

There's only one me!

Challenge Badge



The aim of this badge is to encourage all members of Girl Guiding to focus on their positives and unique quirks that make oneself an individual. The hope is that by encouraging the positives we will see everyone grow in self-esteem, self-confidence and self-belief.

All age groups have an individual 'about me' pack. You can tailor the basic pack by swapping or adding pages for all girls or for individuals - remember it is about encouraging their personality! Each of the packs has self-explanatory fill in pages and imaginative/creative pages. Where a page asks for information but with no layout it is up to each individual to create their own version of what it asks.

Recommended number of activities (guideline):

Rainbows - About me pack + one activity from each section + 1 more of choice

Brownies - About me pack + 2 activities from each section + 2 more of choice

Guides - About me pack + 2 activities from each section + 3 more of choice

Senior Section/Adults - About me pack + 3 activities from each section

Throughout the badge, it is suggested that everything you make and do you keep in a box or scrapbook. At the end of the badge have a prize giving night and ensure you single something out of each young person's Project to highlight her uniqueness and individualism.

Please do visit www.14thcoulsdonbrownies.weebly.com for all the resources and more!

Section 1 - Respecting Yourself

Respecting yourself starts with all the things that make you, you. This includes your beliefs, being true to self, developing yourself and keeping yourself safe.

All the following topics and resources can be used to include in your projects, it is recommended that if you have time you include more of these, whether as group activities or as fillers.

- Try out some mindfulness. Mindfulness means being aware of yourself and your surroundings. When you are practicing mindfulness you are clearing your head of distracting thoughts and tune into what you are experiencing in that moment. (R, B, G, S)
- Do some Colouring. Did you know colouring is a form of mindfulness? The repetition of a simple motion helps your brain to refocus on what it is doing and block out the negative thoughts. Find your own colouring sheets or use some from the resources page. (R, B, G, S)
- For some people having positive poems/quotes/words around them helps. Pick some of your favourites (from the internet or resource pack), make them beautiful and put into a special book. (B, G, S)
- Grow yourself a happy flower. Make sure that each of the flowers petals has happy thoughts or words on. (R, B)
 - **Further It!** Give your flower's stem some leaves and write names of people that make you happy on them.
- Staying safe is a big part of respecting ourselves. Find out about some of the following topics: fire safety, internet safety and self-safety. There are activities and worksheets in the resource pack for you to look at and work on. (R, B, G, S)
 - **Further It!** Consider doing one of your sections badges related to these topics. (R, B, G, S)
- Bullying is something that no-one should ever have to experience. Find out something you can do to help yourself support others and/or beat the bullies in these following situations:
 - At School (R, B, G, S)
 - At a club/outside activity (R, B, G, S)
 - Online or by mobile phone – Cyber-Bullying (G, S)
- Do the gathering momentum or daily self-love sheets, if possible repeat them whilst doing the badge and see what changes. (G, S)

Section 2 – Individuality

Being an individual means understanding what about your character and behaviour is unique and special to you alone. You may find that people in your group will have similar or even the same character traits but there will be differences in how you display and show these different traits.

- Create your name rainbow – you need a white cloud and then make sure you have a different coloured strip for every letter of your name! (R, B)
- Why not try a thumbprint self portrait? There's a brilliant tutorial for this at www.teachkidsart.net/thumbprint-self-portrait/ (B, G, S)
- Draw a silhouette of each person's head, use magazines, drawing, colour to fill your silhouette with things you love to do or think about. (R, B, G, S)
- Draw a silhouette of each person's head and fill the silhouette with positive things about yourself then allow the rest of the unit to put things they like about each person around the outside of the silhouette, once everyone's participated add colour to your positive silhouette. (R, B, G, S)
- Create you as a Slinky character. Draw your head, arms and legs, colour and cut out. Fold an A6 sheet of paper 7-8 times, stick your head, arms and legs on the folded sheet of paper and then write words that describe you on each fold. (R, B)
- Try some taped spatter art - proof that anyone can create a masterpiece that is as individual as they are. Remember to write positive things in the blank taped gaps, these can be about yourself or to give inspiration. Find out how to do it here <https://buggyandbuddy.com/inspirational-splatter-paint-art-project-for-kids/> (R, B, G, S)
- Try out the All about Me bags, either use the template provided or come up with your own ideas that will help you and your group get to know each other better. (R, B, G, S)

Section 3 - Larger Than Life

Dreams, aspirations and fantasy are all part of growth and development. Whether your rainbow wants to be 'Supergirl' when she grows up or your Guide says they want to be an astronaut we should encourage each and every young person to

**'Reach for the moon as even if you don't reach it
you will always land among the stars'.**

Therefore this section requires having fun, taking photos and making memories. There are also themed sheets for inspiration...but hopefully your young people will have enough ideas of their own!

- Have a Superhero evening; think about what power you would have and what you could do with it. (R, B, G, S)
 - Why not have a read of this article <http://domesticgeekgirl.com/cosplay-2/all-about-power-poses-how-striking-a-super-hero-pose-positively-effects-your-thinking/> Then get your group doing their own superhero poses - get them thinking of something positive that they want to focus on (why not get your camera out whilst this is going on!!!)
 - **Further It!** Who are your real life heroes, think about what it takes to be a real life hero.

- Join the Fairy Folk for the evening and find your wings, wands and sparkles! (R, B, G, S)
 - Get your group to imagine that using their wand what things they would change to make their world better.
 - **Further It!** When casting your spells remember that you can only have one spell on yourself so make sure you think hard before making that decision.

- A wizard grants you the ability to lose all your fears, worries and anxieties for just one day. What would the brave new you do without them to hold you back? (R, B, G, S)
 - **Further It!** Get your group to think about being put into a difficult situation. As the brave new you how they would solve it?

- You've discovered a magic carpet! It's just waiting for your instructions. Where would your magic carpet ride take you? Why would it take you there? What will you do there? (R, B, G, S)
 - Design your magic carpet and write or draw some of the things you will see and do whilst you're using the carpet.

○ Special People in My Life (R, B, G, S)

- Get your girls to think about who is special to them in their life. On a large piece of paper get them to write their name/draw a picture of themselves right in the middle. Around themselves they should write the names of everyone they care about and everyone who cares about them.
- Encourage everyone to think outside of their immediate family and friends; remember there's everyone in your group, school teachers, church, neighbours even their pets!
- **Further It!** Get the girls to colour code their 'groups' of special people. Is there more in one group than others, discuss why this could be as a group.

○ Try a job profession for a night, but try something like pilot, astronaut, MP, firefighter or something that requires breaking boundaries and inspiring the girls in your units. (R, B, G, S)

- There are loads of great resources out there through all sections programmes and other challenge badges. Have a good hunt around and be inspired by their ideas.

Section 4 – You Can Do It!

Do something out of your comfort zone or do something to calm and relax you. Whatever you do enjoy it and enjoy the time spent on yourselves

- ☀️ Plan and go on an adventure, it can be big or small, a day out locally or a special sleepover. Whatever it is, enjoy it, take lots of photos and make lots of new memories with your Guiding friends. (R, B, G, S)
- ☀️ Set yourself a goal to improve on this term. Work out how you are going to break it down and make it manageable. (B, G, S)
 - **Further It!** When you've reached your goal have a rewards meeting, whether that's an evening of cake or a pamper session enjoy the success that reaching your goal has given you. Remember rewards are always an important part of the process of setting and achieving your goal.
- ☀️ Create yourself a list of Positive affirmations. (B, G, S)
 - Affirmations are mental messages that we send to ourselves. They reinforce our ideas, thoughts and emotions. If you are anxious then sending yourself negative thoughts will only increase the anxiety level, if we can choose to change our negative thought to a positive one we will feel more peaceful.
 - **Further It!** If you find this really helps you, why not consider keeping a diary of positive affirmations – helping you remember how you turned the last difficult situation around.
- ☀️ Create a happy box. (R, B, G, S)
 - Make a box or bag full of things that make you feel happy and safe, it could contain things like photos, letters, quotes and smells (soaps, perfume, etc).
 - Write yourself a note when you feel in a good place about why you are happy, pop it into the box so that you can remind yourself of those times.
- ☀️ Decorate a large jar and put a year's worth of happiness in the jar! Have small rectangles of paper cut up for you to write happy memories or positive affirmations for everyday of the year, then when you need a boost open one up to remind you of happy things! (R, B, G, S)
- ☀️ Create a 'bucket list' for the term or year ahead. Put some activities on that you would like to try and put some activities on that you enjoy and just want to do again. (R, B, G, S)
 - Remember that not all activities will be achievable through Girlguiding but there's no reason to not do them outside of your unit.

Section 5 - Pass the Positivity

Pass on some of the positivity you have found by serving your community and encouraging others.

- ⑥ Leave some random acts of kindness notes in unexpected places. Or use some of the acts of kindness resource sheets to give out in the street (make sure you have an adult with you!) (R, B, G, S)
- ⑥ Get involved in a growing guiding or recruitment stand. It's your chance to tell others about why Girl guiding is so great and hopefully gain yourselves some more guiding friends at the same time! (G, S)
- ⑥ Have a circle of positivity and pass the goodness around! One person stands in the middle of a circle whilst everyone else writes something about them on a piece of paper. At the end collect everyone's pieces of paper and place in an envelope or put into their scrapbook. (R, B, G, S)
- ⑥ Give someone a message of encouragement. Do you know someone who could do with a positive boost? Why not write or draw a little message to encourage them in what they're doing? (R, B, G, S)
- ⑥ Have a bring a friend night. Why not make it a theme night and introduce some of your friends who don't belong to your unit to guiding. You never know they might enjoy it so much that they stay! (R, B, G, S)

There's Only One Me! Order Form

Please complete and post this form along with payment.
Local units are welcome to email/pay on collection.

Leader Name: _____

Unit/Division: _____

Address _____

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Postage: 1 – 10 badges £1.00

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If ordering more than 50 badges please contact us for postage price.

No. of badges: _____ @ £1.00 each = £ _____

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Address for PayPal is 14thcoulsdonbrownies@gmail.com

Please note that we only do one bank and parcel post per week. Cheques must clear before postage happens.

Contact email: 14thcoulsdonbrownies@gmail.com

Thank you

Branding confirmation

Branding Matters

15/02/2016



RE: Check of design for branding.

[Details](#)

To: 14thcoulsdonbrownies@gmail.com

Hi Liz,

Thank you for sending this over.

The design is absolutely fine, the only small addition you would need is the white outline ('keyline') around the trefoil, as in the Girlguiding logo below.

Best

Mia

Mia Churcher
Marketing Officer

Girlguiding
Tel: [020 7834 6242](tel:02078346242)
www.girlguiding.org.uk



Girlguiding is the leading charity for girls and young women in the UK. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

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