

Love Life Challenge Badge

Stevenage East District



This badge is designed to give girls the opportunity to learn about ways to support their physical and mental health as individuals and in groups. It has clauses divided into different themes, allowing you to dip in and out throughout the term, and covers activities that can be done both indoors and outdoors.

The recommended number of clauses is as follows:

Rainbows (R) – 4-5 activities over a range of sections.

Brownies (B) – 6-8 activities, at least 1 from each section

Guides (G) and Rangers (RG) – 2 activities from each section.

Please feel free to adapt any activity for your own section/unit.

Lots of these activities also link to the programme Skills Builders (SB) and unit meeting activities (UMAs), especially the Be Well Theme.

We hope that you enjoy completing our badge. Thank you for your support.

Mindfulness – Exploring mental health and looking at ways to cope when you aren't feeling the love!

- Look at the grounding and mindfulness activities that help to calm you down if you are feeling anxious or panicked. R/B (see resources).
- Hold a relaxation evening – maybe a pyjama party with relaxing music, hand massage, play dead lions game, meditation, Tai Chi or yoga. R/B/G
- Learn about the charity Young minds and what they can do to support young people's mental health. <https://www.youngminds.org.uk/> G/RG
- Create calming glitter jars (e.g. <https://happyhooligans.ca/calming-glitter-jar/>). Then shake these up and breathe calmly as you watch the glitter settle. B/G
- Go on a 'Listening Walk'. Girls close their eyes and listen out for some sounds. Then try to figure out what is making the sound and try to reproduce it. To make it more adventurous, try it in the dark! <https://www.cpre.org.uk/discover/sounds-of-the-night/> R/B
- Make 'Worry Monsters' out of junk modelling materials. This is a box that is designed to look a bit like a monster. It will have a cut-out mouth which can then 'eat' the girls' worries. Older sections might make worry dolls or create a sewn worry monster with zip mouths (see example pictures in resources) R/B/G
- Drawing is one of the best mindfulness activities for teens. Hold a Zentangle evening. See <https://zentangle.com/pages/get-started> for ideas and drawing patterns. G/RG

Enjoying the outdoors is known to improve mental health. Completing these activities will help you to relax and feel happier.

- Have an outdoor picnic. Spread those rugs out and don't forget to clear everything away at the end. R/B
- Watch the stars, can you identify any constellations? (*see resources*) B/G/RG.
- Have an outdoor exercise evening. How about trying sunset yoga or a nature gym trail (*see resources*). R/B/G/RG

- Does your division or county have an outdoor walking team, if so why not get them to organise a walk for your unit. B/G/RG.
- Follow a woodland trail, you could provide a wildlife spotting sheet. Visit <https://www.wildlifewatch.org.uk/activities> or <https://www.countrysideclassroom.org.uk/resources/705> for a range of sheets you could use. R/B/G
- Go beachcombing. R/B/G
- Have a go at a new outdoor adventurous activity such as rock climbing or abseiling, archery or paddleboarding. B/G/RG
- Go Barefoot walking - complete safety checks and encourage your girls to remove shoes and socks. Stand still on the grass, soil, sand, etc, and take a moment to check on how these surfaces feel. What sensations are there? Now try walking around the chosen environment and repeat. R/B
- Have a fun mud evening – create mud balls (or use clay) and decorate with natural materials, or spread a ball of mud onto a tree and create a ‘face’. R/B/G



Figure 1 <https://tinkergarten.com/activities/faces-for-the-trees>

- Have a go at creating a den or shelter in the woods. For older sections can it be made waterproof? Can you spend the night in it? B/G/RG

Being helpful - This releases endorphins (chemicals in your brain) which make you feel happy. These activities will help others and you at the same time.

- Make a bird feeder or fat balls to feed birds in the winter or create a winter home for birds or hedgehogs. R/B

- Complete a random act of kindness such as leaving a pot plant or bunch of flowers on a doorstep; making cakes and handing them out; making a little craft item and leaving it with a good luck note. R/B/G/RG
- Complete a community-based activity like bag-packing, litter picking or bulb planting. B/G/RG
- Create a wildflower garden or grow some wildflower seeds in pots for balconies and window boxes. This will attract bees and butterflies. R/B/G/RG
- Create Good Turn hands to complete at home, then celebrate all the different good turns the following week. R/B
- Create a postcard or card or write a letter that can be sent to an old peoples' home, children in hospital or a refugee. Example <https://www.anyrefugee.org/> <https://www.postpals.co.uk/> B/G/RG
- Make a collage of all the ways you have kept your promise in the last week and show the good turns. Maybe you can draw or paint, or use words and pictures from magazines. R/B
- Find out about an international or local animal charity (e.g. WWF, Guide dogs for the blind) and hold a fundraising event to support their work. R/B/G/RG

Hobbies and Interests – Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can also improve your communication skills and relationships with others.

- Hold a jigsaw puzzle or board games evening – working in teams is good for mental health, and can produce dopamine which regulates brain memory, mood and concentration. R/B. Create your own jigsaw puzzles and challenge others to complete them (G/RG)
- Gardening is a great hobby. Grow some bulbs or seeds in containers or adopt a piece of land and plant some flowers or vegetables. R/B/G/RG
- Try or take up a new hobby. Do you have a local trefoil guild that could teach your girls knitting, crochet or cross stitch? Or maybe a local sporting group (judo, lawn bowls, dance group) could run an evening for you. G/RG

- Complete one of the Get Creative UMA's for your section. R/B/G/RG
- Try whittling or another woodworking activity such as pyrography. B/G/RG
- Share a hobby you already have with members of your six / patrol or unit. This could be by holding a 'show and tell' type evening – Can you present your hobby in an interesting way? B/G/RG
- Have a cookery evening where you learn to decorate biscuits or cakes. For older sections, this could include learning to make run-offs (<https://www.youtube.com/watch?v=F3z7GxCNT-E>) or working with chocolate. R/B/G/RG

Keeping Healthy- Eating well and keeping physically fit helps our bodies, and this will help us to live our best lives.

- Eat a healthy diet. The minimum recommended daily intake for fruit and veg is 5 portions a day. Make a nutritious smoothie using fruit and veg, or a healthy fruit kebab. R/B/G.
- Be creative with some fruit and vegetable bugs. See resources R/B/G
- Water makes up 80% of our body, but many people don't drink enough. Hold a tasting evening to see which water tastes the nicest. R/B
- Sleep is important for body repair. Look at ways to aid falling asleep. Use <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/> G/RG
- Complete the Sing a song of Slumber Stage (Be well 1 SB), Good Nights (Be well Stage 2 SB) Count Bubble not Sheep (Be well Stage 3 SB). R/B/G
- Exercise is the most important way to keep healthy. Have an indoor or outdoor games evening. Lots of UMA's link to team games. See <https://kidminds.org/easy-indoor-fitness-games-for-kids/> for a range of games. R/B/G
- Create a new Tik Tok dance to a current chart hit. <https://bigcreative.education/a-beginners-guide-to-making-a-viral-tiktok-dance-video/> G/RG

Resources to support this badge:

Mindfulness:



Mindfulness activity: Hand breathing

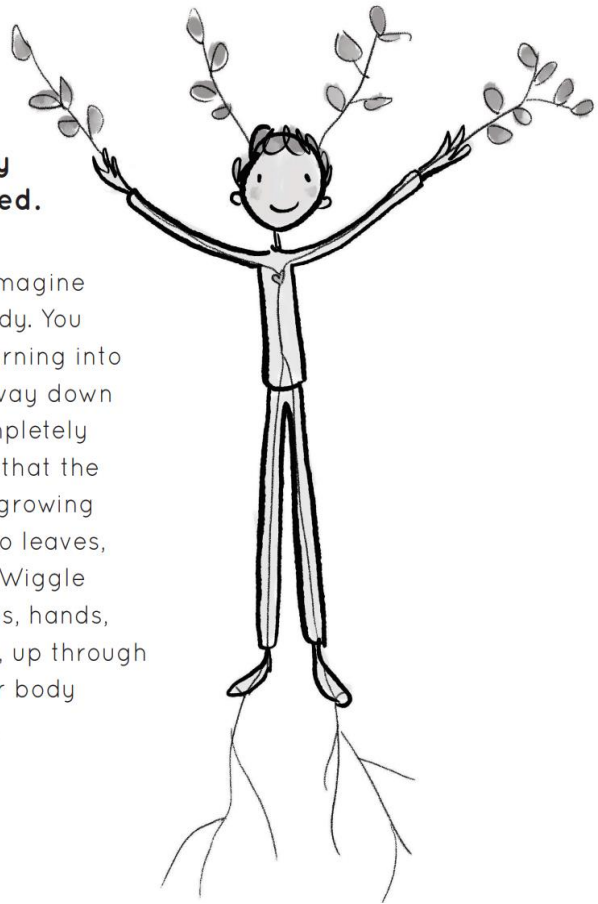


DEEP RELAXATION

Become like a tree to relax your body and your mind.

Imagine you have a seed at your belly button. You are going to plant that seed. Press into your belly just a little bit.

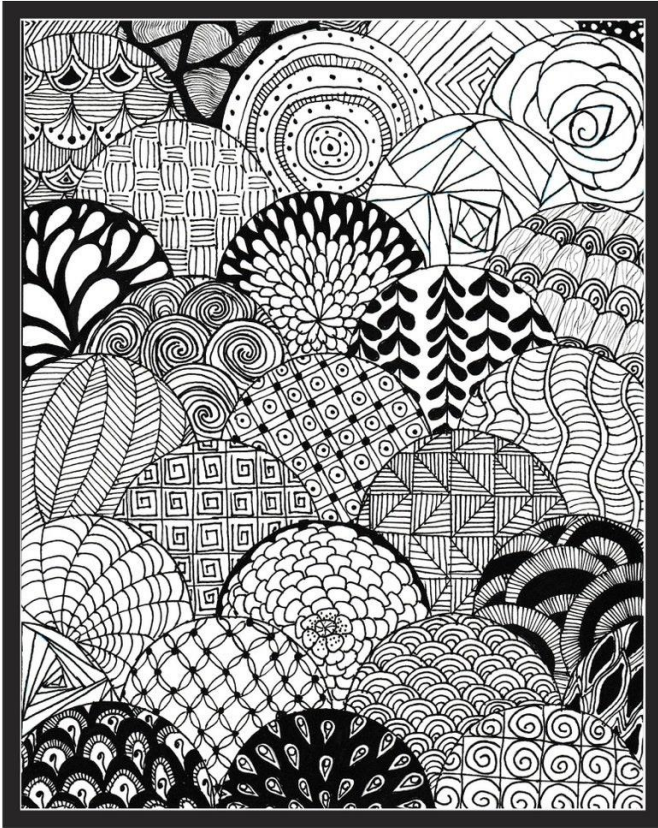
Now the rain comes and waters your seed. Imagine you can feel some light sprinkles on your body. You start to grow roots. Imagine your legs are turning into roots going deep down in the earth, all the way down to your toes. Wiggle your toes, and now completely relax your legs, feet, and toes. Now imagine that the stem is starting to grow up from your belly, growing up toward the sun. Your arms are turning into leaves, growing and growing out to your fingertips. Wiggle your fingers. Now completely relax your arms, hands, and fingers. Your stem keeps growing up, up, up through your shoulders, neck, and head. You feel your body getting longer, reaching in both directions ...



Examples of worry monsters



Examples of Zentangle patterns



Enjoying the outdoors:

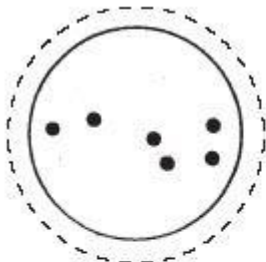
Nature Gym

Create a green gym trail or call out actions from a list of physical activities. These could include:

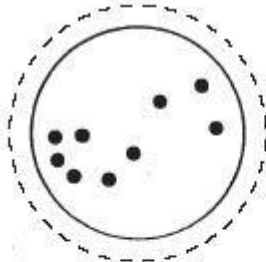
- X number of shuttle runs between trees, bushes or similar markers
- X number of jumps over sticks or driftwood – star, straddle
- X number of rotations around a fixed point, e.g. rock or tree
- X number of stretch ups from floor to above head, holding a straight stick in both hands
- X number of body twists with hands at either end of a suitable stick
- X number of jumps off a log, tree stump or rock
- X number of crawls under a branch or bush
- X number of moving a stick/stone from point A to point B
- X number of climbs over a stump, log, rock

3 Make sure you warm up first and cool down after!

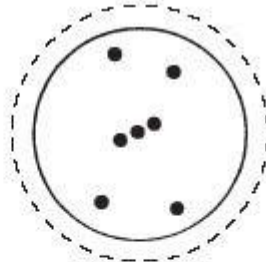
Simple constellation pictures. <https://everyday-reading.com/wp-content/uploads/2013/06/constellation-printables.jpg>



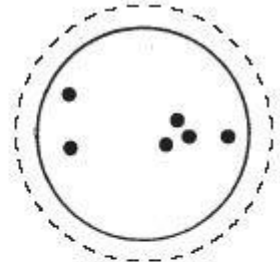
URSA MAJOR,
the Great Bear



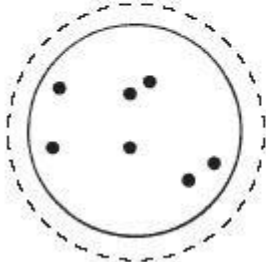
SCORPIUS,
the Scorpion



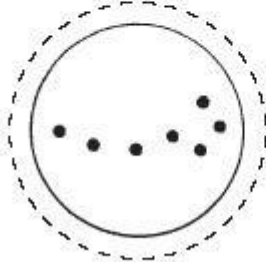
ORION,
the Hunter



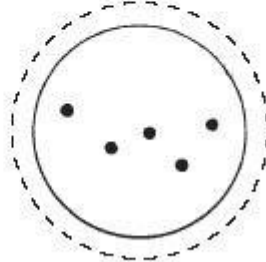
TAURUS,
the Bull



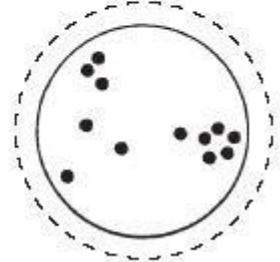
PEGASUS,
the Flying Horse



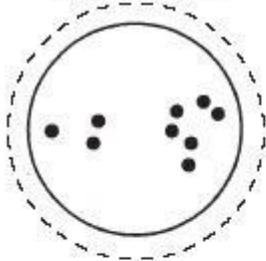
URSA MINOR,
the Little Bear



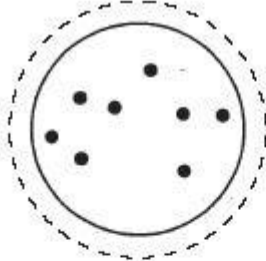
CASSIOPEIA,
the Queen



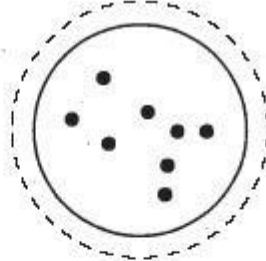
PISCES,
the Fishes



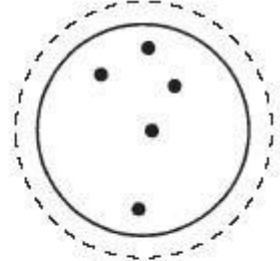
LEO,
the Lion



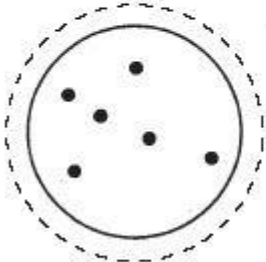
SAGITTARIUS,
the Archer



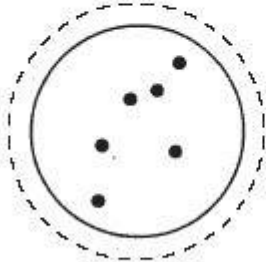
GEMINI,
the Twins



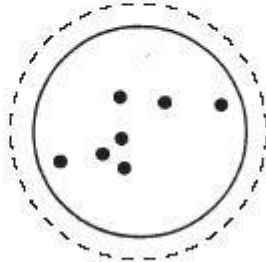
BOOTES,
the Herdsman



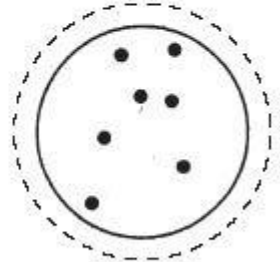
CYGNUS,
the Swan



PERSEUS



CANIS MAJOR,
the Big Dog



HERCULES

Keeping Healthy Fruit and vegetable bugs.

https://ilovevegan.com/fruit-vegetable-bug-snacks-for-envirokidz/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=40347314



VEGETABLE BUGS

- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- ½ cup Vegan cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes (various colours)
- 1 bunch chives, cut into 1" lengths
- 5-7 black olives
- 10 whole cashews

FRUIT BUGS

- 2-3 celery stalks, cut into various lengths for different bugs
- ½ cup peanut butter (or other nut/seed butter for peanut allergies)
- 1 cup red and/or green grapes
- 3-4 strawberries, sliced
- ½ cup blueberries
- 1 apple, sliced
- ¼ cups mini dairy-free chocolate chips
- ½ cup ball-shaped cereal

OTHER SUPPLIES

- Large piping tips (optional - for cream cheese/peanut butter filling)
- Small piping tips (optional - for piping cream cheese googly eyes)

UMA links- These are some of the UMA's that could be used within this badge.

Rainbows:

Hidden Nature (Have adventure 15 min)

Tree-mendous senses (Have adventure 20 min)

A race against time (Have adventure 30 min)

Bug Hunt (Have adventure 30 min)

Birdie builders (Have adventure 20 min)

Cheer challenge (Be well 45 min)

Brownies:

Mellow moments (be well 30 min)

Triple Boxer (be well 30 min)

Bottle Mansions (Have adventure 30 min)

Hedgehog Home (Have adventure 30 min)

Night Sky Observers (Have adventure 45 min)

One Good Turn leads to another (Take action 30 min)

Guides:

Burning Ball (be well 45min)

Head Shoulders knees and cone (be well 15 min)

Tai one, two, chi (be well 30 min)

Totally Ga Ga (be well 20 min)

What a Rush! (be well 60 min)

Survive the wild (Have adventures 20 min)

Plastic planting (Have adventures 45 min)

Citrus feeder (Have adventure 30 min)

A-Z in nature (Have adventure 20 min)

Rangers:

Anything Goes Hockey (Be well 15 min)

Rhythm and rhyme (Be well 30 min)

Speedy scavengers (Have adventures 30 min)

Branding Approval:

RE: Branding approval for fundraising badge.

Branding Matters <BrandingMatters@girlguiding.org.uk>

Wed 28/06/2023 14:02

To: Stevenage East District <stevenageeastdistrict@girlguidinghertfordshire.org.uk>

Hello Tina,

Thanks for your revised design and notes. I needed to speak with the wider branding team about how the Event name was displayed on the badge, so the reply has taken slightly longer.

For the Bespoke Badge – Girlguiding Stevenage East District, Love life

Thanks for making the amendments to the size of the Trefoil and Girlguiding name. These are now both approved.

Thanks also for altering the Colours to match the colour palette for the Masterbrand.

Ideally, we request bespoke badges display all font in Poppins. Where this is not possible, we can accept a different text for the event name, on a case-by-case basis.

I know you mentioned, the graphic – Love Life worked better for your design as shown and was more impactful. As this text is part of the overall badge design, we can approve and accept it.

I can confirm the design will meet our refreshed branding requirements and are OK to produce.

Kind Regards

Ruth

To order badges please complete form or complete online order form <https://forms.gle/uepaLqxtfH6bEJcG8> and send with payment to:

Mrs Tina Brown
SE District Badge order
c/o 38 The Dell
Stevenage
Herts
SG1 1PH



Name of Unit.....

No of badges required (£1 each).....

Name and address to whom badges should be sent.

.....
.....
.....
.....

Contact number and email:

.....

Please add postage: 1-3 badges add £1.10, 4 – 30 badges add £1.60, 31 +
badges add £2.50

Total cost including postage:.....

Paid by chq / BACS (please delete as appropriate). Please note, BACS
payments will be verified prior to posting out badges. A receipt will be
provided with the badges.

Please make cheques payable to Stevenage East District Girl Guides
Association.

BACS payments can be made to Stevenage East District Girl Guides
Association using sort code: 20-41-12 and account number 40013099.
For PayPal payments, please email for further details.

Please email Tina at stevenageeastdistrict@girlguidinghertfordshire.org.uk
if you have any questions. Many thanks for your support.