Champions

Girlguiding LaSER

TAKE 10 Brownies

London & South East England

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What is Take 10?

In a nutshell Take 10 Brownies is

- 10 activities for Brownies that…
- Take around 10 minutes to complete…
- and have been designed with your wellbeing in mind.

So take time some 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, help you recognise any anxiety you might have and help to combat it with activities that keep your brain steady and your hands busy.

Leaders!

Don't forget that Girlguiding is excellent for support during times of anxiety, stress or when you need an escape. As a volunteer please remember to take time out yourself. You may want to have a go at the activities too - we certainly enjoyed designing and testing them!

Please ask a parent, friend or your leader to help you get the most out of this resource.

How do I use Take 10?

This pack is designed for Brownies. You can choose which challenges you want to do. You don't have to complete them all and can repeat them however many times you 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 dietary requirements, abilities or resources. Adult supervision may be helpful or necessary for some of the activities.

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

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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!

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Found Writing!

1

Words can give us hope and inspiration. By using magazines and newspapers which may use words negatively we want you to use these words to create positive thoughts, stories and poems. Words can help turn a negative into a positive. Poetry is a great creative release and using existing magazines can give you an easy place to start. You can make some small and silly poems. The best thing about poetry is anything goes - it does not need to follow a rhythm or rhyme!

Take it further!
Why not try and write a piece about your favourite person using words from magazines!

Get Creative

What will you need?

- Newspaper
- Magazines
- Paper
- Scissors
- Glue
- Colouring pencils

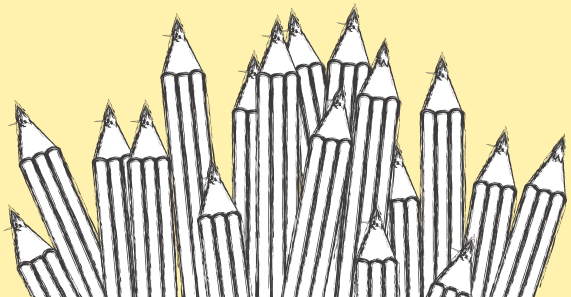
Stay Safe!

wonderful

Please ask permission before cutting up newspapers and magazines.
Ask for the help of an adult while using scissors.

How to create your writing!

1. Flick through a magazine and choose interesting and positive words to cut out.
2. Arrange the words to create a new story or poem.
   Optional: Stick down the words and decorate your writing.



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Volcano Explosion!

2

Get messy

Who likes seeing things explode? This experiment will create a volcanic explosion in your own back garden. Put all the ingredients together and see the magic of chemistry.

Stay Safe!

Make sure you have an adult help you with this experiment.
This is NOT an indoor experiment, head out to the garden or available outside space.

How to play!

1. Stir together the washing up liquid, water and vinegar to create the base mix. Optional: add food colouring to your mix!
2. Use a funnel to get the base mix into the bottle.
3. Mix together the bicarbonate of soda and water to create the activator.
4. Pour the activator into the bottle, quickly remove the funnel and stand back!

What will you need?

Funnel

Clean 500ml/1ltr bottle
(If using a 2ltr bottle, double the ingredients.)

Base mix
A drop of washing up liquid

25ml water

100ml Vinegar

Activator
50g Bicarbonate of soda

85ml water

We'd love to see!

We would love to see your volcanos! Tag on instagram at girlguiding_laser_champions with the hashtag #Take10champs

#take10champs

Treasure Hunt!

3

Play

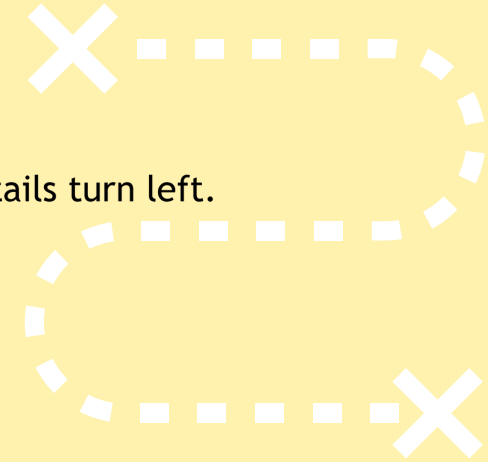
Getting out and about in nature is a big part of wellbeing.
A penny walk could be a good way to de-stress as it
can allow you to clear your mind as well as explore the world around you.

Stay Safe!

Always take an adult with you and make sure that you
don't trespass on private property!

How to play!

1. Take a penny or any two-sided coin and go outside. Every time you come to a fork in the road/pavement, flip the coin to decide which way to turn.
2. When the coin lands on heads turn right, and if it lands on tails turn left.
3. When you are on your penny walk why not listen to your favourite playlist, or pay attention to the things around you? For example, how many animals did you see? What could you hear? Did you notice something that you don't notice normally?



What will you need?

A penny

Sensible shoes and clothing

Make it awesome!

Why not add some real life elements to your treasure hunt? If you want them to guess a colour why not get a few different colour balloons and ask them to pop the correct colour to get the next clue!

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Make a movie!

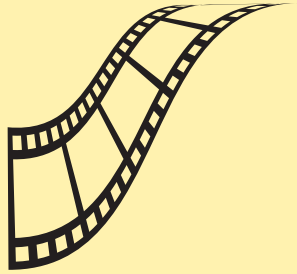
4

Have you ever fancied being a film director? In your mini film you can feel in control as you move your characters around the stage. You could make a film with others or have the people in your house sit down together to view your movie! A stop motion movie puts lots of single images together to create a moving picture.

Stop Motion Movie Inspiration:
https://www.youtube.com/watch?v=SOMFod_Qnhg

Stay Safe!

Get permission from an adult to use a phone or tablet.



Dream

What will you need?

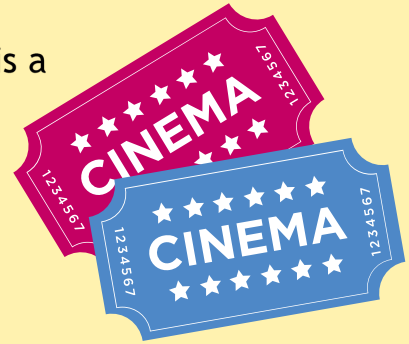
Phone

Tripod (optional)

Objects/characters to animate

How to make your movie!

1. Find a good place to film your story. A flat area like a table would be a good place!
2. Set up your objects and take a photo of them.
   Optional: if you have a tripod it helps keep the camera still!
3. Move your objects slightly and, with the camera in the same position take another photo.
4. Keep moving your objects and taking photos as much as you would like! At least 10 photos is a good start.
5. Flick through the photos on the phone/camera to see your objects come to life!
   Optional: You could upload your pictures to a stop motion app to turn them into a video! (Ask the owner of the phone for permission to download this.)



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Blanket Fort!

5

Feel Safe

At Girlguiding, we love creating safe spaces! Why not try and make your own blanket fort. Get creative and make a blanket fort with lots of pillows, duvets and blankets. Once your fort is complete, relax and unwind as you snuggle in with a hot chocolate and a good book!

Stay Safe!

Get help from an adult to move furniture and help you to create your fort!

What will you need?

Blankets
(You could also use duvet covers)

2 or 3 Chairs
(If you do not have chairs, find other sturdy items of furniture.)

Pegs (Optional)

How to make!

1. Find a flat, open area in your house to make your fort.
2. Arrange the chairs around the space, facing out from the middle of the space.
3. Hang your blanket over the chairs. If you have pegs, you can use these to peg your blanket to the chairs.

Make it really special!

Why not add some fairy lights, create a fort flag and add lots of pillows to make it comfy!

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Frame the Family!

6

Feel Happy

When we can't be with our loved ones, especially those that live far away or that we can't see very often, it's nice to look at photographs of them to remind us how much we love them. A beautiful way to showcase your favourite memories is with this simple craft that could be a present for a loved one.

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

Stay Safe!

Please ask permission before using any photos (perhaps you can make a copy).
Ask for the help of an adult while using scissors.

What will you need?

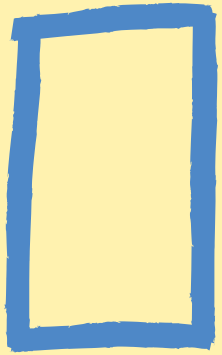
Two pieces of card (This could be from an empty cereal box!)

Scissors

Glue

Things to decorate your frame such as felt pens, magazines, buttons, beads.

How to make!



1. Cut 2 rectangles out of card. These need to be the same size.
2. Ask an adult to cut the inside of one of the rectangles out to create the front of the frame.
3. Decorate the front of the frame.
4. Put glue on the back of three edges of the front of the frame and stick onto the back of the frame.
5. When the glue has dried, you can slide pictures or drawings into the open edge of your frame!
   Optional: Create a stand for the frame and add a photograph of your favourite person!

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Musical Genius!

7

Make Music

Try something new! Music gives people a lot of joy, whether that is playing music, listening to music or making music. You could get together to make a band or give a solo performance. Making music is a brilliant way to be creative and relieve stress.

Stay Safe!

This can be a noisy activity, but creative genuis wasn't made in silence.

What will you need?

Recyclable containers

A large spoon

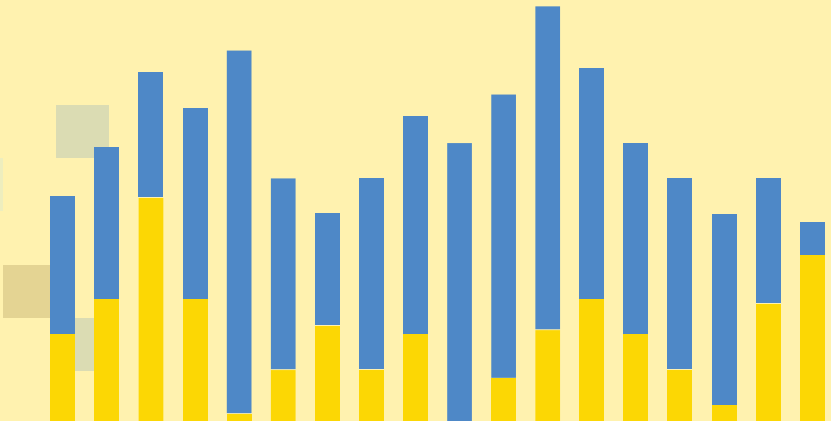
Your imagination!

How to create music!

1. Use clean and empty boxes, bottles, and cardboard tubes to create instruments!
2. Make a tune.
3. Give your first live performance!

Talented Family?

Why not see if your family has any musical ability? Maybe they can try your instruments or they can teach you how to use theirs!



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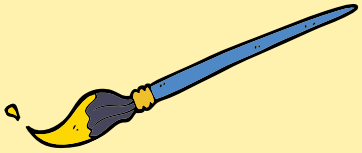
Pattern Painting!

8

Create

Painting can help relax your mind and inspire your creativity! In this activity, you'll be painting over masking tape and then revealing a beautiful design. Peeling off the tape to reveal your artwork is super satisfying!

Stay Safe!



Make sure you get a parent to help you set up your painting area.
Make sure that you are wearing suitable clothes for getting messy!

What will you need?

Plain paper

Masking tape

Paint

Paint brush

How to make!

1. Stick masking tape over the paper to make a design.
2. Paint over the paper.
3. When the paint is dry, peel off the tape!

Write your name!

Try writing your name in masking tape!

Now try creating something really abstract in the masking tape!

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Shake it!

9

Feel Good

Sharing a drink with a loved one can be an opportunity to get to know each other, share how you're feeling and have a good catch up!

Stay Safe!

Wash your hands before you start!
Make sure you get an adult to help you cut up your fruit and use the blender! Make sure that you think about any allergies that may affect your recipe.

What will you need?

Blender

Fruit of your choice

Plain/Greek yogurt

Chocolate almond milk

Sprinkles (optional!)

How to make!

Banana Smoothie

Half of an orange
1 small banana
1 tablespoon plain or Greek yogurt
1 tablespoon water (add more if too thick)

Remove the peel from your orange and slice your banana.

Squeeze the juice from the orange into the blender. Put all the ingredients into the blender and blitz until smooth.

Chocolate & Raspberry (Almond)Milkshake!

250ml chocolate almond milk
1 medium frozen banana
130g frozen raspberries
2 tablespoons cocoa powder
Raspberries and sprinkles for serving, if desired

Place all ingredients in a blender and blend until smooth. Serve immediately.
Garnish with raspberries and sprinkles, if desired!

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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; by taking a short break to do some colouring it can benefit your studying or work as it gives you a chance to refocus and clear your mind.

10

Relax

What will you need?

Colouring pencils

Paper

Printer

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 make!

1. Get an adult to 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 you work!

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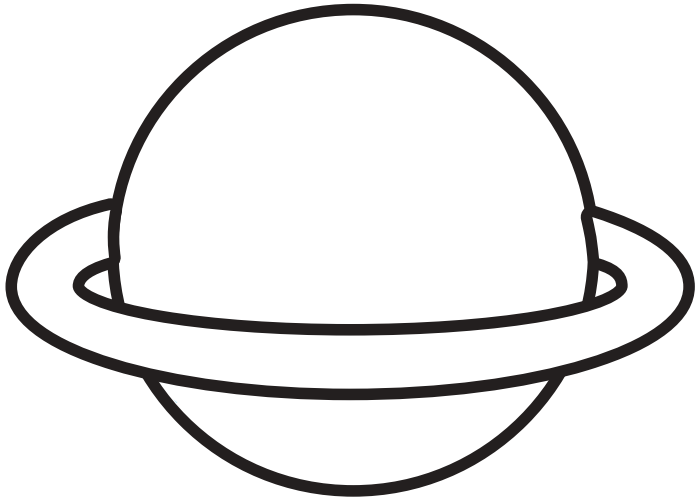

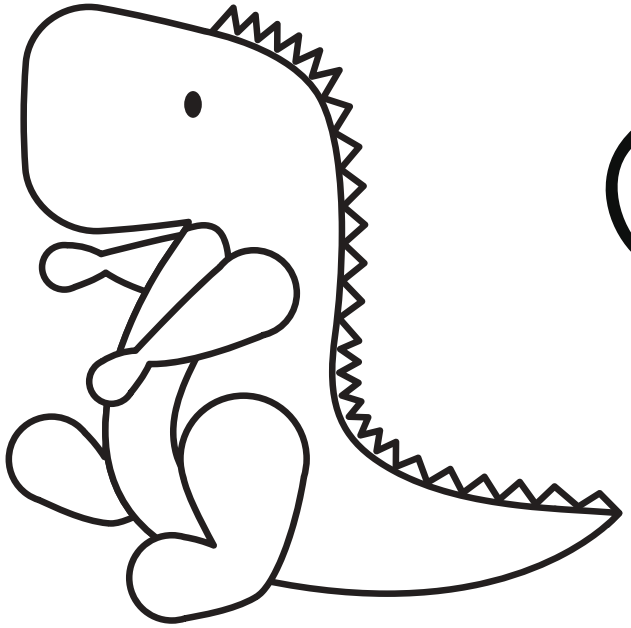

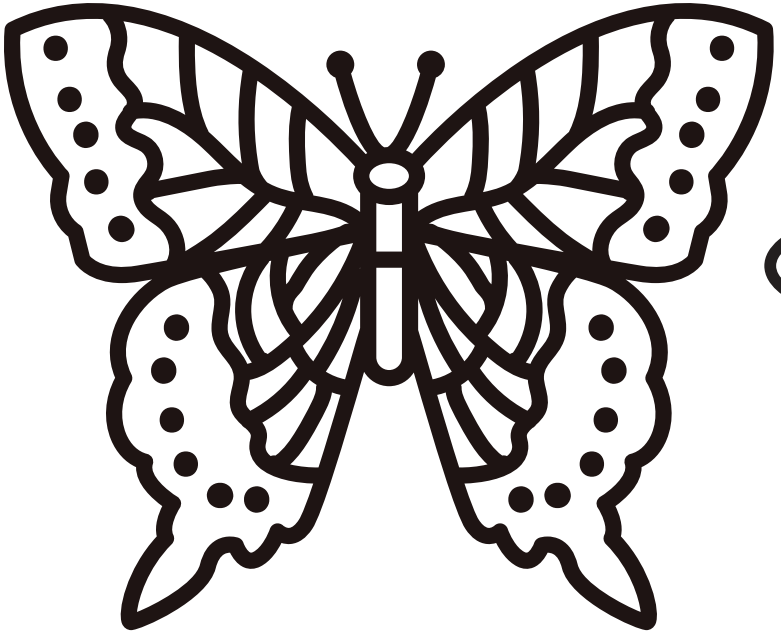

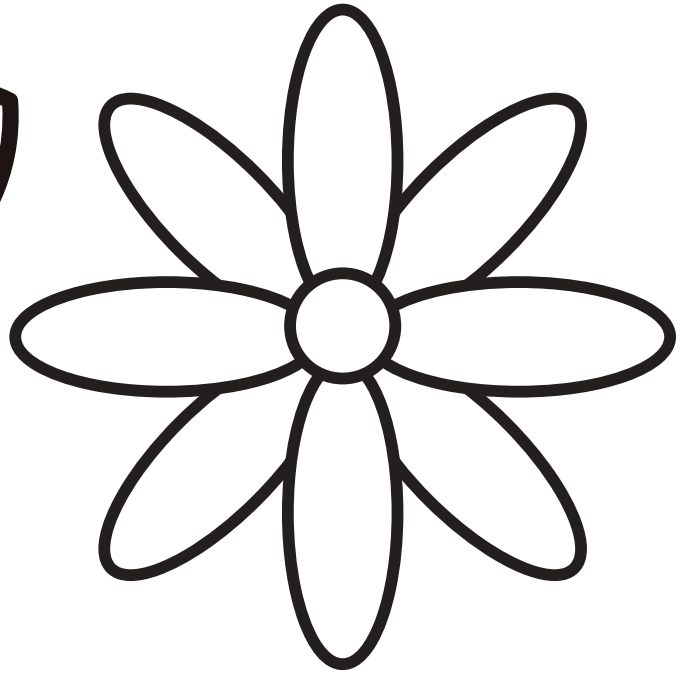

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Thank you for taking part!

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/6OXQcSzDKzNiIwa14x2i4L

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/

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10 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