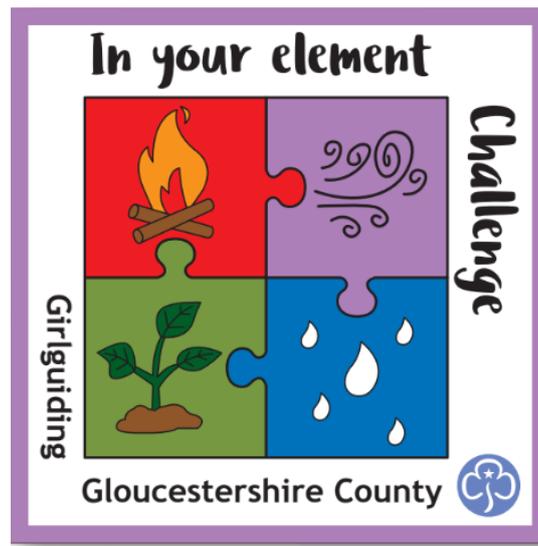




"In your element" challenge



Girlguiding Gloucestershire



Welcome to our Girlguiding Gloucestershire county challenge "In your element"

This challenge is based around the 4 elements - fire, earth, air and water

It is suitable for anyone to take part in and units from other counties are welcome to join in

To earn your badge you must complete:

- One activity from each of the elements
- One of those activities must be done outside
- One of those activities must be done with another Girlguiding unit - ideally with another a section different to you. This logo will help you identify ideas that might work as a joint activity



Whilst we have provided ideas for you to complete the challenge, you can create your own activities if it fits with the theme!

We've also provided suggested links to the Girlguiding programme for each section and additional resources & websites which may be useful at the end

Badges are 80p each and can be purchased from our county website shop: girlguidingglos.org.uk/shop.html



Earth



Organise a litter pick



Plant some flowers or
grow some herbs

Have an outdoor scavenger hunt

Make an egg box garden

Create a treasure or observation trail
for another unit to follow



Create a face on a tree using
mud and other natural items

Try some geocaching

Go for a walk as a group



Adopt an outdoor space and
look after it as a unit

Make pictures or sculptures
out of natural items

Be creative with a stick - using clay and natural items, can you turn them into wands, animals or monsters? If you are going on a walk, make a journey stick and add items you find along the way

Learn how to identify flowers and trees

Make a bug hotel

Learn how to read a map and plot a
route for another group to follow

Go on a minibeast hunt

Make a grass seed head
out of an old pair of tights

Rainbow programme links

- Spinning in Space (Have adventures)
- Rainbow Survey (Community Action)
- A Race Against Time (Have Adventures)
- Trails and trackers (Have Adventures)
- Tree-mendous senses (Have Adventures)
- Hidden nature (Have Adventures)
- Birdie Builders (Have Adventures)
- Hide and seek hunt? (Have Adventures)
- Bug hunt (Have Adventures)
- Bear-y good games (Have Adventures)
- Nature interest badge (Have Adventures)

Brownie programme links

- UMA - Bottle mansions (Have adventures)
- UMA - insect invaders (Take action)
- UMA - Hedgehog home (Have adventures)
- Grow your own interest badge (Be well)
- Zero waste interest badge (Take action)

Guide programme links

- UMA -Plastic planting (Have adventures)
- UMA - A-Z of nature (Have adventures)
- UMA - Biodiversity blitz (Have adventures)
- UMA - Penny Hike (Have adventures)
- UMA - Litter lotto (Take action)
- Geocaching interest badge (Have adventures)
- Navigator interest badge (Have adventures)

Ranger programme links

- UMA - Mission to moth (Have adventures)
- UMA - Speedy scavengers (Have adventures)
- UMA - Land art (Have adventures)
- UMA - Sow it, grow it (Take action)
- UMA - Palm oil protest (Take action)
- UMA - Recycle for survival (Take action)
- UMA - Converse to reverse



Skills builder links

- Make change - Stage 1 - Growing cups of kindness
- Explore - Stage 1 - Explore local
- Influence stage 2 - Environmental detectives
- Influence stage 2 - impact-o-meter
- Explore stage 2 - A country walk
- Explore stage 2 - Naughty elephants squirt water
- Explore stage 2 - Mapping it out
- Explore stage 3 - Suss out the symbols
- Explore stage 3 - A city walk
- Explore stage 4 - Conquer contours
- Explore stage 4 - uncover & discover
- Explore stage 5 - G.P.Yes
- Explore stage 5 - Root out the way
- Explore stage 6 - Tech-no-logy
- Explore stage 6 - Decipher your direction

Air



Make and fly a kite

Play parachute games



Take cloud pictures - can you take a photo of you catching a cloud?

Make a windmill

Spend a night stargazing

Make a parachute so your teddy bear can fly!

Fly through the air on a Zipwire. If you can't go on a zipwire yourself, can you make one for your teddy bear?

Make a hot air balloon

Egg drop! Can you protect your egg from breaking as it falls through the air?

Have a go at playing Ultimate Frisbee

Hold an ultimate paper airplane competition
How far can you fly, how high can you fly, how many targets can you hit?

Make a catapult



Make and fly a rocket - how many different ways can you try?

Rainbow programme links

- UMA - Karate tennis (Be well)

Brownie programme links

- UMA - Comet catching (Have adventures)
- UMA - Fizzy flying (Have adventures)
- UMA - Kite Fighter (Express myself)
- UMA - Blow us away (Take action)
- UMA - Vortex (Skills for my future)
- UMA - Bubble time (Have adventures)
- UMA - Night sky observers (Have adventures)
- Aviation interest badge (Have adventures)
- Space interest badge (Have adventures)

Guide programme links

- UMA - Paper pilots (Skills for my future)
- UMA - High flyers (Be well)
- UMA - Easy Breezy (Have adventures)

Ranger programme links

- UMA - Plane and simple (Skills for my future)
- UMA - Jianzi (Be well)
- UMA - Climate control (Have adventures)
- UMA - Think and throw (Know myself)



Skills builder links

- Innovate stage 2 - Made to measure
- Innovate stage 3 - Speedy explorers
- Explore stage 4 - written in the stars

Fire



Have a campfire



Learn fire safety

Make a cardboard oven

Make your own candle

Make an edible campfire

Visit a fire station

Learn how to light a match and then toast a marshmallow over a tealight

Write a unit campfire recipe book with all your favourite recipes

Make a unit campfire song book

Make and decorate a tea light holder

Have a campfire blanket evening

Cook and enjoy some campfire food!



Learn different ways to start a campfire

Make a tin can stove

Watch one of the virtual Bubbs Hill Bash campfires

Rainbow programme links

- UMA - Lantern lights (Express myself)
- UMA - Secrets of survival (Have adventures)

Brownie programme links

- UMA - Fire, fire (Be well)
- UMA - Strike a light (Have adventures)

Guide programme links

- UMA - Warm in the wild (Have adventures)
- UMA - Two match challenge (Know myself)
- Backwoods cooking interest badge (Have adventures)

Ranger programme links

- UMA - Can cooker (Have adventures)
- UMA - Campfire cookout (Know myself)
- UMA - Out it out
- UMA - Fuels of the future
- Bushcraft interest badge (Have adventures)



Skills builder links

- Communicate stage 1 - Sing along, sign along
- Camp stage 1 - Kitchenless Cooking
- Camp stage 2 - fire starter
- Camp stage 2 - fighting fire
- Camp stage 3 - Best fire for the job
- Camp stage 4 - Campfire playlist
- Camp stage 4 - camp cafe
- Camp stage 4 fireside feast
- Camp stage 5 - Wild cooking
- Camp stage 6 - No pans, no problem

Water



Go for a walk along a stream, river or canal



Try out a watersport

Learn about water safety

Create a water slide!

Go on a trip to a swimming pool



Have a duck themed evening - play hook a duck, hold a duck race, duck crafts



Have a water games evening



Hold an under the sea themed evening



Make a boat to float in a sink or washing up bowl

Go pond dipping

Complete the canals & rivers explorers badge

Make a raft out of natural items

Design and perform a synchronised swimming routine - use a blue sheet to perform behind as your water and don't forget the hats & goggles!

Think about ways you can save water

Make a water filter

Rainbow programme links

- UMA - Under the Sea (Skills for my future)
- UMA - Stop that leak (skills for my future)
- UMA - Dis-solve-it (Skills for my future)
- UMA - Underwater fireworks (Skills for my future)
- UMA - Snacks for Quacks (Take Action)
- UMA - Promise potions (Know Myself)
- UMA - Fish are friends (Know Myself)
- UMA - Swimming to safety (Be Well)
- UMA - The big blue whale (Be Well)
- UMA - Bear-y good games (Have Adventures)
- UMA - Secrets of Survival (Have Adventures)

Brownie programme links

- UMA - Dancing in the rain (Have adventures)
- UMA - Water run (Be well)
- UMA - Brownies super soaked (Have adventures)

Guide programme links

- UMA - Surf's up (Be well)

Ranger programme links

- UMA - Get rafty (Have adventures)
- UMA - Tidal tug (Have adventures)
- UMA - Rain collector (Have adventures)
- UMA - Out it out (Skills for my future)
- UMA - Think Straight (Skills for my future)
- UMA - Fuels of the future (Take action)
- UMA - Empty oceans (Take action)



Skills builder links

- Feel Good stage 2 - Finding fluids
- Innovate stage 2 - made to measure
- Explore stage 5 - Wash it off

Further resources

www.wwf.org.uk/get-involved/youth-groups/youth-campaigns/green-ambassadors
Activity ideas on plants, animals, energy, recycling & water

www.wildlifewatch.org.uk/activities
Lots of great ideas for nature related activities

treetoolsforschools.org.uk
Resources and activity ideas from the Woodland trust

learning.sciencemuseumgroup.org.uk/resources/make-it-fly/
Instructions for different types of paper planes - plus lots more science activities on main resource home page

www.flightmuseum.com/education/online-resources-2/
Lots of instructions for different flight and space related activities

youtu.be/Cs2eOxZ0zBQ
How to make a cardboard oven, video from virtual Bubbs Hill Bash

youtu.be/596S5Tj4EuE
Virtual Bubbs Hill Bash campfire

[www.girlguides.ca/WEB/Documents/BC/camping/Camp%20Cooking%20Methods%20\(sm\).pdf](http://www.girlguides.ca/WEB/Documents/BC/camping/Camp%20Cooking%20Methods%20(sm).pdf)
Lots of different ways for camp cooking

canalrivertrust.org.uk/explorers/group-leaders
Canals & rivers trust badges, activities and water safety information