

Thanksgiving for the Queen

- Research the Queen's Reign
 - Queen Elizabeth II has had an incredible 70-year reign and that is why we are celebrating her Platinum Jubilee this year.
 - But how much do you really know about the Her Majesty? Take some time to learn more about the Queen and her life so far.
 - As part of your research, you could - Create a fact sheet or a poster about the Queen:
 - Add some of your favourite photos of the Queen at different ages or times in her reign.
 - Find some interesting facts about the Queen - you may find some great ones in a book from the library, from research online or in a documentary that you have found
 - Learn about where the Queen lives - can you find out what are the names of her different palaces and homes?
- Film Night:
 - There are lots of films inspired by the British royal family, why not watch one?
 - Here's some of our top picks:
 - The Queen (PG-13), Young Victoria (PG), The Queen's Corgi (PG), The King's Speech (12)
 - Once you've finished watching your chosen film, you could make a film review about it, you might talk about:
 - What you liked most about it
 - Would you recommend it to your friends, family or unit
 - Share a picture of your favourite poster from the film or do a drawing inspired by the film



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- Do something for charity:
 - Her Majesty the Queen is a Patron to more than 600 charities and organisations across the UK and the Commonwealth.
 - Learn about what a Charity Patron is, what the Queen does as a Charity Patron and what Charities is she a Patron of:
 - https://www.royal.uk/charities-and-patronages?name=&mrf=2&field_themes_target_id=27&field_world_region_value=UK-wide&page=1
 - In honour of the Queen, think about something you could do for charity; whether it is raising money from a Queen's Quiz, hosting Royal Film night or baking some amazing Victoria Sponges, every little helps!
- The Queen as a Guide:
 - The Queen Mother wanted her daughters Elizabeth and Mary to have a life as normal as possible for young princesses so she signed them up to become Girl Guides.
 - Try researching about what sort of activities Queen Elizabeth did as a Girl Guide to see if you have done anything similar with your unit!
 - <https://www.girlguidinglaser.org.uk/news/january-woman-of-the-month-queen-elizabeth-ii#:~:text=In%201937%2C%2011%2Dyear%2D,1st%20Buckingham%20Palace%20Guide%20Company.>
 - Have a look and see if you can find out about what some the old challenge badges were like and see if any sound interesting to you:
 - <https://guidehistory.wordpress.com/2016/01/18/guides-badges-from-1910-to-2015/>



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- If you're approaching your 16th Birthday, a young leader or a member aged between 16-25, you could take the chance to work towards the highest award in Girlguiding, the Queen's Guide award. It is a great opportunity to not only challenge yourself but is a great achievement to share with future employers or to add to your further education applications:
 - <https://www.girlguiding.org.uk/what-we-do/our-badges-and-activities/badge-finder/queens-guide-award/>
- Visit the archive display
- Create a gratitude journal / jar / board:
 - As well as being grateful for everything the Queen has done during her 70-year reign, we can show our appreciation for what makes us smile and happy in our own lives by collecting our 'gratitude' all in one place.
 - There are lots of fun ways you can start collecting your 'gratitude', you could:
 - Upcycle an old jar or container and write something every day that you are grateful for on a slip of paper then add it to your jar - check it at the end of the month to see all the lovely things you can smile about
 - Create a journal - write down the days of the week and add in something you're grateful for under every day. At the end of the week or month, spend a few minutes to remind yourself about the lovely things you appreciate but may forget about!
 - Start a gratitude board - whether it is at home or at your unit, with some post it notes, ask everyone to write down what they're grateful for on their own note and stick them all together in one place. You could do this daily if you're at home or ask your leader if you can do one every meeting for a month!

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- Collecting your 'gratitude' can help to increase your positivity, improve your self-esteem, take some time out of your day away from stresses and may even help you to sleep better.



Daily Gratitude Journal

Week beginning _____

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Daily Gratitude Journal

Week beginning _____

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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