



# TAKE



# Guides





# What is Take 10?

In a nutshell Take 10 Guides is

- 10 Activities for Guides that...
- Take around 10 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.

## Leaders!

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

## How do I use Take 10?

This pack is designed for Guides. Pick and chose what challenge you want 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 completed by individuals, but we've highlighted where it might be fun to encourage your friend 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. Guides may find it helpful to have adult supervision 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.

You may want to ask parent, friend or your leader to help you get the most out of this resource.

London & South East England



WE DISCOVER, WE GROW

Girlguiding



# 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](http://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](mailto: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!





# Zumba!

Zumba is a fantastic way to get your blood pumping! If you've been sitting down all day, it's an easy way to get up and move.

Zumba has become very popular because it's fun! It also helps with your co-ordination, boosts your heart health and triggers those happy hormones.

## Stay Safe!

Make sure you have enough space to move two steps in every direction.

Wear appropriate clothing for dancing!

Use the internet link carefully and ask an adults permission before you go online.

Keep hydrated - drink plenty of water during your Zumba dancing!

## How to learn Zumba!

1. On a smart device or computer head to YouTube and type in:  
<https://www.youtube.com/watch?v=irptqdkJ1IU>.  
This video will teach you the basic moves for Zumba dancing!
2. Once you have learnt the basic steps why not try adding the moves into your favourite songs?
3. We think these songs are really great for putting your moves to:

'A friend  
like me'  
From Aladdin

'Waka Waka'  
By Shakira

'How far  
I'll Go'  
From Moana

1

## Get Active

### What will you need?

TV set, radio or computer  
or any other music device

Internet access

A large space

**Don't want to  
Zumba alone?**  
Ask a parent to set up a  
video call with your friends.  
Play them your tunes and  
dance!

#take10champs



# Hot Socks!

In this activity, we'll show you how to make your very own hot sock!  
A hot sock acts like a water bottle. Scientists have discovered that heat can relieve internal pain such as stomach aches, cramps, arthritis and flu.  
The weight of the hot sock can give you a feeling of calm and reduce anxiety.

## Top Tip!

If you ever need to heat the sock again, just put it back in the microwave, oven or on the radiator. Change the filling once a month so it doesn't get old and smelly!

## Stay Safe!

Make sure you ask permission before using your best socks!  
Ask an adult to help you use the microwave or oven.

## How to make!



1. Fill the foot of the sock with rice or oats.
2. Tie the open end in a tight knot.
3. Put the sock and the cup of water in the microwave for 1 minute on high power or the oven for 20 minutes on 150 C. The water will keep the air moist and stop the sock or rice from burning. Like a campfire, keep an eye on the cooking process.
4. Using a tea towel or oven mitt, take it out and check if it's warm yet - if not put it back inside for another minute.
5. Put the sock on your feet when you're cold, on your chair when you want a heated cushion, or on your tummy when you're feeling worried or achey.

# 2

## Feel Good

### What will you need?

Long sock you don't need

Rice (not instant), beans or strong oats (enough to fill the foot)

Cup of water

Microwave or oven

Tea towel or oven mitt



# Compliment Cards!

It sucks not seeing your friends. This activity will give you a handy personalised gift to give your pals when you see them!



## Be Kind

### What will you need?

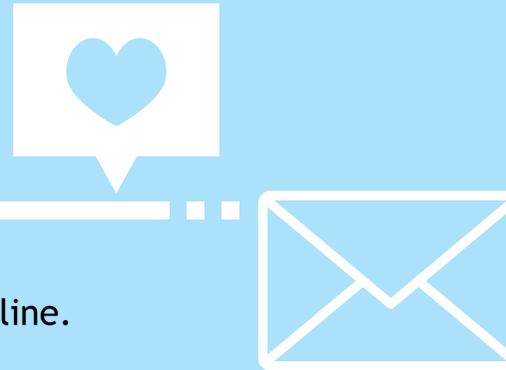
Two pieces of A4 card  
or paper per friend

Scissors

Tape or glue (glue's best if you're  
using any decorations  
that need sticking down)

Coloured pens

Any decorating materials  
you like - stickers,  
highlighters, glitter,  
googly eyes etc!



## How to make the card!

1. Fold your A4 sheet in half lengthwise (so it's long and thin) and cut it down the folded line.
2. Fold each of the halves so they're short but the same width, and cut them down the folded line
3. Fold each piece so they're short but the same width again, and cut them down the folded line.
4. You should now have 8 pieces!
5. This is the fun bit: now write 8 compliments for your pal.

## How to make the envelope!

6. Fold your second piece of paper in half and with glue or tape stick the left and right sides together: it should now be closed on three sides and open on one.
7. Put your cards inside the open hole.
8. Take the open side and fold it over to stop the notes falling out (it should be the length of your thumbnail).
9. With glue or tape, stick the fold to the envelope.
10. Write your friend's name on the envelope and voila!

### Stuck?

Thank your friend for something nice they've done (it could be a fun trip, or help with homework, or maybe something Guide-related like helping you roast a marshmallow on camp!)

Compliment something that's important to them (it can be the way they act, their style, even how similar they are to their favourite book character - we all know a Hermione!)

Predict their future! Does your friend want to be an MP, a fashion designer or fight against climate change? Tell them how great they'll be!

Suggest something you'd love to do together when you next hang out

# Champions



Girlguiding  
LaSER

# "Believe!"

Words and quotes can give us hope, inspiration and help us to aspire to be the best version of ourselves. A positive quote on the wall can remind us about our goals, and you how awesome you are!

‘Concentration can focus your mind and help you focus on the present.

Don't worry about colouring in the lines, you can be as bold and messy as you want!

## Stay Safe!

Make sure you ask permission before cutting up newspapers or magazines.

Ask an adult before using the internet to find your quote!

## How to make!



1. Plan out your quote - have a read through your favourite books or scan your favourite films for any great heroic quotes your favourite character says, or have a look through some of your favourite websites with your adult's permission. We love this website for fantastic inspiration: (<https://bookriot.com/2018/07/17/strong-women-quotes>).
2. Spread out your newspaper or other paint-friendly materials on the floor.
3. Put on your paint-friendly clothes!
4. Put your paper or card on top.
5. If you want to paint your card, do so now! Let it dry before you add the quote.
6. Write your quote first in pencil so you're happy with where all the letters go, then write it again in pen or paint so the message is loud and clear!
7. Decorate! Make sure your decorations don't cover the quote.
8. Put your poster somewhere it can lie down and wait at least two hours for it to dry, overnight is best.
9. Put it on your wall!

DO  
*Amazing*  
—THINGS!—

# 4

## Dream

### What will you need?

A4 piece of paper or card

Newspaper or anything that can have paint on (ask your adults first)

Something to wear you can get paint on!

Something to write with (pens, paper, paint ...)

Decorating materials!

And glue for anything that needs sticking down

*Believe*  
IN  
*yourself!*

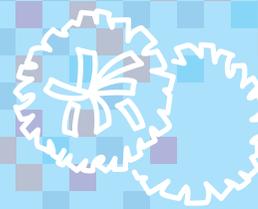
# #take10champs



*Life is too short to wait.*



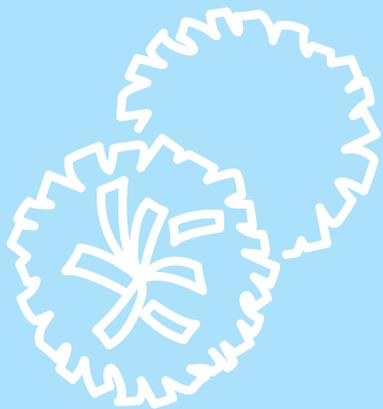
# Pom Poms!



Perfect for decorating camp blankets, bookshelves, clotheshangers or anything else you think deserves a splash of colour! This is another great activity for focusing on one task and making any anxious feelings wait until you're ready to deal with them - you can make one pom pom in ten minutes, two in twenty, and as many as you need until your brain feels settled (or you've run out of wool!).

## How to make!

1. Put your glass on the cardboard and draw carefully around the edge in pen. Do this twice, so you have two circles.
2. Draw a smaller circle in the centre of each circle (a coin is a great way to measure this circle). The bigger the distance between the inner and outer circle, the bigger your pom pom will be! Make sure this smaller circle is small, so it's easy to tie the edges at the end.
3. With the scissors, cut a section the size of your thumb out from the outer circle to the smaller one. Do this for both circles.
4. Cut out the small circles so you have an empty hole in the middle.
5. Put the two pieces of card on top of each other and start wrapping your yarn around the cardboard - start at one edge and wrap all the way round, like putting icing on a donut!
6. Push your scissors between the two cardboard disks and start cutting the outside edge of the yarn (the wide bit of the donut).
7. Carefully slide a long piece of yarn between the two cardboard discs (it's a lot like threading a needle) so it's wrapped around your pom pom.
8. Tie off as tightly as possible (a double knot is good).
9. Hang it wherever you like!



# 5

## Create

### What will you need?

A5 piece of cardboard

A glass with a round top

A pen

Thread/wool/yarn in your favourite colour  
(friendship bracelet thread is perfect for this)

Scissors



# I want some S'more!

Campfires are one of the best parts of being a part of Girlguiding. Mostly because of the treats and songs! However, while we're in isolation or unable to attend a regular meeting, or go on camp, it doesn't mean we can't eat s'mores! You can make s'mores very quickly even without a campfire.

## Stay Safe!

Make sure that you wash your hands and get an adult to help you in the kitchen!  
Please check the recipes for anything that you may be allergic to.

## How to make!

1. Light the tea light with matches or a lighter.
2. Put your marshmallow on the skewer or fork.
3. Hold the marshmallow over the light and let it cook until it's soft.
4. Place the chocolate on one biscuit.
5. Press your marshmallow against the chocolate and push the other biscuit on top so it's holding the marshmallow firmly.
6. Slowly slide the skewer or fork out of the s'more so the marshmallow stays inside.
7. Eat 'em!



## Cook

### What will you need?

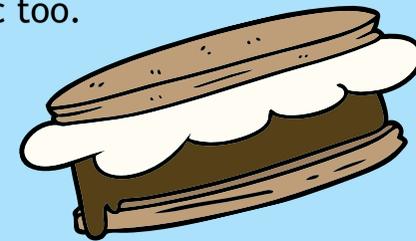
Digestive biscuits

Marshmallows

Chocolate

Tea lights

Matches/lighter



A wooden skewer or a metal fork with a plastic or wooden handle (not a metal handle as it might burn your hand).



## #take10champs

### Experiment!

Why not try adding different ingredients into your s'more?  
You could add white chocolate, popping candy, choc chips, cornflakes and so much more!

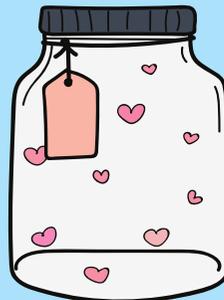


# A jar full of happy!

A wonderful gift or pick-me-up for yourself any day! This activity can be spread out into a quote-finding session and another ten minutes for writing them down, and then whenever you need cheering up these will be ready to give you a boost!

## How to make!

1. Go through your favourite books, films, TV series, or anywhere else and pick twelve quotes that make you feel inspired or cheer you up!
2. Write each quote on a lollipop stick, or fold your paper into twelve pieces (fold it in half so it's long and thin, in half again so it's short and thin, fold it in half again so it's even shorter and in half so it's almost square! If you fold it out you should have twelve sections separated by the fold lines, and you can write your quotes on these).
3. If using paper, cut along the fold lines to make twelve pieces.
4. Pop the papers or sticks in the jar for whenever you need a pick-me-up!
5. If giving them to a friend, why not make a friendship bracelet and tie it round the outside?



## Create

### What will you need?

1 A4 piece of paper,  
or 12 lollipop sticks

A clear cup or jar

Pens with dark colours

Scissors if you're using paper

**Take it further!**  
Why not add tissue paper to  
your jar using pva glue,  
personalise your jar with  
pens or add decorations!

#take10champs

Champions



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# Pimp up your lunch!

It's easy at home to have the same lunch every day, and by keeping meals interesting (especially if you can look forward to certain foods on certain days) it helps our brains keep track of time and feel more in control. Ten minutes is also a quick enough meal prep time that it's easy to fit into school lunch breaks and still give you lots of time to rest and chat with friends!

## Stay Safe!

Make sure that you wash your hands before cooking and get an adult to help you in the kitchen! Please also check the recipes for anything that you may be allergic too.



### Pizza Pittas!

**Grab a pitta or a piece of bread, pop it in the toaster for two minutes, then spread it with tomato sauce and any toppings you enjoy!**

### Mini Tapas!

**A great way to use up lots of leftovers in your fridge! Hunt down lots of different types of foods and put them together. For example: cheese, ham, celery, cucumber, and crackers. Pop it all together and you have tapas!**



### Tomato Super!

**Heat up some tomato soup, add some grated cheese, then tear your toast into small pieces and sprinkle on the top!**



## Cook

### What will you need?

Lunch 1: Pitta bread  
Tomato puree  
Cheese  
Toppings of your choice!

Lunch 2:  
Anything you can find!

Lunch 3:  
Tomato soup  
(or other flavour!)  
Cheese  
Bread

Toaster

#take10champs

Champions



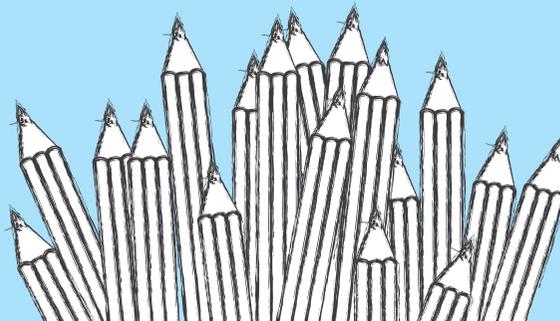
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LaSER

# Make a notebook!

If you've been spending your downtime writing, or you'd like to make a present, a homemade notebook is a great writer's tool or a fabulous gift! Stretch your writing skills by designing your own badge, writing an adventure tale where you go to far-off lands, or a comedy scene you could perform over a video call to your family - in tough times we can always use a good story!

## How to make!

1. Make a pile of sheets with your card at the bottom and paper on top.
2. Clip them together with your clips, two on the left and two on the right.
3. With a ruler, find the middle of the top piece of paper.
4. Use the pen to mark fifteen holes along the middle of the paper.
5. Use the needle (get an adult for this) to gently push through each hole and through the card.
6. Thread the needle with your thread and push it through each hole to sew it together - just like you'd sew on a badge!
7. Tie a knot at the top of the book.
8. Decorate the cardboard however you choose!



## Create

### What will you need?

At least four sheets of A4 paper, but up to 30 can fit

One sheet of A4 card

Four clips  
(binder clips are best,  
but hairclips work too)

Ruler

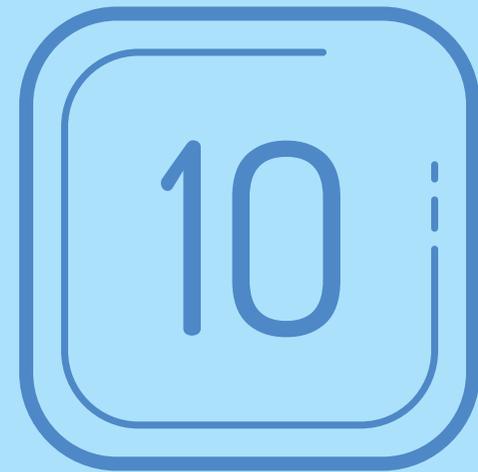
Pencil

Needle and thick thread

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# Origami

Origami is the ancient art of paper folding originating from Japan. Origami has been proven to enhance your concentration and spacial awareness. If you haven't tried origami before we have a step by step guide and some useful links to some fab tutorials!



## Tactile

What will you need?

Paper

Concentration

Pencils to decorate

## Origami Dog!

1.

Start with a square piece of paper (if one side has colour, put that face down on the table).

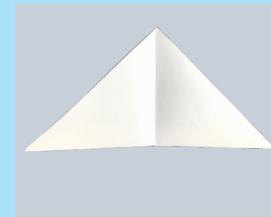
2.

Fold it in half from left to right to make a triangle, and open it out again so you have a crease down the middle.



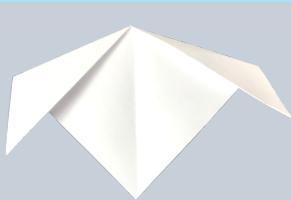
3.

Fold the paper in half from top to bottom



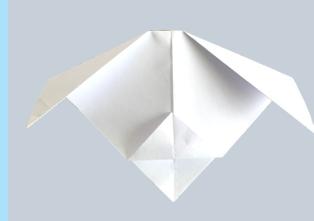
4.

Take the two top corners and fold them down as shown – these are your dog's ears.



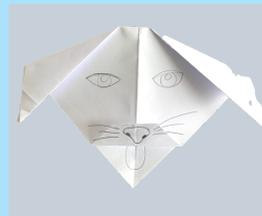
5.

Take both of pieces of paper in the bottom corner and fold it up a little bit (about a fingernail length), press down to make a crease and then flatten them again – this is your dog's chin.



6.

Take just the top piece and fold it up to the crease you just made – this is your dog's mouth! Grab a pen, and draw on his eyes and nose!



Cat!

<https://origami.guide/instructions/origami-animals/origami-cats/>

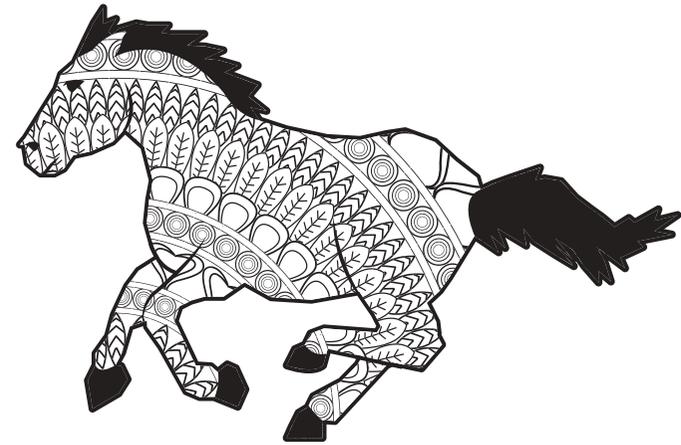
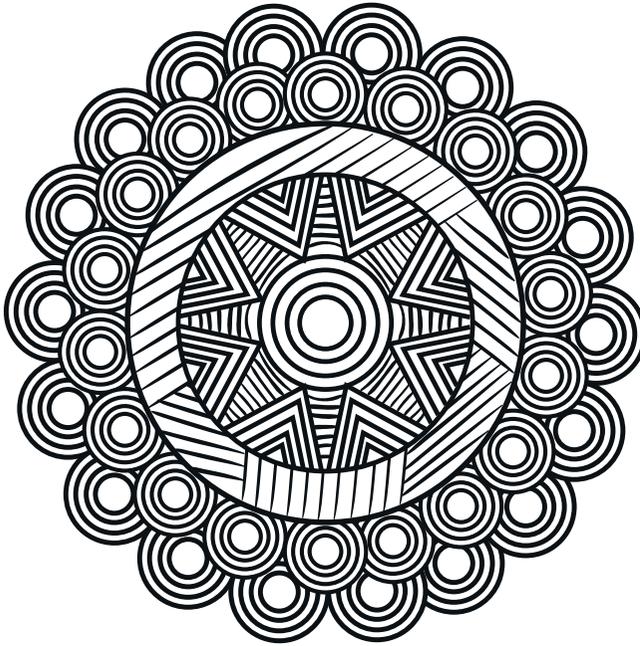
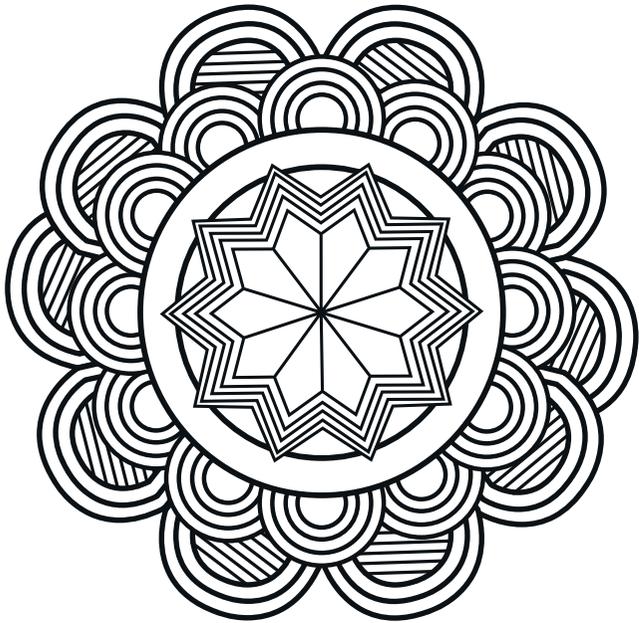
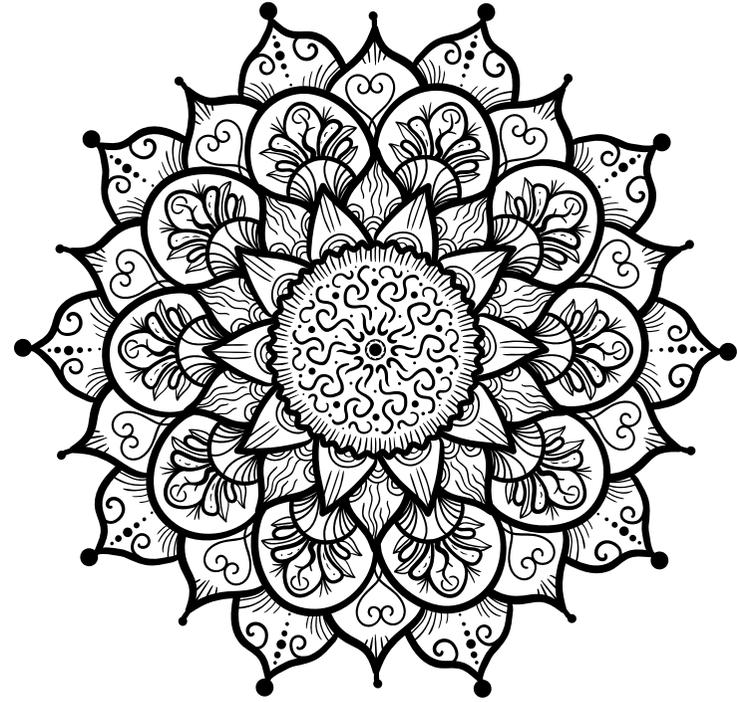
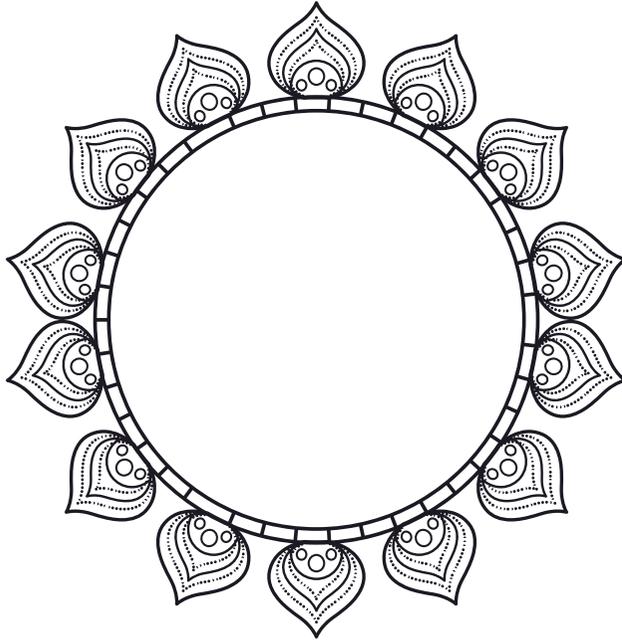
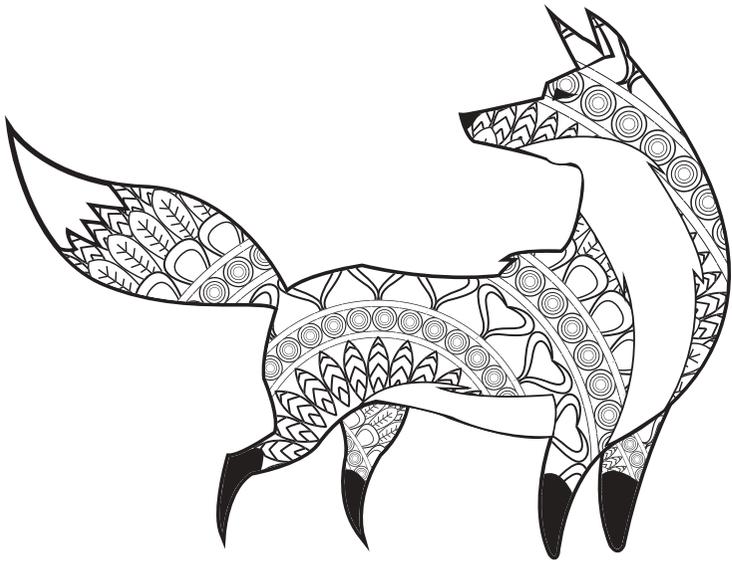
Butterfly!

<https://origami.guide/instructions/origami-animals/origami-butterflies/>

Fish!

<https://origami.guide/instructions/origami-animals/origami-fish/>

#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](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](mailto: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!





## 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>



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