

Welcome to the...



# Welcome to our wellbeing challenge pack!

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.

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](http://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

Host a tea party with your unit!

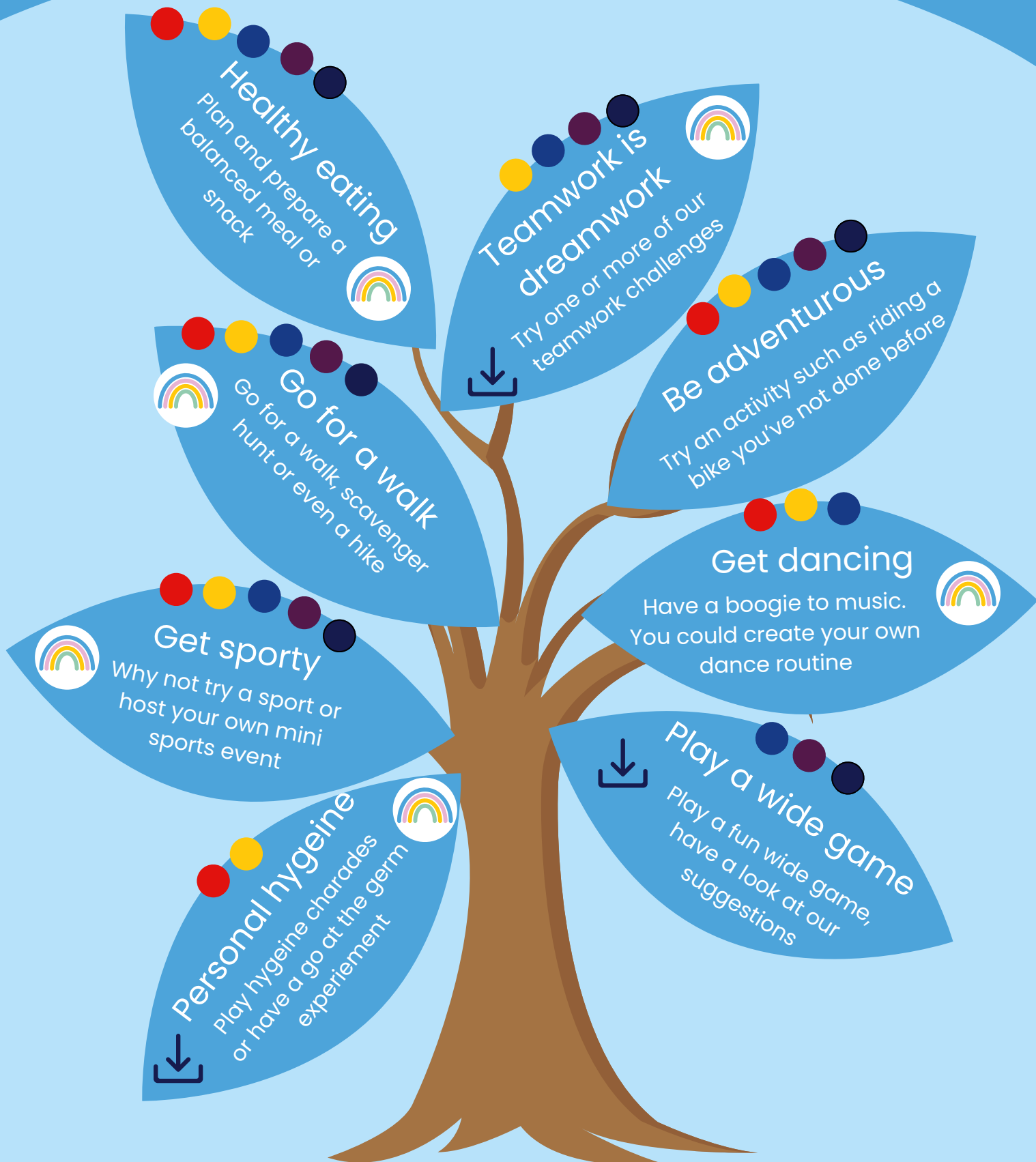
You could invite family and friends, community or anyone else you would like.

When hosting your tea party consider...

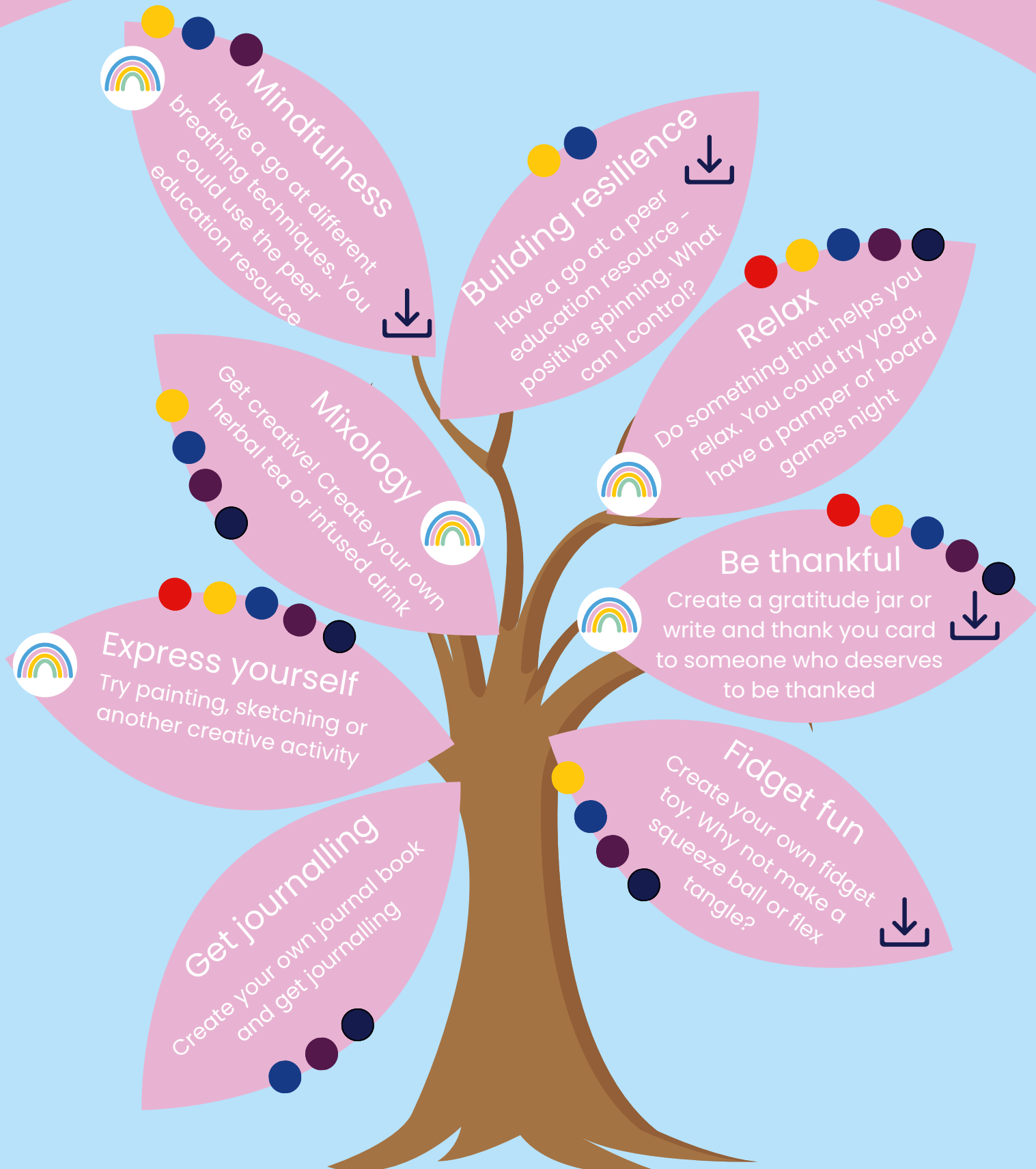
- Researching about where tea comes from and its history – why not have a go at our tea quiz.
- Choosing who you want to invite and sending out invitations.
- Creating decorations – think about using sustainable materials, we have some templates you can use.
- Choosing your favourite teas, refreshments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



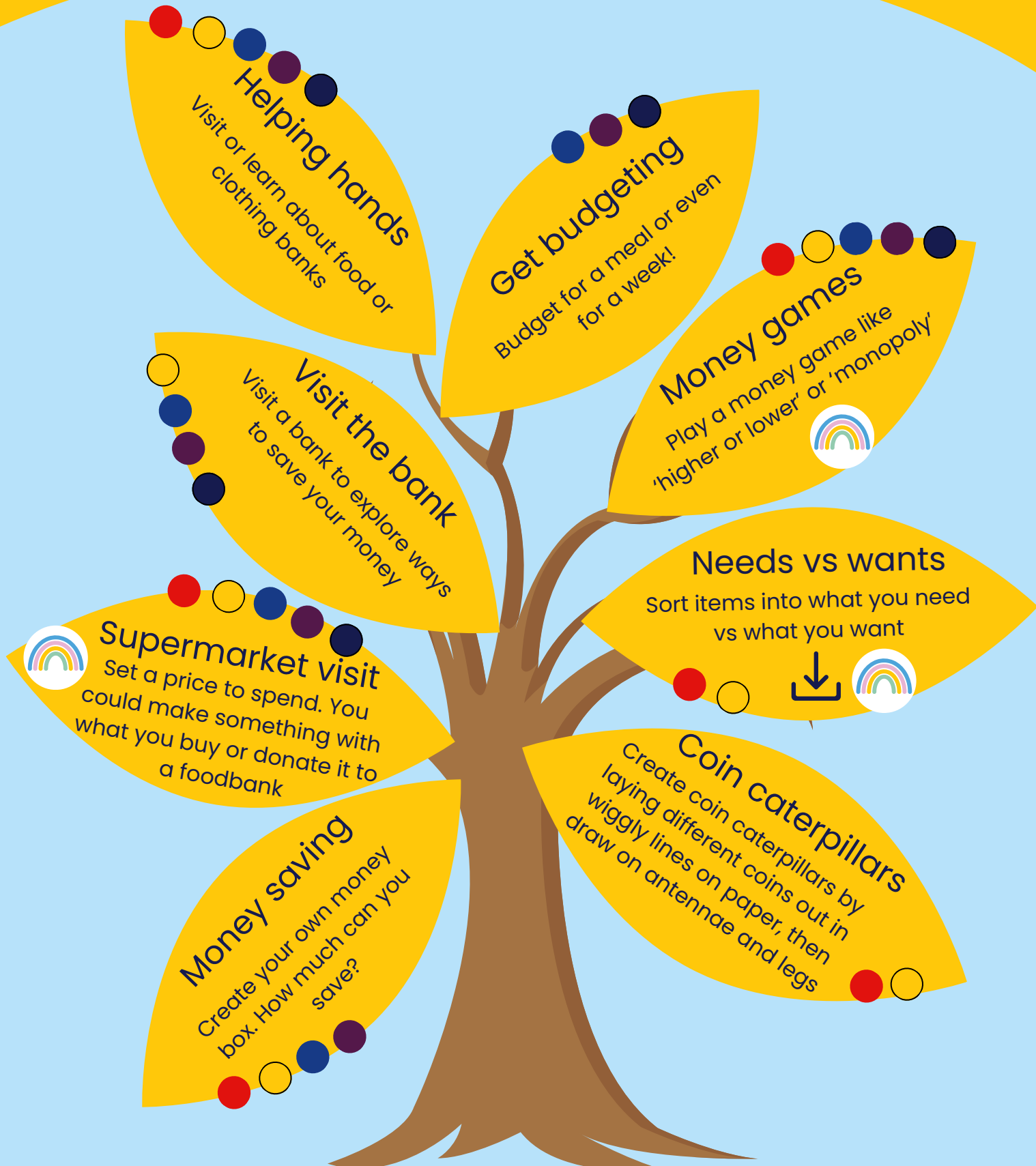
# Physical wellbeing



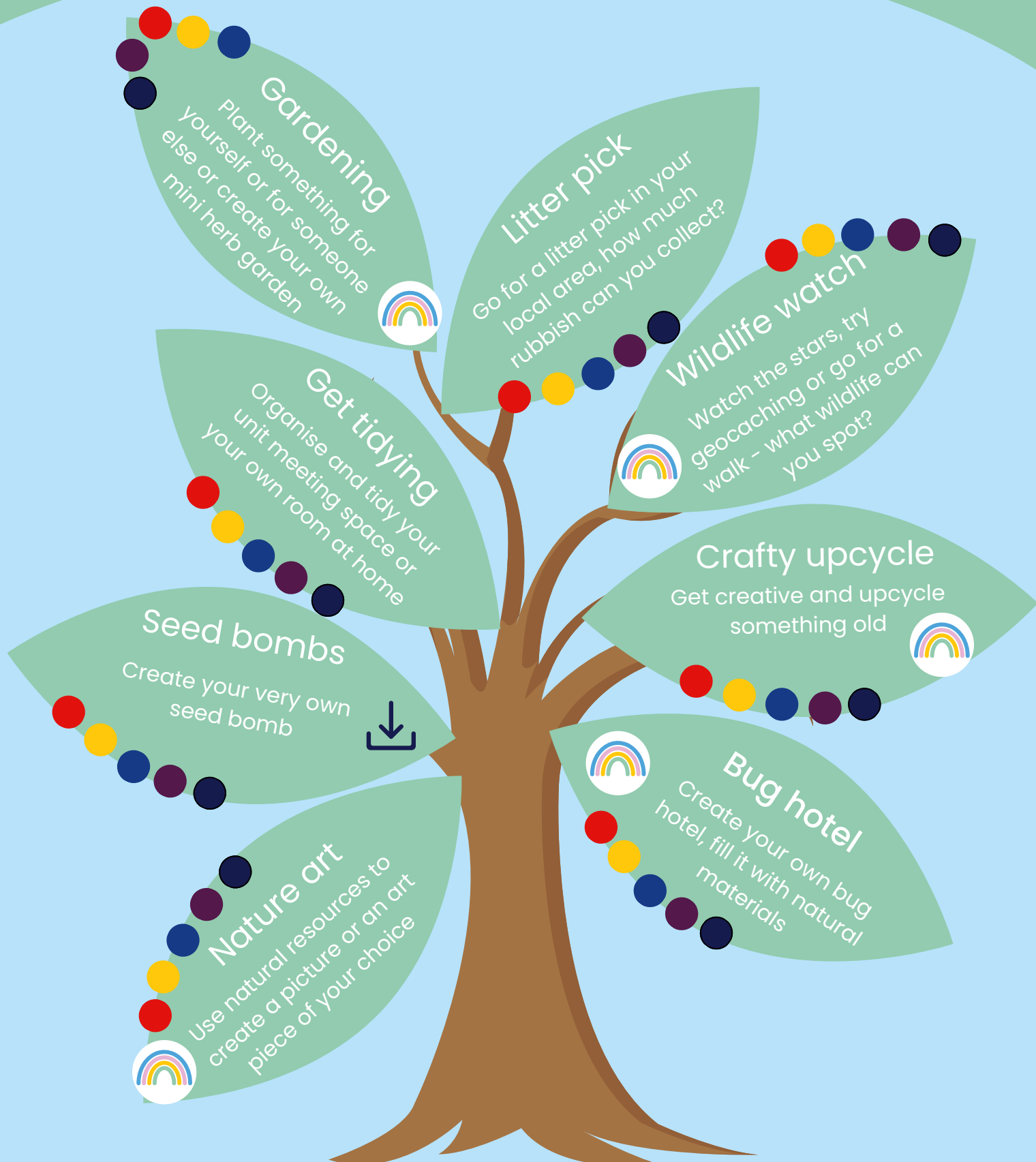
# Emotional wellbeing



# Financial wellbeing



# Environmental wellbeing





# 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



# 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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# Programme links



## Guides

### 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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# Programme links



## 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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