our retail shop: girlguiding-anglia.org.uk/shop

We hope that you love this challenge pack! 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.



Key



suitable for Rainbows



suitable for Brownies



suitable for Guides



suitable for Rangers





Section 1

Discover

The little gardener

Seed detective: look closely at different seeds (for example, a pumpkin seed, sunflower seed, or a bean). Draw or paint a picture of your favourite one.

Bug hotel builder: find some sticks, leaves, and other natural materials. Work with your unit to create a small bug hotel to provide a home for insects in your garden or meeting place.

The water saver: learn why plants need water. Sing a song or act out a short play about how to save water, like using a watering can instead of a hose.



Planet protectors

Composting crew: learn what composting is and why it's good for the environment. Help set up a small compost bin or a wormery at your unit meeting place or at home.

Native plants: research three plants that are native to your county and find out why they are good for local wildlife. Draw a picture of one.

The water cycle game: play a game or create a poster that explains the water cycle and why it's important to use water wisely in our gardens.



Eco-innovators

The climate change connection: research how climate change is affecting gardens and wildlife (for example, changes in rainfall, and new pests). Create a presentation or a short video about your findings.

The sustainable sourcing audit: look at 3 different gardening products (for example, compost, plant pots, and a bag of seeds). Investigate where they come from and how they are made. Which is the most sustainable?

Partner up: research a company or a local organisation in your county that is a leader in sustainability or horticulture. Find out about their ethos and products and present your findings to your unit.



The visionary gardener

Sustainable design deep dive: research and analyse the principles of sustainable garden design, focusing on a specific concept like permaculture or xeriscaping. Create a detailed presentation or a short article explaining your chosen concept.

The carbon footprint of a garden: investigate the carbon footprint of gardening activities, from soil production to tool use. Develop a plan to reduce a garden's carbon footprint and present your findings.

Policy and planning: research local or national policies on green spaces and environmental sustainability. Write a short report on how these policies affect local gardens and what changes you would propose.



A stylized tree with a white trunk and green foliage against a light blue background. The tree has a thick, white trunk with dark brown horizontal stripes. The canopy is composed of many small, dark green circles representing leaves. The text "Section 2" and "Create" is overlaid on the tree's canopy.

Section 2

Create

Making it grow

Potting up: plant a seed in a pot and take care of it for at least a month, making sure it has water and sunlight.

Recycled planter: use a recycled container, like a milk carton or a plastic bottle, to make a new pot for a plant.

Garden collage: make a collage of a garden using natural materials you've found on a walk, such as fallen leaves, petals, and grass.



Sustainable solutions

Miniature rain garden: design and create a miniature rain garden in a tray or a container, using pebbles, soil, and small plants. Explain how it helps prevent flooding.

Pollinator power: make a bee hotel or a butterfly feeder to put in your garden or a community space.

Recycled garden art: use discarded items like old CDs, bottle caps, or tin cans to create a piece of art for a garden.



Our grow forward garden

Design and pitch: working in a team, design a 'grow forward garden' based on the RHS category brief. This should include a plan, a budget, and a list of sustainable materials and plants. Present your design to another unit.

Build a feature: use recycled or reclaimed materials to build a feature for a garden, such as a water butt to collect rainwater, a raised bed made from old pallets, or a vertical garden.

The plant propagator: learn how to propagate plants from cuttings, division, or seed-saving. Grow at least 3 new plants this way.



Building the future

Project management: lead a team of younger members (Rainbows or Brownies) in a gardening project, such as building a raised bed or creating a pollinator-friendly patch. Create a project plan, manage a small budget, and oversee its completion.

The circular garden: design and build a small-scale 'circular garden' feature that uses a closed-loop system, such as a self-watering planter or a system for collecting and using gray water.

Food for thought: plan, plant, and maintain a vegetable patch or herb garden for at least 3 months. Document the process from seed to harvest and cook a meal using your produce.



A stylized illustration of a tree with a white trunk and green foliage against a blue background. The tree has a thick, white trunk with dark brown horizontal stripes. The canopy is composed of many small, dark green circles representing leaves. The text "Section 3 Share" is overlaid on the tree's canopy in a bold, dark blue font with a light green outline. At the base of the tree, there are several green grass-like plants.

Section 3 Share

Helping our world

Show and tell: bring a photo or your planted pot to a meeting and tell the other Rainbows what you did and why it's important to look after plants.

Litter picker: spend 10 minutes helping to pick up litter in your local park or school grounds.

Garden story: draw a picture and tell a story about a little plant that grew big and strong because someone looked after it.



Spreading the word

Grow forward pledge: create a 'grow forward pledge' with your unit, listing 3 things you promise to do to be more planet-friendly in your garden or at home. Share your pledges with your family.

Garden tour: organise a short tour of your unit's garden or a local park for your parents, explaining the different plants and sustainable features you've learned about.

Design a poster: design a poster to encourage others to make their gardens more sustainable.



Leaders of change

Lead a workshop: plan and run a short workshop or activity on a sustainability topic for a younger Girlguiding section (Rainbows or Brownies).

Digital campaign: create a social media post, blog entry, or short video to share your 'grow forward garden' ideas and encourage others to be more sustainable in their own spaces.

Advocate for the planet: write a letter or email to a local councillor or a company, asking them to adopt more planet-friendly practices in their parks or products.



Community leaders

Mentoring and teaching: develop and lead a training session for Guides on a specific sustainable gardening skill, such as composting or propagating plants.

Community impact: organize a community gardening event or initiative, such as a seed swap, a gardening workshop, or a clean-up day at a local green space.

Global citizenship: research a global environmental issue related to horticulture or green spaces (for example, deforestation or loss of biodiversity). Create a digital campaign or a physical exhibition to raise awareness and propose solutions.

