

celebrate!

L_{Laugh} A_{Ask} S_{See} E_{Experience} R_{Reflect}

Girlguiding LaSER

2021

50 WAYS TO CELEBRATE



CHALLENGE PACK

Introduction

Girlguiding LaSER 2021



Thank you for downloading the Girlguiding LaSER *50 Ways to Celebrate* Challenge pack!

In 2021 our region, London & South East England, is celebrating 50 years and our golden anniversary. I am delighted to have been asked to introduce this resource with 50 activities divided into five themes: Laugh, Ask, See, Experience and Reflect, and would like to thank the team of volunteers and staff who put it together.

We hope you enjoy the activities and marking this exciting milestone with the rest of the region.

A handwritten signature in white ink that reads 'Sally'.

Sally Christmas Chief Commissioner

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Girlguiding LaSER 2021



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FAQs

Girlguiding LaSER 2021



What is *50 Ways to Celebrate* ?

50 Ways to Celebrate is suitable for all sections and there are many activities to try. This pack contains 50 ideas for you to adapt to meet the needs of your group. The idea is to challenge yourself, to have fun and to learn new things. Activities can be completed individually, in a small group, as a unit, or at local events.

The pack is split into 5 themes:

-  **L** laugh
-  **A**sk
-  **S**ee
-  **E**xperience
-  **R**eflect

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FAQs

Girlguiding LaSER 2021



What is *50 Ways to Celebrate*?

There are 10 activities within each theme and we are encouraging you to complete as many challenges as you can over the next year until 31st July 2022. We have three badges for you to earn:

- Participation badge (any 5 challenges)
- Challenge badge (5 of each theme)
- 'I celebrated in 50 Ways' enamel badge

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FAQs



Can I link the activities in this pack to the Girlguiding programme?

You can link many of the activities in this pack to the programme. Look out for activities with the P symbol as we have created a list at the end of this pack with suggested programme links.

How can I keep a record of which activities my unit has completed?

At the end of this pack, you will find a recording grid which you can print off and fill in. You will also find an editable Word version of this grid on the Girlguiding LaSER website.

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FAQs

Girlguiding LaSER 2021



How to order your badges

Badges can be purchased by downloading the form from [our website](#).

Why not try some of our top tips to make this challenge printer-friendly:

- The booklet has been designed to allow for single-page printing, to make it possible to print only what you need
- Print in black and white
- Print multiple pages to one-sheet
- Set your printer to double-sided

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FAQs

Girlguiding LaSER 2021



How will COVID-19 impact this pack?

Please ensure that before you start an activity you have considered the current government guidelines, both nationally and any that may be affecting your local area. We encourage you to look at the activities and adapt them to suit the restrictions at the time you are completing them, as well as what your unit feels comfortable to do whether that's virtual, outdoors or anywhere else you like.

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FAQs on adaptations

Can I adapt the activities?

We actively encourage you to adapt the activities to meet the needs of your group. This could be due to the space you have available, social distancing requirements at the time or the specific needs within your group.

How much can I adapt the activities?

Adapting activities is done at the discretion of the leader. It is important that the aims and objectives of the activity are met, but it is up to you the leader to do this in a context that works for the group.

Remember

The idea of *50 Ways to Celebrate* is to challenge yourself, have fun and learn new things.

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Share your *50 Ways to Celebrate!*

We hope you enjoy *50 Ways to Celebrate!* We would love to hear what you get up to. Please share your photos on social media, tag @GuidingLaSER and use #LaSER50Ways

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The challenges



Laugh

Laughing is good for us. When we laugh, natural chemicals called endorphins are released into our bloodstream which make us feel good! These challenges will help bring a smile to yours or someone else's day.

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Made you laugh [Ⓟ]

Who can keep a straight face the longest?

What will I need?

Just you and a partner.



Laugh

How do I do it?

- Ask everyone to pair up and stand back-to-back. Count to three and have everyone turn and face their partner.
- Pairs then look into each other's eyes, staying solemn and serious with no speaking.
- If someone smiles or laughs, they sit down. Everyone finds a new partner and the activity continues until there is only one person left - the winner!

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Laugh



Improvisation Station [Ⓟ]

How do I do it?

- Play some of these improvisation games in your unit - you don't need any equipment as improvisation is all about imagination and thinking off the top of your head.
 - One-Word Story: come up with a title for a story that puts two completely different things together, such as 'The Carrot and the Rhinoceros'. Tell your ridiculous story with a group, one word at a time.
 - Freeze Frame: two people start to act out a scene which uses some sort of action. Someone else in the group says 'freeze', at which point the scene freezes, then the person who said 'freeze' takes over from one of the people, then starts a completely new scene.
 - Proverb Generator: have a quick chat about proverbs. Proverbs are short phrases which have deep meanings, such as 'too many cooks spoil the broth' or 'many hands make light work'. Create your own ridiculous proverbs, one word at a time. If your proverb works, nod together; if it doesn't work, say 'again, again, again' and start over.
- Improvisation games can be used as fillers at a meeting, or you can fill a whole meeting with them. They are a great way to get people talking and laughing and don't require any prior knowledge or experience.

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Take it further: create an improvised performance and invite friends and family to come and watch!



Laugh



Laughter Yoga [Ⓟ]

If you smile or laugh, even when you're not feeling like smiling or laughing, it makes the brain think that you are happy and will help you feel better.

How do I do it?

- As a group or unit complete at least three of the following activities during your Laughter Yoga session. To start the session and warm-up take four deep breaths in and out.
- Pick at least three from the following:
 1. Say 'Ha ha hee hee' as loud as you can four times.
 2. Laughter Book - Using your hands pretend to open 'a book'. When you open your hands and look in the 'book' imagine inside is the funniest picture, memory or joke you can think of. This means when you open the book it makes you laugh. Try this four times.
 3. Power breath - take a big breath in and then laugh as much as you can when you breathe out. Repeat this three more times.
 4. Baby Laughter: One person in the group demonstrates how a baby laughs and then everyone takes it in turns to copy them.
 5. Favourite Animal Laughter: Laugh and behave the way your favourite animal or pet would behave if it was very happy to see you.
 6. Jumping Frog: Squat down, hands on the floor between your knees. Jump once saying "ha", then a second time saying "ha ha", a third time saying "ha ha ha", then jump in fast succession laughing a lot.

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Who said that? ①



Laugh

How do I do it?

- Play a guessing game to get to know unit members better. You will need small pieces of paper and something to write with.
- Everyone takes five pieces of paper and writes or draws different things about themselves. These could be things they like, dislike, their favourite jokes, stories or facts they think no one knows about them.
- Shuffle everyone's papers in a bowl and take turns picking out cards and try to guess who said what.
- *Take it further: Play a game of two truths and a lie. Each person in the group makes three statements about themselves. Two of these statements must be facts, or "truths," and one must be a lie. The rest of the group tries to guess which statement is the lie.*

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Laugh



Fun songs to sing [Ⓟ]

- Learn 3 funny or action songs to sing together during a meeting.
- You could use these for inspiration:
 - [Festival of LaSER campfire](#)
 - [Virtual songbook](#)
 - [Wellies and Wristbands](#)

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[Ⓟ] Nonsense poems

- Find some 'nonsense poems' by famous poets and some limericks.
- Use these as inspiration to create your own 'nonsense poems'.
- Read them aloud to each other and see which make you laugh the most.
- *Take it further: write your own limerick, starting with: 'there once was a Rainbow / Brownie / Guide / Ranger from <wherever you are from>.*

Comedy Film Night Ⓟ



Laugh

How do I do it?

- Talk with your unit about some of your favourite comedy films and decide on which one to watch.
- Set up a space, inside or outside, with a screen and projector and comfy audience area. Why not hold your own pretend drive-in movie - you could make your own car from cardboard boxes?
- Prepare some of your favourite cinema snacks like popcorn or pic-n-mix. Enjoy your film night!

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Have fun raising funds Ⓟ

Have fun raising funds for Comic Relief, Sport Relief, Oxfam, WaterAid or another charity.



Laugh

How do I do it?

Have a fundraiser using one or more of these methods that were popular 50 years ago:

- Bingo evening
- Race evening
- Barn dance
- Sponsored event - you could make it sporty
- Raffle
- Jumble sale
- Cake sale

Take It Further: invite someone to talk to your group about the work of the charity or ***fundraise in a way not listed above.*** You could look at the [Comic Relief website](#) for ideas.

Share a smile [Ⓟ]

Make someone smile today.

What will I need?

Blank greetings cards and felt-tip pens / colouring pencils, or access to virtual greetings cards.



Laugh

How do I do it?

- Design a greetings card containing a joke, funny picture or amusing memory. This could be a physical card or an e-card. Make and send this to someone to make them smile. This could be someone you met at a guiding event or a friend outside of guiding. It could be a friend or relative who you don't see very often, or perhaps someone else.
- ***Take it further: As a unit, make and send 50 greetings cards to post or send virtually throughout the year and make others smile. Who could you send them to?***

Hula Hoop Squash

How many can you fit into a hula hoop?
(Dependent on social distancing guidance)

What will I need?

One hula hoop per three girls, someone to keep time and music.



Laugh

How do I do it?

- Set your hula hoops up in a large circle on the ground. When the music starts, everyone walks around the hoops - like musical chairs.
- When the music stops, everyone steps into a hoop and holds it up around their waist. There is no limit to the number of people allowed in one hula hoop, but you must be in one within 30 seconds.
- After each round, remove one hoop and make the time allowed to get in the hoop 5 seconds shorter! Everyone who manages to squeeze themselves into the last hoop at the end of the game is a winner.

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The challenges



Ask

In this section all the challenges are about having conversations with others by encouraging you to ask others about the topic.

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Music ask 📌



Ask

How do I do it?

- In a group, ask each other to think of a song for each of these categories:
 1. has a number in the title
 2. reminds you of the summer
 3. needs to be played loudly
 4. makes you want to dance
 5. makes you happy
 6. is from the year in which you were born
 7. has a person's name in the title
 8. reminds you of yourself
 9. is your favourite Christmas carol
 10. reminds you of a special place or person
- *Take it further: Have a disco or music night enjoying these songs.*

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Be a tour guide for the day



Ask

How do I do it?

- Find a friend or family member who would like your help to know more about your local area, or if you are away on a residential event, the area you are all staying in. Ask that person what their interests are, what they would like to see and do.

Plan and then take them out for a day, afternoon, or a couple of hours to show them
- around your local area.

Take it further: take photos of the places visited on the outing to make them
- *into an album of memories from the event.*

What is the Commonwealth of Nations?

HM The Queen is the Head of the Commonwealth, and our Girlguiding Patron since 1952. Find out about Girlguiding's [Commonwealth Award](#).



Ask

How do I do it?

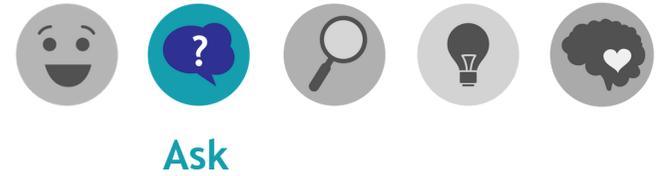
- Choose three Commonwealth countries as your focus and gather information in various forms about Commonwealth countries. This might include food, weather, languages, travel, traditional dress, music, famous buildings and places.
- Ask someone you know who has a connection to any other Commonwealth country to tell you something special about that country; or make a presentation about one of the countries in any format to share with your friends and ask them which is their favourite and why.

Take it further - find out:

- *how many countries were in the Commonwealth in 1971 compared to now?*
- *about the Girlguiding programme in another Commonwealth country for your section - try an activity from their programme*
- *about the work of the Commonwealth*
- *For Guides and Rangers - Look at copies of the Commonwealth Award syllabus and start working towards it. (note that Guides may start working on the Commonwealth Award from their 13th birthday)*

WAGGGS World Centres [Ⓟ]

Visit the WAGGGS (World Association of Girl Guides and Girl Scouts) website to find out what a world centre is and where they are in the world.



How do I do it?

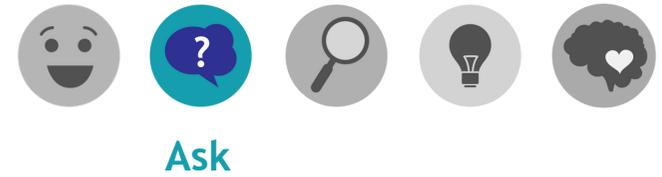
- WAGGGS has a programme of virtual events this year. Sign up for one of the [virtual events](#).
- Four of the [WAGGGS World Centres](#) have their own song. Learn one or more of the World Centre songs or ask someone to teach you.
- Kusafiri is the World Centre which moves around Africa. Various programmes have been held at Kusafiri in several African countries. Learn more about Kusafiri and hold a quiz about guiding in Africa.
- *Take it further: Make a virtual visit to a World Centre. Ask someone who has been to one or more World Centres to visit your unit to tell you all about the experience. If that person is you, ask someone to invite you to share the experience with others.*

Making connections

Girlguiding takes place in all sorts of settings in Girlguiding London and South East England Region, including the inner city, tiny rural villages and by the sea.

What will I need?

[Map of region.](#)



How do I do it?

- Look at the map of our Region's 19 counties on the LaSER website to see where they are.
- Watch the Festival of LaSER [Meet the Counties videos.](#)
- Is there another county in the region that is quite like your own in some way, and another that is probably very different? What makes them the same or different? Ask someone who knows about those areas if they agree with you.
- ***Take it further: Connect with another unit in the region that isn't in your county and ask them about their unit and local area.***

Celebrations across the region [Ⓟ]



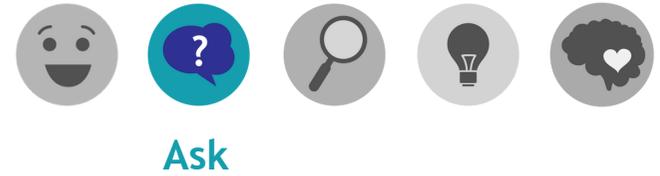
Ask

How do I do it?

- Many places in our region celebrate their history with traditions and festivals that began many decades or centuries ago.
- Find someone in the region to ask about an event or tradition that interests you and that you don't know much about. Use what you've learned to have a unit meeting themed around it. For example, this could be the Lord Mayor's Show, Morris Dancing, the Lambeth Walk, The Hornpipe or the Burning of the Clocks.
- Learn a dance that originates from somewhere in the LaSER region.
- *Take it further: Have a day out at the Lord Mayor's Show in London in November and wave to the girls and leaders on the LaSER float.*

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Campfire classic snacks [Ⓟ]



How do I do it?

- Girlguiding groups have enjoyed campfires for many years. Snacks are often an important feature of a campfire.
- Ask someone with experience of campfires to tell you about or show you some traditional [campfire snacks](#), then try making them yourself. These might be savoury or sweet.
- You will find many guiding and scouting websites online with dozens of ideas for snacks and meals to choose from.
- *Take it further: Cook two dishes of your choice on your campfire - one savoury and one sweet. Cook a snack on a campfire without using any cooking utensils.*

Going for Gold



Ask

How do I do it?

- The London Olympic games were held in 2012. Find out where the Olympic venues were located - visit one of them virtually or in person. Which events were held there and who can you ask to find out more about these sports?
- ***Take it further: Choose an Olympic sport that most interests you***
 - ***What is the history of the sport and how did it come to be included in the Olympics?***
 - ***How do young people get involved with this sport?***
 - ***Try a taster session that relates to any Olympic sport***

Communicate in other ways [Ⓟ]

Learn how to ask questions in British Sign Language (BSL), Makaton, braille, semaphore or Morse code.



Ask

How do I do it?

- With a partner, together choose one form of communication from the following: BSL, Makaton, braille, semaphore or Morse code.
- Learn how to use it and take turns to ask and answer these questions or ask someone to read the questions to you so you can reply using your chosen communication method.
 1. What is your name?
 2. How are you?
 3. Where do you live?
 4. What is your favourite hobby?
 5. Which year is LaSER's golden anniversary?
- *Take it further: Repeat the activity, using a different method of communication.*

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Growing Up Wild Paw Print

Some LaSER 'Growing Up Wild Paw Prints' are designed to help you to find out more about your local community:

- [All About Farming](#)
- [In An Emergency](#)
- [In a Garden](#)
- [Rivers and Waterways](#)
- [Zoos, Safari Parks and Reserves](#)

What will I need?

G UW Paw Print resource.



Ask

How do I do it?

- Try one of these Paw Print challenges. Look through the resource and choose two activities to complete.
- Find someone who has a connection to the theme of one of the above Paw Print badges. This could be their job, volunteer role or hobby.
- Ask that person for any help that you might need to earn your badge or to tell them what you have done when you have completed it.
- *Take it further: complete another Paw Print from the series.*

The challenges



See

In this section of *50 Ways to Celebrate*, SEE how much you can learn about new things.

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Golden Films

Explore the world of film, television and streaming services with a golden theme or gold in the title.



See

How do I do it?

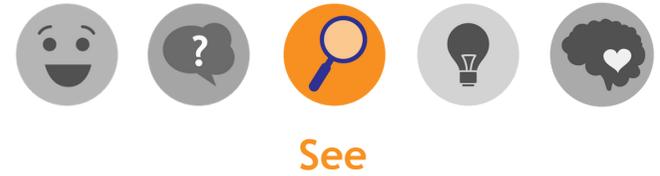
- Discuss what makes a good film or TV programme.
- Watch a film or television programme which has finding gold/treasure as the theme.
- ***Take it further: Keep watching to the end and look at the end credits to see the list of all the different roles needed to produce that film or programme. Do you know what they all do? Choose a role and find out more about it.***

Golden Birds

Of the 622 bird species in the UK, some have 'gold' in their name, and some have 'golden feathers - maybe yellow or orange.

What will I need?

- RSPB bird spotting book
- Binoculars (if possible)
- Notebook & something to write with



How do I do it?

- Use the online [Royal Society for the Protection of Birds \(RSPB\) wildlife guides](#) to learn about the following types of birds and their conservation needs:
 - Birds which have 'Gold' in their name
 - Birds which have orange or yellow feathers
- Complete your own birdwatch for an hour - How many did you see? Did you see any of the 'Gold' birds?
- ***Take it further: As a unit see if you can spot 50 different species over a term!***



50p - the celebration coin

Since their first issue in the UK, the 50p coins have been used to commemorate important events. The 50p was first introduced into circulation in 1969. See how many designs you can find!

What will I need?

Access to the internet, something to write with, paper and some 50p coins.



See

How do I do it?

- Find out about all the unique designs used on 50p pieces since they were first issued. Pick out some of your favourite designs.
- Create the design for your own special 50p coin to commemorate LaSER's 50th celebrations. Why not share the design with the region on social media and explain what it's celebrating?

Take it further:

- *As a unit, decide what to fundraise for and use the 50p as a theme*
- *Over an agreed period of time, see how many different designs your unit can find*

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What's the story of the flag?

The colours of a national flag and any images on it are always chosen for a special reason. Find out about the flags of different countries and what they represent.



See

How do I do it?

- Look up world flags on the internet or at your local or school library. How many countries can you find which have the colour gold/yellow on their flag? Choose five and explore the reasons why gold/yellow features on the flag.
- Choose another 10 flags with a symbol and discover what the symbol and colours represent.

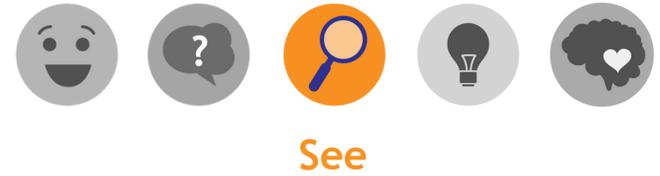
Take it further: Every Girlguiding Country and Region and most counties have their own Standard.

- ***Arrange to see the Standard for your area. Find out the meaning of the images and colours used in this Standard.***
- ***Go somewhere where flags are flying. Use what you have learned so far to decode what the colours and any images might signify.***

celebrate!

See history come to life [Ⓟ]

Find out about objects, art, photos and crafts which are more than 50 years old which may be part of the local history of your area.



How do I do it?

- Go exploring, visit your local library, visit a local museum (if you have one) or visit their websites, blue plaques, etc.
- Pick one of the following to play as a group or with your unit:
 - A game of scrabble where all the words are things you found whilst exploring.
 - Play Giant's House, the game where a leader thinks up an object, then the unit tries to make that object out of themselves - be sure to abide by current social distancing rules.
- ***Take it further: Time capsules are buried for future generations to find to understand how life was at the time it was buried. What would you put in a time capsule now so that others will see what life was like in the region in 2021?***

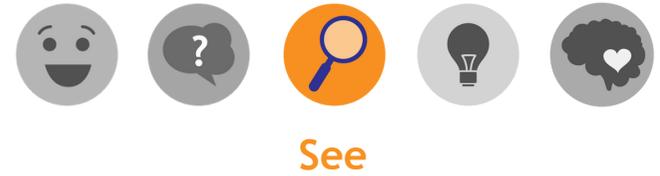
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Around the world in an evening

Imagine how it would be to travel around the world in an evening. Bring the world to you by sharing photos, videos, and souvenirs to look at that remind you of far away places or make you want to go there one day.

What will I need?

World map, photos, images or souvenirs or objects from other countries.

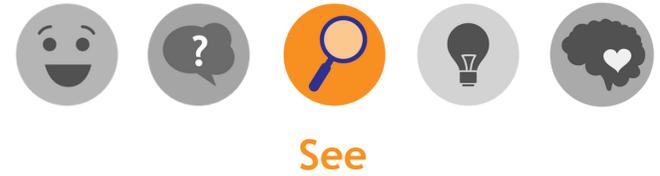


How do I do it?

- Each girl and leader bring a photo, image or souvenir of their favourite place, from somewhere in the world that they have visited or would like to go to one day.
- Discuss where you have visited or where you would like to go and why?
- ***Take it further: Make the discussion into a competition to persuade as many people as possible to choose your destination! What would make others want to go there? From all the destinations which one gets the most votes?***

See LaSER's famous landmarks

LaSER has some of the most famous landmarks in the world, and it's counties have some of the most famous in the UK.



How do I do it?

- Watch the [Festival of LaSER videos](#) on YouTube about the different counties.
- Virtually visit famous landmarks in each of the 19 counties as a group or unit, or with friends or family, choose a landmark in the region you have never seen before and go see them. Post an image from your visit on our Twitter.

Take it further:

- *In the twelve months from when you start the challenge, visit all 19 counties within the region exploring interesting sites and landmarks.*
- *Make a travel guide movie about the counties you've explored.*

Food is science ©

See how chemical reactions work together in cooking.



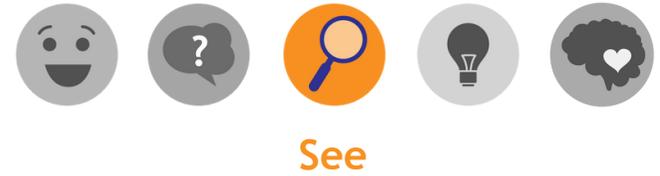
See

How do I do it?

- For a scientist, creating delicious things to eat is about understanding the science of what you are making. Try making something savoury and something sweet with your group or unit. You could try making butter, or [arm-pit fudge](#).
- With your group or unit, find out about the [chemical reactions](#) which occur when you are making something to eat or drink. Make something to eat or drink where you can see the chemical reaction happening as it is prepared or cooked.
- *Take it further: make a meal with at least two courses including as many scientific processes as you can.*

Set the scene

See a performance and share how you felt about it.

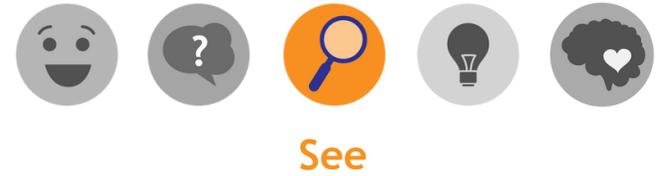


How do I do it?

- Arrange a visit to see a performance at your local theatre, park or community venue.
- Afterwards, reflect on the experience, either by writing about it, discussing it or in another way. Was it fun? Did it make you think? Would you do it again? What was the best thing about it?
- *Take it further: See behind the scenes by arranging for a backstage visit at a theatre or other entertainment venue.*

Foods from around the region

Around the region, there are a number of local foods and dishes for which a particular area is well-known.



How do I do it?

- Here are some examples of local foods and dishes in our region: jellied eels from London's East End, Brighton rock, apple pie from Kent. See if you find out more about some of these, or others!
- Produce a picture menu of the foods and dishes you have found - using drawings, sketches, paintings or online images only. Share the menu with others - can they tell what the main ingredients of the dishes are, and for bonus points, where in the region it comes from?

Take it further:

- *Visit the area that the recipe is from and try the dish/food made by the locals.*
- *Have a tasting evening with a selection of dishes from around the region.*

The challenges



Experience

Life is all about having new experiences. Try these activities to stretch your brain and embrace new concepts and ideas.

celebrate!



Celebake

Celebrate with some creative baking.

What will I need?

- Cake ingredients and cooking equipment
- Check for allergies



Experience

How do I do it?

- Either as individuals or in small groups, design a cake that you feel represents Girlguiding LaSER and celebrates 50 years of guiding in the region - this includes choosing the recipe for it, the shape, size and how it will be decorated.
- Get baking!
- *Take it further: If you're meeting together, you could have a tasting session or bake sale, if not make sure to share some pictures with everyone including the region using the hashtag #LaSER50Ways.*

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A Day in the life... 70s ©

- Imagine you are in the decade of the 1970s.

How do I do it?

What would you be wearing?

What would be your favourite food?

What games would you play?

- Have a 1970s themed disco.
- *Take it further: hold a camp/evening with a 1970s theme.*



Experience

celebrate!

A Day in the life... 80s

- Imagine you are in the decade of the 1980s.

How do I do it?

What would you be wearing?

What would be your favourite food?

What games would you play?

- Rubik's cube was launched in 1980 - have a 1980s games evening.
- *Take it further: hold a camp/evening with a 1980s theme.*

A Day in the life... 90s

- Imagine you are in the decade of the 1990s.

How do I do it?

What would you be wearing?

What would be your favourite food?

Which games would you play?

- The 1990 FIFA World Cup was watched by an estimated 26.69 billion viewers. Organise a football or team game mini tournament (this could be outdoors or table-top) and play for your own World Cup.
- *Take it further: hold a camp/evening with a 1990s theme.*



Experience

A Day in the life... 2000s

- Imagine you are in the decade of the 2000s.

How do I do it?

What would you be wearing?

What would be your favourite food?

What games would you play?

- The 2000s were the dawn of the digital age. Invent an app that would be useful to your unit.
- *Take it further - hold a camp/evening with the 2000s theme.*

celebrate!

A Day in the life... 2010s

Girlguiding had it's 100th birthday in 2010.
Imagine you are in the decade of the 2010s.

How do I do it?

- Imagine:
What would you be wearing?
What would be your favourite food?
What games would you play?
- Frozen was the film of 2014. Have a 'Frozen' nostalgia party with a winter theme. Be sure to sing 'Let it go' at least once!
- *Take it further: hold a camp/evening with the 2010s theme.*



Experience

celebrate!



Geocaching Treasure Hunt [Ⓟ]

Download the app, go outdoors and learn all about geo-caching.

What will I need?

Geocaching device/app, something to write with in the cache logbook, and some small trinkets to leave behind.



Experience

How do I do it?

- In small groups or as a unit, go Geocaching.
- Start by downloading a Geocache app on a phone and searching for nearby caches. These are usually small boxes, cleverly hidden outdoors.
- When you find a cache, leave a note in the logbook to say you have found it and leave it hidden for the next finder.

Take it further:

- *Find 50 geocaches before the end of this challenge's year*
- *Combine this activity with a Girlguiding LaSER Paw Print and/or the [London](#) or [Walking](#) challenges.*

celebrate!

Arts and crafts from A-Z ©

Can you come up with an art or craft activity for every letter of the alphabet, for example, A - applique, B - balloon art, C - cartoons, D - decoupage.



Experience

How do I do it?

- Name an art or craft for every letter of the alphabet.
- Try at least 5 of these arts or crafts which you haven't tried before and share one of them using #LaSER50Ways.

Take it further:

- *Try all the arts and crafts you have listed.*
- *Make the list again but think global - e.g. Aboriginal art from Australia or Origami from Japan.*
- *Choose one you haven't done before from the global list to try.*
- *Use only recycled products or upcycle something you own.*

celebrate!

The one about dancing [Ⓟ]

Dance!

What will I need?

Music that fits the dances you choose, and a way to play it.



Experience

How do I do it?

- School children fifty years ago would have learned traditional country or folk dances from around the UK. Learn a simple Morris dance.
- Choose a dance invented more recently and learn to dance it.
- *Take it further: Find a link to someone in the community who can teach a dance for you e.g. Bollywood, Belly dancing, Square dance, Salsa/Latin dance, Zumba.*



Festival of LaSER Sleepover ①

In February 2021 we celebrated 50 years of the region with a virtual Festival of LaSER (link missing). Give your next (virtual or actual) sleepover a festival twist.

What will I need?

Include one or more activities from the Festival of LaSER weekend in your programme.

If you haven't run a sleepover before click [here](#) for guidance notes and check for any residential qualifications you might need.



Experience

How do I do it?

- Have your own sleepover based around a Festival of LaSER theme. Have a look at some of [Festival of LaSER YouTube videos](#) for ideas of activities to include.
- *Take it further: If you joined in with one of the recent region Sleepovers or residential events ([World Thinking Day Big Sleepover 2018](#), [Rainbows Go Wild 2019](#), [Journey Camp 2018](#), [Breakaway to Belgium 2019](#)), or have attended a local sleepover, make this one even more adventurous. If it is your first sleepover or one of many remember to be safe and comfy!*

celebrate!

The challenges



Reflect

Reflecting on our experiences helps us to better understand their impact. There are many ideas of ways to reflect in this session.

celebrate!

A Conversation with Myself [Ⓟ]

Take time to reflect. There are no right or wrong answers to the questions - they just help with slowing down a little and time to think.

What will I need?

Paper and something to write with.



Reflect

How do I do it?

- In order to capture your thoughts to look back on and reflect some more in a year's time perhaps write your thoughts in a journal/notebook or draw something that represents your thoughts.
- If in a group, before you begin decide first how long to spend in this 'quiet time'.
 1. My favourite way to spend the day is...
 2. The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
 3. Make a list of 10 things that make me smile.
 4. I couldn't imagine living without...
 5. I really wish others knew this about me...
 6. Using 10 words, describe myself.
 7. Make a list of 10 things that inspire you – from books to websites to quotes to people to paintings to shops to the stars.
- **Take it further: Keep a notebook or journal just for writing down your reflections and spend some time writing in it about your thoughts every month.**

celebrate!

Twist and Turn Me

Be a time traveller and visit the Brownie story of the 1970s.

What will I need?

A copy of the Brownie story.



Reflect

How do I do it?

- Visit the Girlguiding website and read the Brownies' story of [Tommy and Betty](#).
- “Twist me and turn me and show me the elf, I looked in the pool and there saw...?” Find out about what happened in the promise ceremony experienced by Brownies in the 1970s.
- Borrow a model of the toadstool and pond if you can.
- *Take it further: Make a small model of the toadstool and the pool from the Brownie story.*

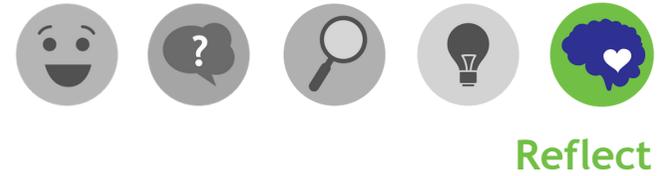


Make change today. For our world, tomorrow [Ⓟ]

Explore issues that matter to your group - start a conversation and consider how you could take action.

What will I need?

Somewhere quiet in a small group so you can have a conversation together and everyone's voice can be heard.



How do I do it?

- The Girlguiding [Future Girl](#) online resource was built around five topics that we all really care about - 'Planet Protectors', 'Adventurers', 'Self-believers', 'Respect Makers', 'Barrier Breakers'. Choose one to explore the issues that matter to you, start a conversation as a group. What are the facts, what can you change - when and how?

Take it further:

- *The activity is the conversation, but if it also leads to some ideas for action - who could you tell? Would it be in Girlguiding, or at school, or the local press, or elsewhere?*
- *Complete one of the activities in the LaSER Champions new resource - [Take Action for Nature](#).*

The Girlguiding LaSER Champions (aged 16-26 years old) create, plan and deliver campaigns about issues they feel passionate about and represent Girlguiding LaSER at events across the region.

celebrate!

Story in my pocket Ⓟ

What will I need?

Each participant should bring a small object that would fit in her pocket which is important to her or has a special meaning.



Reflect

How do I do it?

- Each participant will take it in turns to show their object to the others in the group or unit and tell them about why it is important or has a special meaning for them.
- This is best played in a small to medium-sized group. Allow about a minute for each participant to tell the story of why she chose her object.
- For example, it might be something won for an achievement or an item from a special place.
- **Take it further:** *In a pair for two minutes, each participant should listen carefully while their partner tells them about the object. Then in the bigger group take it in turns to tell everyone in the group about their partner's object and why it was special to her.*

celebrate!

Time to be creative ^(P)

Use art as a way of calming and slowing down.

What will I need?

Art supplies.



Reflect

How do I do it?

These activities are grouped by theme

- 'Senses'
- 'Keep it simple'

Choose one activity from each group.

'Senses':

- Paint to music
- Finger paint
- Get your hands messy!
- Draw with your eyes closed
- Draw or paint using only colours that calm you
- Draw outside

'Keep it simple':

- Make a scribble drawing
- Draw one thing but make it HUGE
- Choose just one colour to work with - you can use paint, colour pens/pencils, collage, chalk etc.
- Colour in a design e.g. from a colouring book

Take It Further: enter some of your artwork in a competition, or mount a display of it in your local area.

celebrate!

Meditation [Ⓟ]

Meditation is all about connecting with your inner self. This life is hectic, and it is really important that we make time to connect with ourselves. This can help us to relax.



Reflect

How do I do it?

- A mandala is an imaginary place that someone contemplates when meditating. These are traditional within Hinduism and Buddhism. Make one! Use the traditional sand or draw your own meditative symbol.
- Find out what the 'Zentangle method' is and try creating your own.
- Make a Zen garden either outdoors or on a tabletop in a container or shallow box. Draw shapes and scenes in the sand.
- Do a walking meditation exercise - take a walk somewhere quiet and as you walk breathe in for four steps and out for four steps. Start with one minute of walking and with practice extend the time by another minute or longer.
- ***Take It Further: try some activities from Feel Good skills builder.***

celebrate!

Mindfulness and Storytelling [Ⓟ]

Take a mindful walk and then tell the story.



Reflect

How do I do it?

- Visit a park or local green space for a ‘mindful’ walk. Before you start walking around, gather together and close your eyes to take five deep breaths. Then you have 5 minutes to walk around quietly. As you walk around, consider everything you see, hear, smell, feel. Use your imagination to turn these into different items, people, objects, places and create your own story. When the time is up get back together and compare notes about what you heard, smelled, and touched.
- Make a record of five sounds you hear, five smells, five plants you see and five surfaces you feel, for example, you can touch the grass or the surface of the bark of different trees.
- *Take it further: Complete a relevant UMA e.g. Story Puzzles for Rainbows or Catch-a-Story for Brownies.*

celebrate!

What is this?

Explore an object with your eyes closed.



Reflect



How do I do it?

- Bring an object from home - it could be a teddy bear, a Lego brick, a ball of string, a clothes peg, a piece of cotton, a cup, a pencil, etc. The more unusual, the better. [You could also bring a few objects so that you have a wider choice.]
- Collect all the items and spread them on a big table or the floor. Everyone comes forward to take one, in turn. Ask someone to read out these questions while everyone holds their object with eyes closed and thinks about how to answer them:
 1. How does the object feel? Is it soft or rough?
 2. What materials is it made from?
 3. What smell does it have?
 4. If this object was a person, what would they be like? Would you want to be friends?
 5. If the object could speak, what voice would it have? Would it be male or female or not human?
 6. What language would it speak?
- Open your eyes and take turns to introduce your object to the others playing this game by sharing your answers.

Take it further:

Write the object's story. It could be in any style - funny, romantic, sci-fi, soap, tragedy.

celebrate!

What is this smell?

Explore the power of certain smells.



Reflect



How do I do it?

- Before the meeting, prepare a number of small envelopes each containing a different smell. [Check for allergies and that objects are safe] Examples of smells- a pinch of spice (cinnamon, pepper, paprika, cardamom, crushed garlic, ground cumin, ground ginger, oregano, lavender, etc.), a teabag, sprinkle in a little bit of washing detergent powder, spray it with a favourite perfume, etc.
- At the meeting: Mix up all the envelopes and everyone takes a different one. Smell the envelope without opening it and answer these questions:
 - Do I like this smell?
 - What does the smell remind me of? Perhaps a memory, a place, a time in my life? Perhaps it is a new smell, something you have not experienced before.
 - Does it make me feel a particular way? Why do I think that could be?
- If you were choosing a present for someone who needed cheering up which smell would you pick and why?

celebrate!

Reflect on Reflect [Ⓟ]



Reflect

How do I do it?

- Reflect on the activities that you have completed from this pack, you could do this in many different ways. You could hold an open evening to share everything you have done; you could write a blog about different aspects of the challenge. You could create a piece of artwork for each section then share photos of it on social media, or make a display for your meeting venue.
- ***Take it further:***
Why not share what you have done for 50 ways to Celebrate with people who might be thinking about joining Girlguiding, either as a young member or as a volunteer? This is a great way to share the fun of guiding with those who are not yet involved.

celebrate!



Now that you have finished the challenge pack, we would like to offer a big thank you to everyone who has contributed including the region Activities & Adventure team and Marketing & Communication team as well as group of County Commissioners, members of the region International team, trainers and staff members.

celebrate!



Appendix

celebrate!

Record your activities



LAUGH	Date of completion	Short summary of activity	Notes
Made You Laugh			
Improvisation Station			
Laughter Yoga			
Who Said That?			
Fun songs to sing			
Nonsense poems			
Comedy Film Night			
Have fun raising funds			
Share a smile			
Hula Hoop Squash			
ASK	Date of completion	Short summary of activity	Notes
Music ask			
Be a tour guide for the day			
What is the Commonwealth of Nations			
WAGGGS World Centres			
Making connections			
Celebrations across the region			
Campfire classics snacks			
Going for Gold			
Communicate in other ways			
Growing Up Wild Paw Print			

You can find an editable version of this grid on the [website](#)

celebrate!

Record your activities



SEE	Date of completion	Short summary of activity	Notes
Golden films			
Golden birds			
50p - the celebration coin			
What's the story of the flag?			
See history come to life			
Around the world in an evening			
See LaSER's famous landmarks			
Food is science			
Set the scene			
Foods from around the region			
EXPERIENCE	Date of completion	Short summary of activity	Notes
Celebake			
A day in the life...70s			
A day in the life...80s			
A day in the life...90s			
A day in the life...2000s			
A day in the life...2010s			
Geocaching treasure hunt			
Arts and crafts from A-Z			
The one about dancing			
Festival of LaSER sleepover			

celebrate!

Record your activities



REFLECT	Date of completion	Short summary of activity	Notes
A conversation with myself			
Twist and turn me			
Make change today. For our world, tomorrow			
Story in my pocket			
Time to be creative			
Meditation			
Mindfulness and storytelling			
What is this?			
What is this smell?			

celebrate!

Programme links



Activity	Section	Programme Theme	Details
LAUGH			
Made You Laugh	Rainbows	Express Myself	SB Communicate st1
	Rainbows	Be Well	SB Feel Good st1
	Brownies	Express Myself	Clowning Around
	Guides	Express Myself	Knock, knock UMA
	Rangers	Express Myself	Once a pun a time UMA
Improvisation Station	Brownies	Express Myself	Catch A Story UMA
	Guides	Express Myself	Props to you UMA
Laughter yoga	Rainbows	Express Myself	On the Funny Side UMA / SB Feel Good st1
Who Said That?	Rainbows	Know Myself	SB Network st1
	Rainbows / Brownies	Express Myself	SB Communicate SB st2
Fun Songs to Sing	Brownies / Guides	Have Adventures	SB Camp st4
Nonsense Poems	Rangers	Express Myself	SLAM Ranger UMA
Comedy Film Night	<i>(as 'Made You Laugh' above)</i>		
Have fun raising funds	Rainbows	Take Action	Helper badge
	Brownies	Take Action	Charities badge
	Rainbows	Take Action	Make Change st1
	Guides / Rangers	Take Action	SB Influence st5
Share a smile	Brownies	Express Myself	Pop-Up cards UMA
	Rainbows	Take Action	SB Influence st1
	Rainbows	Take Action	A big thank you! UMA
Hula Hoop Squash			

celebrate!

Programme links



Activity	Section	Programme Theme	Details
ASK			
Music Ask	Rangers	Know Myself	Reflect st6
Be a tour guide for the day	Guides / Rangers	Have Adventures	SB Explore st5 & st6
What is the Commonwealth			Commonwealth Award
WAGGGS World Centres	Rainbows	Know Myself	World Centre postcards UMA
Making Connections			
Celebrations	Rainbows / Brownies	Express Myself	Reflect st2
	Brownies	Know Myself	Celebrate Good Times! UMA
Campfire classics		Have Adventures	Campfire Cookout UMA
	All	Have Adventures	SB Camp st1, st4, st5
		Have Adventures	Winter feast-ival UMA
Going for Gold			
Communicate in other ways	Rainbows / Brownies / Guides	Express Myself	SB Communicate st1 & st3 & st4
	Guides / Rangers	Know Myself	SB Reflect st5
Growing Up Wild Paw Print			

Programme links



Activity	Section	Programme Theme	Details
SEE			
Golden Birds			
Commemorative Coins			
Golden Films			
What's the story of the flag	Rainbows / Brownies	Know Myself	SB Reflect st2
See history come to life	Guides	Know Myself	Creative curating UMA
	Guides	Know Myself	Guiding history badge (Guides)
World photo evening			
See more of the region			
Food is science	Guides / Rangers	Skills for my future	SB Live Smart st5
	Rainbows	Skills for my future	Fruity Experiments UMA
	Brownies / Guides	Express Myself	SB Innovate st4
	Guides	Skills for my future	Can't believe it's butter UMA
Set the scene			
Foods from around the region			

Programme links



Activity	Section	Programme Theme	Details
EXPERIENCE			
Celebake			
A Day in the life...70s	Guides / Rangers	Express Myself	SB Innovate st5
A Day in the life...80s			
A Day in the life...90s			
A Day in the life...2000s			
A Day in the life...2010s			
Geo-caching Treasure Hunt	Guides / Rangers	Have Adventures	SB Explore st5
		Have Adventures	Geocaching badge (Guides)
Arts & crafts from A-Z	Guides	Express Myself	SB Innovate st4
	Brownies / Guides	Express Myself	SB Network st3
	Rainbows	Express Myself	Lantern lights
The one about dancing	Rainbows / Brownies	Skills for my Future	SB Lead st2
	Brownies	Be Well	Dancing badge (Brownies)
	Guides	Express Myself	Prop-er dancers UMA
Festival of LaSER sleepover	All		Camp SB

celebrate!

Programme links



Activity	Section	Programme Theme	Details
REFLECT			
A Conversation with myself	Guides	Know Myself	Dear Future Me UMA
	Rangers	Know Myself	SB Reflect st6
Twist me and turn me			
Make change today	All	Take Action	SB Make Change & Influence
		Take Action	Craftivism badge (Guides)
		Take Action	Protesting badge (Rangers)
Story in my pocket	Brownies	Express Myself	Catch a Story UMA
Time to be creative	Brownies / Guides	Express Myself	SB Innovate st3
	Brownies / Guides	Take Action	SB Make Change st3
Meditation	All		SB Feel Good
	Guides	Be Well	Meditation badge (Guides)
	Rangers	Be Well	Self-care (Rangers)
Mindfulness & Storytelling	Rainbows	Express Myself	Story Trail UMA
	Rainbows	Express Myself	Story Puzzles UMA
	Rainbows	Express Myself	Storytelling sticks UMA
	Rainbows	Express Myself	Splat bang zoom UMA
	Brownies	Express Myself	Catch a Story UMA
	Guides	Express Myself	Storytelling silhouettes UMA
What is this?			
What is this smell?			
Reflect on Reflect	Brownies		Reflect on my Reflection UMA