



The Girlguiding Anglia Winter Quest



**24 mini activities...
Will you take them on this
winter?**

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Introduction

Welcome to Girlguiding Anglia's Winter Quest! Your mission, should you choose to accept it, is to complete as many of our 24 mini activities this winter as possible – the activities in this pack can be done in a number of ways:

- In unit meetings across the autumn and spring term as a team
- At home as a traditional advent calendar with a challenge every day
- At home with family during the winter break away from your Girlguiding family

Our activity suggestions are intended to inspire you, feel free to adapt them into something that fits with your life and that day's theme. Many of the activities included could also link to the Girlguiding programme.

To complete this badge, you need to complete as many of the 24 activities as possible. There are spots to tick off the activities you have completed, to help you keep track of which ones you've done. There are some bigger activities that could be used to fill a whole unit meeting, and some small ones that might only take five minutes and can act as fillers.

Have some fun, and enjoy the winter and everything it has to offer.

The badge

Once you have completed the 24 activities from the quest, you can order your Winter Quest badge from our retail shop, girlguiding-anglia.org.uk/products/winter-quest-badge




Share the fun

If you have any photos of you, your unit or family completing the quest, 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.

 /girlguidinganglia
 @girlguiding_anglia
 @gguidinganglia





Don't forget to tick off the activities you complete as you go

Traditions

Ask about and discuss winter traditions as a group, then each write a poem or draw a picture that celebrates a winter tradition.

Winter sports

Get active and try some winter sports! Challenge your friends and see which sport is your favourite. Alternatively, get your thinking hats on and create your own winter sport.

Celebrating Kwanzaa

Kwanzaa is an annual celebration of African family and social values, celebrated from 26 December to 1 January. If you're feeling crafty, make some red, black and green decorations, or find 3 facts about Kwanzaa, including some traditional food eaten on Karamu.

Caring for the environment

Make some Christmas decorations from recycled materials, such as newspaper paper chains or cardboard tube snowmen.

Hide a happy note

Today, find a piece of paper (or maybe a rock) and write, draw or paint a happy message for someone. Now it's time to hide that note somewhere so they find it when they might least expect it.

Care this Saint Nicholas Day

6 December is St Nicholas day – a day known for raising money for the poor and leaving small gifts with funny rhymes in people's shoes. Discuss in your unit some ways that you can show you care for your community this winter, perhaps by donating to a charity shop or food bank collection.

Connect with nature

Think about what it's like to hibernate through winter. What animals do you know that hibernate and how do they use nature to do this? What would you do to prepare to hibernate?

Making music

Warm up your singing voice and write a song or poem about the winter and your favourite things about the season.

Be thankful

American Thanksgiving is celebrated on the fourth Thursday of November – can you list all the things that you're grateful for this year and what you hope will happen next year?

Let's beat loneliness

This season can be a time for getting together to celebrate, but it can also be a very lonely time. Reach out to someone who may be feeling isolated. Send a friend a text, give a stranger a respectful compliment, make a card for someone. Even a small gesture of kindness to a friend, neighbour or stranger can make a difference.

Winter baking

Bake some yummy winter treats like gingerbread men or a chocolate log and why not have a bake off in your unit and see who can create the best winter treat!

The Lohri festival

The Lohri festival, held each year on 13 January, is celebrated in northern India and marks the end of the winter. As this is a festival that celebrates harvest and fertility, these days people often celebrate by planting trees and saplings. Could you look after a plant, do some gardening or talk about how we prepare for spring?

A picture is worth a thousand words

It's time to brush off those creative skills and create a picture or winter card for somebody. You could do this as a unit and find another local unit to swap with, or do it individually to take home.



Make your voice heard

We want you to feel like you can speak up about things important to you and get involved in big conversations. That's why we're partnered with UK Parliament week. This winter, take part in UK Parliament week or as a unit, or with family, discuss topics you are passionate about and think about ways you could get your voice heard.



Snowy superwoman

We know that girls can do anything and be anything so if you could create a superwoman, what would she look like and what would she stand for? Create her a winter outfit out of recycled materials.



Lunar New Year

Lunar new year – or Chinese New Year – starts on the second new moon after the winter solstice, between 21 January and 20 February.

Fill a lucky red envelope (or white envelope coloured/decorated with red) with chocolate pennies to represent Ya Sui Qian (good luck pocket money) which is traditionally given to children for lunar new year. Give your envelope and pennies to someone you want to wish lots of luck to this winter.



Let the games begin!

Host a games night in your unit, you could take this further by inviting parents and making it a fundraising night.

Why not ask everyone to bring their favourite winter snacks too to donate as prizes!



Celebrating Hanukkah

The Festival of Lights is a Jewish festival celebrated in December which reaffirms the ideals of Judaism.

With an adult or by yourself, find out three Hanukkah facts.



Sunshine on a chilly day

Let laughter be your sunshine this winter - it's time to tickle some ribs!

Today your challenge is to make someone laugh, whether it's a giggle or a belly laugh, bring a little joy and sunshine to someone's day.



Paper plate penguins

Transform a paper plate into a penguin! All you need is a paper plate, black paint and some orange and black card. Once your paper plate penguin is complete, try making some different animals – polar bears and snowmen work brilliantly!



Winter solstice and yuletide

The shortest day, longest night of the year, celebrated by Pagans as 'Yule' and the end of the dark winter as we welcome the sun back and the days grow longer again.

Come up with a list of why you've loved winter this year, then look ahead to spring and summer and think of everything you're looking forward to as the sunshine and longer days return.



Saturnalia

Saturnalia is an ancient Roman Pagan festival honouring Saturn, the god of agriculture and time. When it was celebrated, it generally started on 17 December and generally lasted 7 days.

The Romans had a strong tradition of giving silly gifts, try making some gifts for your family/friends.



Be challenged

16 December marks the beginning of Las Posadas: a celebration in Mexico and Latin America to honour Mary and Joseph taking on the challenge of moving to Bethlehem so Mary could give birth to Jesus.

Challenge yourself to do something outside your comfort zone. Big or small, challenges help us grow and achieve things we never thought we could.



I promise that I will...

Christmas is a time when people reflect and think of others. For your last challenge, reflect on the guiding promise you made, or plan to make; to be true to yourself, to serve your King and community, and to help other people. Perhaps think about renewing your Girlguiding promise ready for a new year of doing your best.