



TAKE



Inspire





10

What is Take 10?

In a nutshell Take 10 for Girlguiding's Inspire community is

- 10 activities for the 18-30's Inspire community that...
- Take around 10-30 minutes to complete...
- and have been designed with your wellbeing in mind.

So take some time out, find an activity and dive in #take10champs

Take 10 is a resource of 10 activities that have been created for all Girlguiding members to provide fun activities, exercises and practical tasks that can support your wellbeing. When there is a lot to do it can feel overwhelming and there is the temptation to keep working without breaks. #Take10champs is here to help.

The activities will challenge you to think about how you feel, to help you recognise any anxiety you might have and how to combat it with activities that keep your brain steady and your hands busy.

We love the 18-30's!

Don't forget that Girlguiding is excellent for support during times of anxiety, stress or the need for an escape. You can do these activities alone or with others from your section. As a volunteer it's important to remember to make time for yourself.

You can share this resource with friends and do some of the activities together.

How do I use Take 10?

This pack is designed for those aged 18-30. Pick and choose what challenge you'd like to do. You don't have to complete them all and can repeat them however many times you would like.

The activities have been designed to be completed by individuals, but we've highlighted where it might be fun to encourage your friends and family to also Take 10 and join you. This could be together or even remotely via a video call.

Not all activities will be suitable for everyone and some might need to be adapted to suit your dietary requirements, abilities or resources.

The activities take roughly 10-30 minutes each and can be done at any time or more than once - they do not need to be completed in any particular order.





Who are the LaSER Champions?

Girlguiding LaSER (London and South East England) is one of nine countries and regions of Girlguiding, the leading charity for girls and young women in the UK. We are made up of 19 counties with over 72,000 members, offering girls and young women a place to have fun, go on adventures and make a difference.

The Girlguiding LaSER Champions are a group of 16-26 year olds who ensure girl-led advocacy and campaigning is at the heart of what we do. We create, plan and deliver campaigns about issues we feel passionate about and represent Girlguiding LaSER at events across the region.

Your Girlguiding LaSER Champions have created this resource for you and have tested all the activities themselves. The Take 10 resource was originally created by the Champions for 14-26 year-olds involved in Girlguiding to provide support through stressful or busy times such as exams coursework or job applications and more. As we enter a new decade we are faced with new challenges, and so the Girlguiding LaSER Champions have decided to update the content for all age groups: Rainbows, Brownies, Guides, Rangers and now Inspire for 18-30's.

Want to Join The Champions?
Check out what's required:
www.girlguidinglaser.org.uk/what-we-do/champions

A message from 'The Champs'!

We've had great fun creating this resource and hope you'll have fun using it! We would love to hear what you think. Please do share pictures and stories of what you've been getting up to using #take10champs. We are really proud of it and hope it will provide support during stressful and busy times as we are all faced with new challenges.

Contact Us!

If you would like to suggest your own #take10champs activity or have any questions please get in touch. The LaSER Champions are always looking for new recruits if you're interested in joining us the link to what we do and how to join in the top right hand corner of this page.

Email us: chairofchampions@girlguidinglaser.org.uk

Tweet us using @Guiding_LaSER

Tag us on Instagram @Girlguiding_LaSER_Champions

Follow us on Facebook at @LaserChampions

Use the #take10champs, tag a friend and challenge them to have a go at one of the activities!



Champions



Girlguiding
LaSER

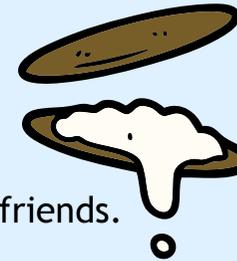
S'mores Popcorn Mix!

If you love popcorn at your movie nights and s'mores at a campfire why not have them together by creating your own s'mores popcorn mix. A fab recipe for two favourites smashed together!

Take it further!
Why not invite some
friends over for a
movie night, or over
zoom if you can't
meet in person.

Stay Safe!

Make sure you check allergies if these are a gift or for friends.



How to make!

1. In a large microwavable bowl, combine marshmallows, popcorn, pretzels and peanuts, then toss to mix.
2. On a medium heat microwave the mixture for 1 minute.
3. In a separate bowl, melt the chocolate chips in the microwave on medium for 45 seconds.
4. Stir until the chocolate chips have melted, and the mixture is smooth. If needed, microwave 15 to 30 seconds longer on medium.
5. Spread marshmallows, popcorn, pretzels and peanuts mixture on a sheet of baking paper on a baking tray.
6. Using spoon or fork, drizzle the melted chocolate over the marshmallow mixture.
7. Let sit for about 1 hour or until the chocolate is set.
8. Store in an airtight container.

Get cooking

What will you need?

Large microwavable bowl
Small microwavable bowl
Microwave
Spoon
Baking paper
Baking tray
Airtight container

Ingredients:

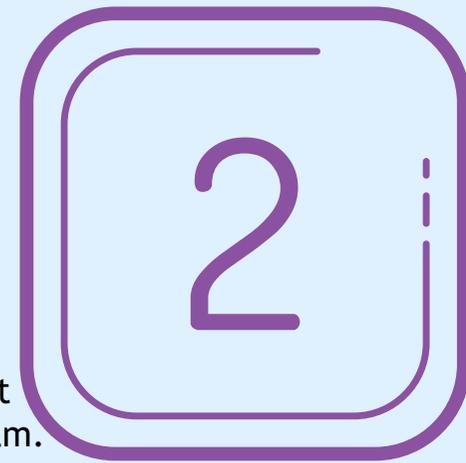
200g mini marshmallows
50g popcorn of any kind
(already popped)
100g milk chocolate chips
100g mini pretzels
100g peanuts



#take10champs



Focus and Relax



Mindfulness can be a great way to take note of how we're feeling. Whether you're feeling content, miserable, overwhelmed, happy or anxious. By noticing objects around us, as if for the first time we can pull our thoughts away from worry, stress or anything that has taken time away from thinking about what's important. Try a couple of these techniques to help bring you peace and calm.

Take a walk



In your town or city, take a walk. Notice the colour of the pathways, the signs on the lamp posts, the colour of the grass. By trying to keep our focus present, we can manage our breathing, and give ourselves a break from everyday.

New eyes

Wherever you are, take 10-15 minutes of noticing things around you with new eyes. You can do this from a work desk, outside in the garden or sitting on the sofa. Notice every detail of the things around you, as if you're seeing these items for the first time. Take in the exact colour, size and shape.

Self Care



Get a camera

Take your camera or phone on a walk, focus on capturing what you're seeing. Try to take the image as your eye sees it. What does the image include, what should it exclude? What does your eye really see?

Create a Pinterest Board

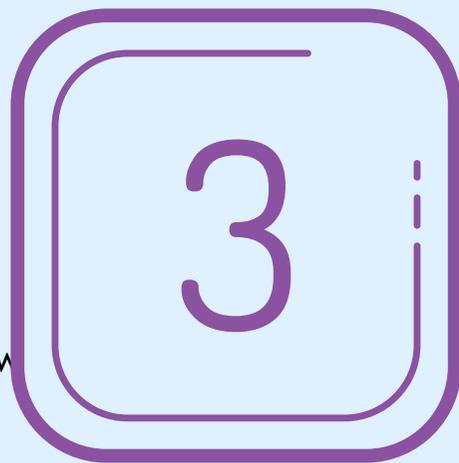
What is your favourite colour? Take 10 minutes to create a pinterest board using only that colour as your inspiration. How does it make you feel? Are there some images that you exclude even in the right colour palette? Why are they excluded? Why are the images included?

Textures

Make sure you are in a safe space. Sit on a comfortable chair. Close your eyes. Take note of how the chair feels. Does it support you in the right places, does it cause you any pain? What does the chair feel like? Are there any other textures nearby? Take your time, the slower you go through these questions, the more mindful you are being.



Blind Drawing!



Blind drawing doesn't necessarily produce a great masterpiece but it can help you learn to draw more realistically, rather than rely on memorising drawing symbols. It can train the eye and hand to work as a team, and it's a new way to draw and present your drawing as it helps you to see all of the details of the object.

Play

What will you need?

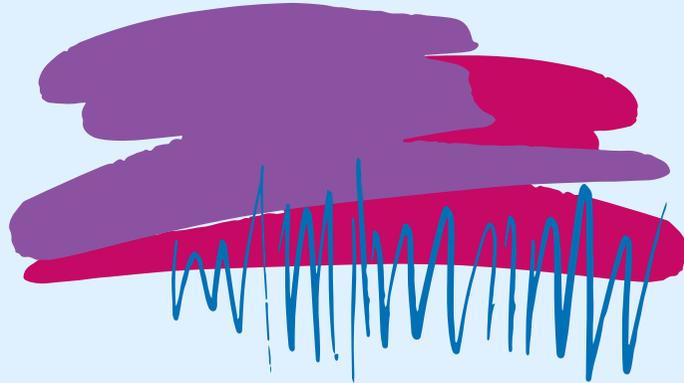
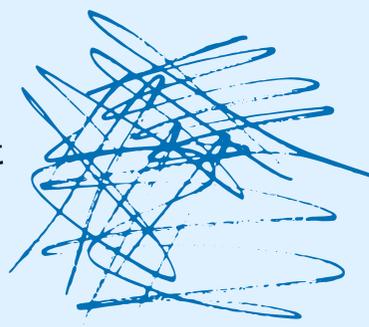
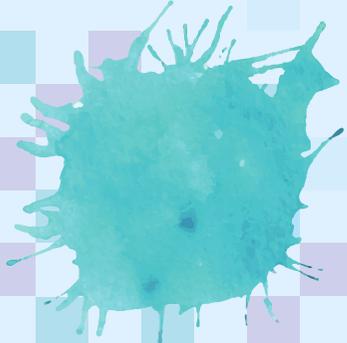
- Table
- Paper material (canvas, card, paper etc.)
- Drawing materials (pens, pencils, chalk, charcoal, crayon, ink, pastel or markers etc.)
- A scarf or eye mask
- Newspaper

How to play!

1. Protect the table with newspaper.
2. Place all the materials needed around you for easy reach.
3. Once ready blindfold your eyes with a scarf or eye mask.
4. Then start using the drawing material on to your paper and draw what you imagine.
5. Once completed, take off your scarf or eye mask and see what you have created.



Make it awesome!
Why not invite your friends, partner or family to create a piece of art with you! You'll need blindfolds for everyone taking part, then just let your creative hand and mind do the rest!





"Not all those who wander are lost."

J.R.R Tolkien

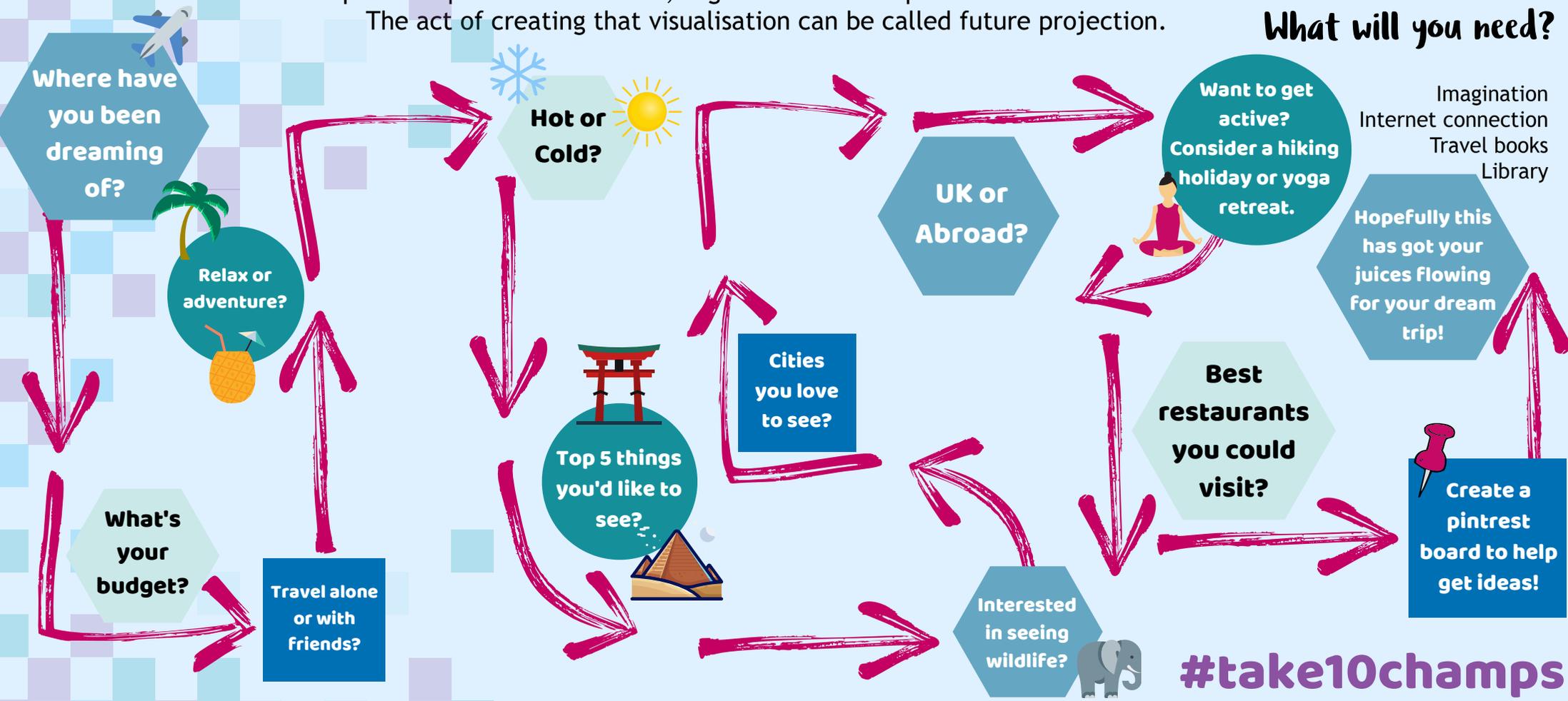


Adventure

Planning a trip can help our mental health by being able to take control of our future. Being able to imagine a time of happiness, and sometimes even take realistic steps to achieve that can alleviate our everyday stress. The act of planning can momentarily remove us from our current environment. In the middle of anxiety, depression or an overwhelming sense of having no control planning a trip can help us see the future; it gives us a real experience to look forward to. The act of creating that visualisation can be called future projection.

What will you need?

- Imagination
- Internet connection
- Travel books
- Library



#take10champs



Take our travel quiz:



Adventure

Start:

Pack your bags!



Hot or Cold?



Budget

Budget

Edinburgh

Not known for its great weather but Edinburgh is full of history, art, and culture. Head here in August for the Edinburgh Festival!

Flying?

Flying?

Barcelona

The perfect place for beach and the city without breaking the bank.



Sardinia

Beautiful beaches, incredible Italian food and a great place to take a luxury trip.



Brighton

The perfect place for beach and the city without breaking the bank without needing to fly!



Thailand

Full of culture, great food and the most beautiful beaches in the world.



Japan

From the bright lights of Tokyo, to the tea fields or seeing Mount Fuji, you won't be short of adventure here.



Beach or Mountains?

Iceland

Whale-watching, the northern lights, and natural hot pools. If you can handle the cold, Iceland should be top of your list. Only three hours from London. Head there in Apr - Oct for a more mild temp or Nov - Jan to catch the Northern Lights



Language?

English please!

It doesn't bother me

New Zealand

Full of adventure! The Tongoriorua crossing is often stated as one of the world's best one day hikes. Great for adrenaline junkies and hikers.



Book Binding!



Get Creative

What will you need?

- Card - for the cover (can be coloured or patterned)
- Paper - for inner sheets
- Needle
- Thread

Personalise it!
 Add your name to the cover, decorate the front to make it truly unique!

How to make!

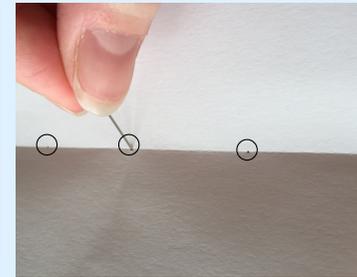
1.

Fold all the paper in half and put all the paper together, with the cover on the bottom.



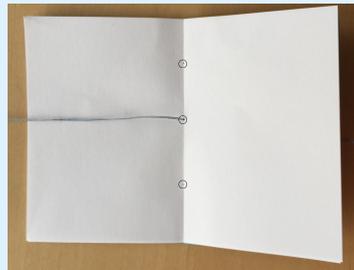
2.

Using the needle, pierce three holes through all your sheets of paper, working down the folded edge. You need one at the top, one in the centre and one at the bottom.



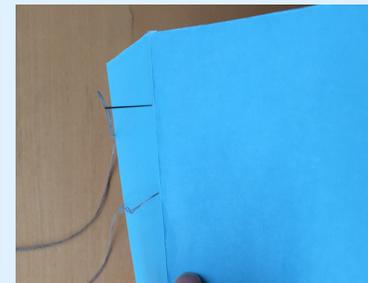
3.

Now, thread the needle. Pass the needle and thread down through the centre hole first, going through all the pages and out the other side.



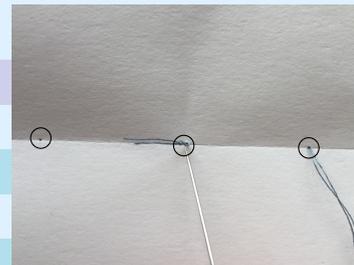
4.

Pass the needle through the top hole, through all of the pages until you reach the first side.



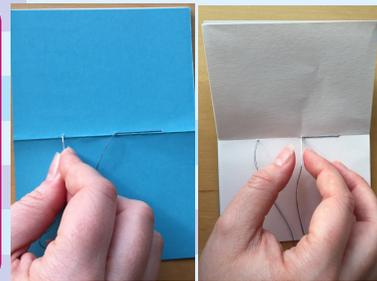
5.

Pass the needle back down the middle hole, all the way through. Pass the needle through the base hole.



6.

Finally, through the middle to finish. Tie a knot. Decorate the front cover and you're finished.





Jam Jar Terrarium!

Plants in our homes create oxygen, which gives our bodies a little health boost. Plants can give our homes a sense of life, they look beautiful and according to some can increase concentration and productivity. By creating a terrarium you can give your plant its perfect eco system - and it looks beautiful.



How to make!

1. Put a thin layer of stones at the bottom of your jar.
2. Fill your jar up to one-third of the way up with soil.
3. Create a small impression in the dirt with your finger and place your choice of a small plant inside.
4. Then cover the soil in a thin layer of moss.
5. You can place the lid back on your jar, or leave it off. Some plants will like the moisture and others will appreciate a drier atmosphere. If you are not sure, look up your plant's care instructions online.
5. Water very lightly.



What a lovely gift!
Either keep the terrarium for yourself to remind you of loved ones or why not send it to a relative as a lovely gift?

6

Get Eco

What will you need?

- Old, clean jar
- Soil
- Moss
- A small plant (e.g. succulents)
- Stones
- Water



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Champions



Girlguiding
LaSER

Walking in Pictures!

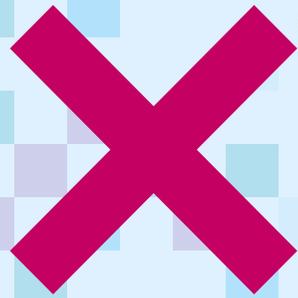
A walk or cycle can bring you some fresh air and help clear your head. Why not turn walking into a creative activity for some added fun? In this activity we'd like you to draw shapes on the map and try to walk the line of the shape.



Get Active

What will you need?

A map
(on your phone or on paper)



Be careful!

Make sure that your route doesn't cross private land and that you take someone with you when possible!

How to create your map!

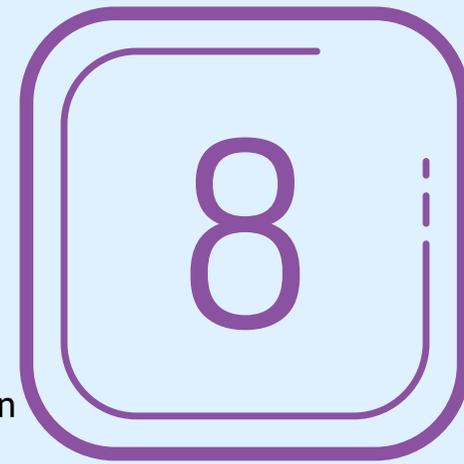
1. Draw a route on a map that creates an image (e.g. a dog, the sun, the trefoil) when followed.
2. Follow your route!
3. If you'd like to you can also download an app that maps your route while walking.

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Bullet Journal!

The best thing about bullet journaling is that it's entirely up to you what goes in it! Whether you want it to include space for your unit meeting plans, a place to keep track of the books you have read or to see your schedule for the month ahead, it is a great way to keep organised and reflect. Some notebooks are sold specifically for bullet journaling, but you really can do it on whatever notebook suits you. Most bullet journals start with a broad overview, and as you go through the journal, you get more detailed, making it easier to view and organise your life.



Organise

Example Key:

-  **TASK**
-  **TASK COMPLETE**
-  **CANCELLED**
-  **ANOTHER DAY**



Create a monthly view

1. Create a grid of 7x6 squares.
2. Write the days of the week across the top of the grid.
3. Write that date in each square.
4. Decorate and Fill with significant events happening that month, such as birthdays!

What will you need?

Notebook
Colourful pens

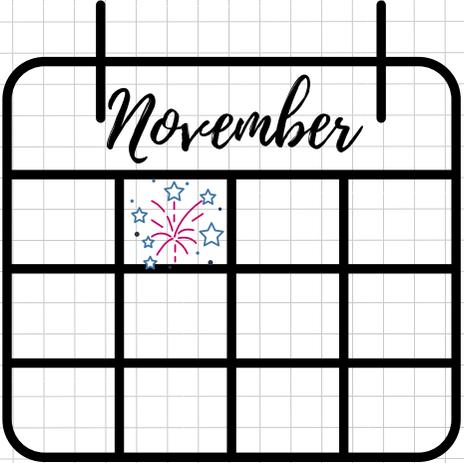
Goals

There are lots of beautiful ways to keep track of your dreams. Search for bullet journal trackers or mood boards on Google and Pinterest to get inspiration!

Optional:
Washi Tape
Stickers

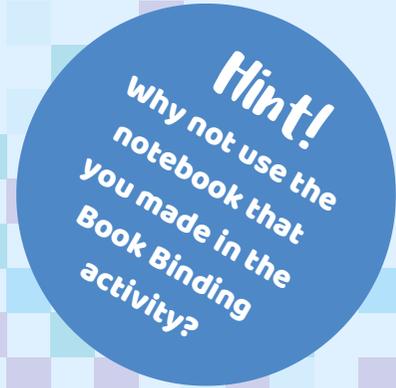
Goals

-  Read a book
-  Start yoga
-  Dream more



Create a daily view

1. Your journal could be a diary entry or notebook for each day.
2. It can also be a to-do list; For bullet journaling, there are certain symbols to help you keep track of your to-dos. Check out the key for some handy symbols.



#take10champs



Hauko Peke Yako!

Or in other words - you are not alone in Swahili. By expanding our knowledge of other languages, we can feel closer to the world, and all of its people and culture. It can also improve your confidence when meeting new people, being able to converse the basics in different languages may even give you the confidence to travel to places that you may not know the language or culture. By diversifying your knowledge, we can gain insight and understanding to another world.

WAGGGS have lots of opportunities across the world including, the five world centres in the UK, Mexico, Switzerland, India and Africa. Why not, try and learn some key phrases to start your next adventure. Try to have a basic conversation in some of the languages below:



	Hello!	Goodbye!	How are you?	My name is...
Mandarin:	Nǐ hǎo	Zàijiàn	Nǐ hǎo ma	Wǒ de míngzì shì...
Hindi:	Namaskaar	Alavida	Kya haal hai	Mera naam hai...
Spanish:	Hola	Adiós	Cómo estás	Me llamo...
French:	Bonjour	Au revoir	Ça va	Mon nom est...
Japanese:	Kon'nichiwa	Sayōnara	Ogenkidesuka	Watashinonamaeha...
Swahili:	Hello	Kwaheri	Habari yako	Jina langu ni...



Educate

What will you need?

An app
Internet connection





Let's Colour!

It's good to take a break from looking at a computer or mobile phone screen. It can also be helpful to have a go at being creative and doing something different for a short time. Taking a short break to do some colouring can benefit your studying or work in a positive way.

Get Creative

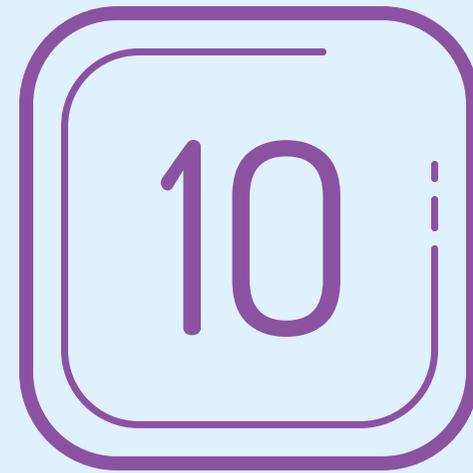
You don't have to use our templates! You can use your imagination and draw anything!

Templates!

You can find some mindful colouring sheets on the next page. We hope they give you joy and you have a good time colouring them in!

How to:

1. Print the page below or be creative and make your own pattern!
(Make sure you select the right page to print so that you don't print the whole document!)
2. Spend 10 minutes colouring in the designs in whichever colours you like.
When they're finished we'd love to see your work!



Relax

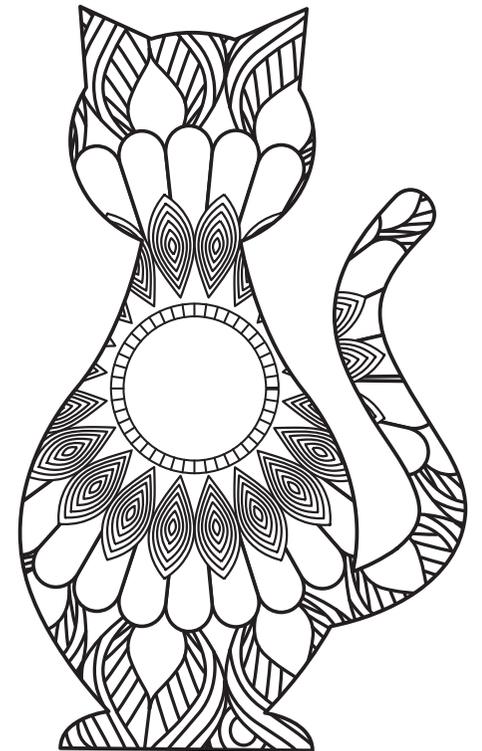
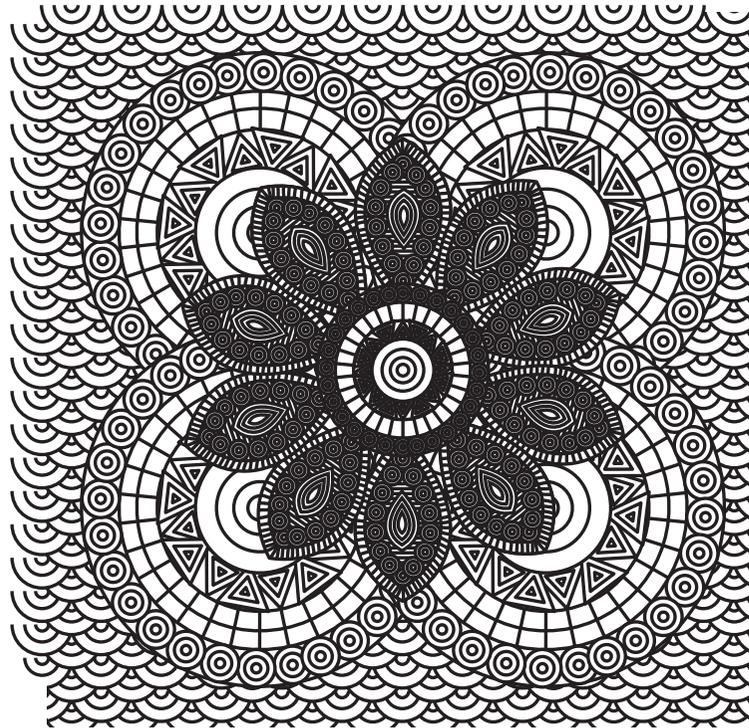
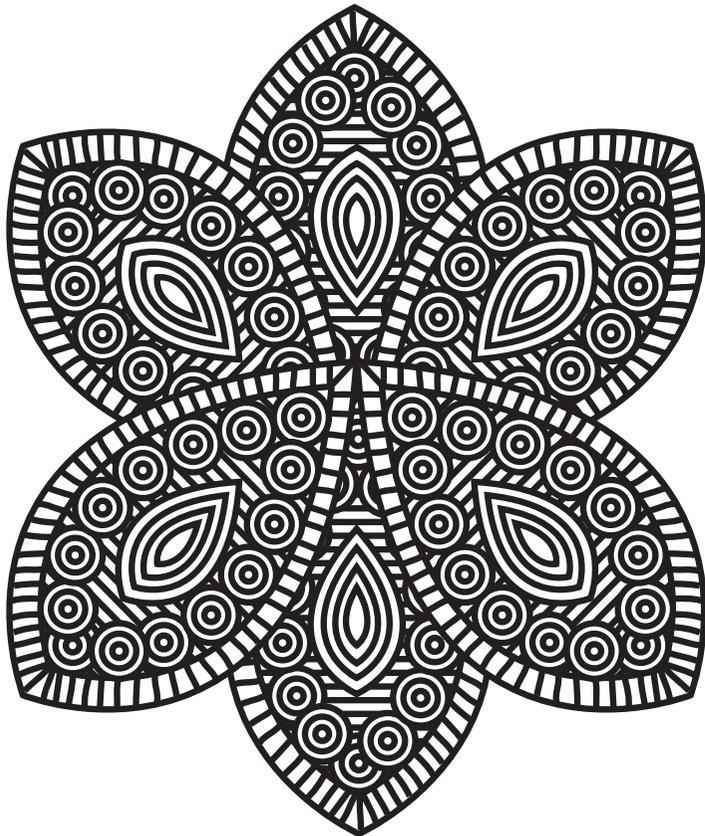
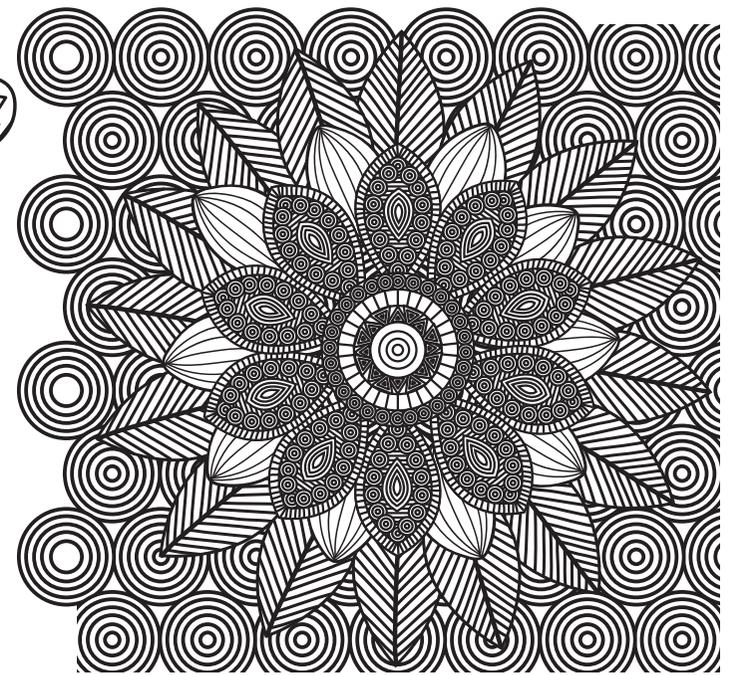
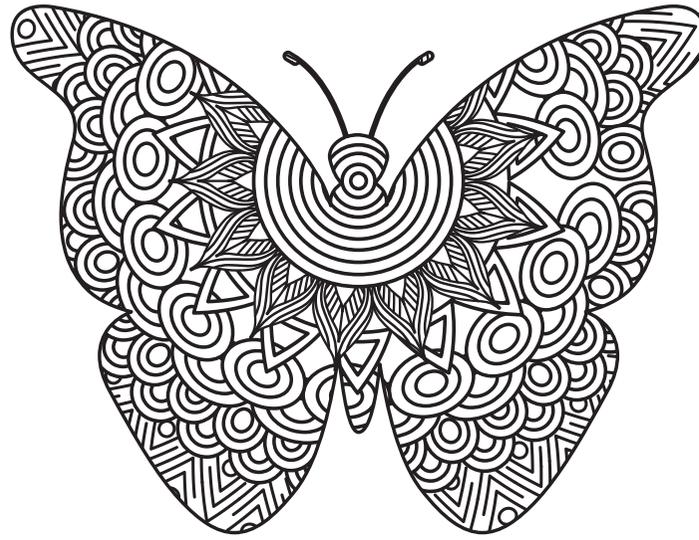
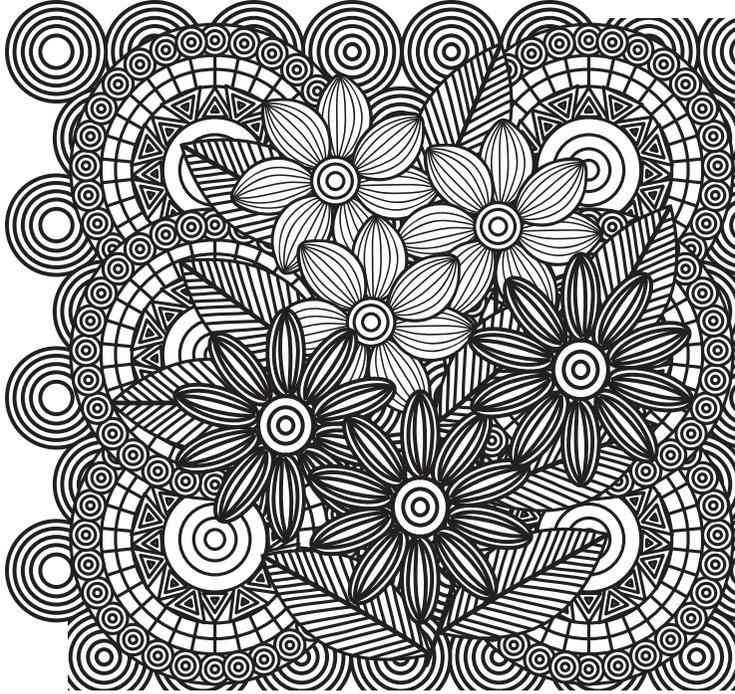
What will you need?

Colouring pencils

Paper

Printer

#take10champs





Thank you for taking part!

Thank you for taking part in Take 10! We hope you have enjoyed the activities. For one last bonus #take10champs we have put together a playlist of songs that make us feel empowered and energised, download it here:
https://open.spotify.com/user/girlguiding_laser/playlist/6OXQcSzDKzNilwa14x2i4L

Let us know what you thought of Take 10 and suggest your own activities on Twitter @Guiding_LaSER, on Instagram @girlguiding_laser_champions, or Facebook/LaSERChampions. Alternatively, email chairofchampions@girlguidinglaser.org.uk.

Think Resilient is a resource delivered by Girlguiding's Peer Educators, designed to build mental wellbeing and grow resilience. Why not ask about a session being run with your unit?

If you have been inspired by Take 10 and would be interested in finding out more about what Girlguiding has to offer to volunteers and how you can make a difference to girls everywhere - please get in touch with your local unit!

Think Resilient Resource!

<https://www.girlguiding.org.uk/making-guiding-happen/programme-and-activities/peer-education/what-is-peer-education/think-resilient/>

London & South East England



WE DISCOVER, WE GROW

Girlguiding



We made a badge!

If you have done any of the activities in this resource then you are able to order a badge to help highlight to others how important it is to Take 10.

The badge covers all five Take 10 activity packs; Rainbows, Brownies, Guides, Rangers and now the Inspire community.

To order your badge please visit Girlguiding LaSER's website:

<https://www.girlguidinglaser.org.uk/challenges>

