



Girlguiding Northamptonshire are celebrating the Paris 2024 Olympics and Paralympics with a brand new challenge badge – Girlguiding in motion.

The Olympic and Paralympic values of *Excellence, Respect, Friendship* and *Courage, Determination, Inspiration, Equality* are closely aligned with the values and promise of Girlguiding so rather than being just about sport, this challenge is about trying new things, working together and doing your best.

Money raised from sales of the badge will be going towards our county properties so they can host new experiences and adventures for our young members long into the future.

There are 5 parts to the challenge with a range of different activities and suggested UMA connections. The badge is aimed at all sections and can be adapted to the needs of your unit. There are no specific requirements to earn the badge, the most important thing is to have fun, but we suggest that you undertake at least one activity from each part.

Part One: Doing your best

The first value of Olympism is Excellence, which for athletes means training for years in attempt to win a gold medal and be the very best at something. In Girlguiding we promise to do our best – this doesn't mean we have to be good at everything, but it means we give it our best effort and that will be different for everyone.

- Make some good turn beads or another craft to help you keep track of your good turns. *Instructions at the end of the pack.*
- Write or draw a postcard with a personal challenge for the next few months (earning a badge, making a new friend etc.) Ask your leader to keep hold of your postcard and return it after your agreed amount of time – don't forget to celebrate if you succeed!
- Try something new – for example a new sport, food or game.
- Re-write the promise in your own words. Think about what each part means to you.
- Make your own gold medal and swap between small groups. Members of each group should write a few words on the back describing the positive attributes of that person. You could hand the medals back as part of an awards ceremony or games night.
- Make an Olympic style torch or other craft to remind you of your promise, each flame could represent the sections of the promise.

Related UMAs

Rainbows – Promise potions (Know Myself)

Brownies – Big up a Brownie (Be Well), Lend a hand (Know Myself), One good turn leads to another (Take Action)

Guides – Washing line of pride (Know Myself)

Rangers – Meal time mission (Know Myself)

Part Two: Respect

The second Olympic value is Respect, for the rules, other competitors, for officials and coaches. In Girlguiding we promise to be true to ourselves, to serve our community and to keep the Brownie and Guide laws. In other words, we promise to respect ourselves and other people, no matter our differences.

- Think about the rules for your favourite game – try playing it without following one of them, what about if only some people have to follow all of the rules? How well does it work, is it still fun, is it fair?
- Take on some team building activities. *The Know Myself Network Skills Builder includes lots of activities on being part of a good team.*
- Try or invent a new sport at a meeting – do you need to adapt it so that it can be played by everyone?
- Go for a litter pick in your local area – perhaps you have a playing field you can help tidy?
- Your mind is just as important as your body – Try yoga, meditation or another mindfulness activity.
- Host a pamper party – you could make face masks, paint (toe)nails, try hair braiding, henna or hand massage.

Related UMAs

Rainbows – Fun and fair (Be Well), Laughing out loud (Be Well), Lovely losers (Be Well), The fair-ground (Be Well), Stretch it out (Express Myself)

Brownies – Competitive car park (Be Well), Invent-a-sport (Be Well), Respect the ref (Be Well), Water run (Be Well), Clowning around (Express Myself), Fairest of them all (Take Action), Game on (Take Action)

Guides – Equal everything (Be well), Games maker (Be Well), Perfect your poses (Be Well), A game of no noise (Take Action)

Rangers – Anything goes hockey (Be Well), Guidetopia (Be Well), Relaxation station (Be Well), Sitting Volleyball (Be Well), Team-rific (Be Well), I'm worth it (Know Myself), Equality v equity (Take Action)

Part Three: Friendship

The final Olympic value is Friendship as more than 10,000 athletes will meet and compete in the Olympic and Paralympic games this summer. In Girlguiding we promise to help other people and hopefully make friends for life, with those we meet in our units and beyond!

- Learn how to tie a friendship knot.
- Bring and share something with your unit, for example a skill, craft or picnic.
- Make a friendship bracelet for a friend.
- Sing *Make new friends but keep the old*, can you make up a new verse?
- Create a cheer to encourage others in your unit.
- The Olympic motto is *Faster, higher, stronger* and the Paralympic motto is *Spirit in motion*. Come up with a motto for your unit. You could use Google to translate it into Latin.
- Play some icebreaker games to find out new things about others in your unit, for example bingo or two truths and a lie.
- Host a bring a friend night.

Related UMAs

Rainbows – Cheer challenge (Be Well)

Brownies – Brownie beads (Know Myself), Buddy bingo (Know Myself)

Guides – Cheer leader vs sneer leader (Be Well), Know your strengths (Be Well), Balloon frenzy (Know Myself), I'm good thanks (Know Myself), The power of positivity (Take Action)

Rangers – Rhythm and rhyme (Be Well), Memories last a lifetime (Know Myself)

Part Four: International

The Paris 2024 Olympic and Paralympic games will feature athletes from over 200 countries. In Girlguiding we also belong to an international family.

- Create a Paris landmark from marshmallows and dried spaghetti or junk modelling materials.
- Every country parades their flag at the opening ceremony. Design a flag for your unit, perhaps you can incorporate your motto.
- Find out about the food, language and culture of somewhere you've never been before. Try a game or sport traditional to that country.
- Learn another language, for example numbers 1-10, "On your marks, get set, go!" or can you learn the promise in a different language?
- Learn a campfire song from other country or in another language.
- Find out about Girlguiding in another country – what uniform do they wear, what are they called, do they make a different promise?
- Have an international evening based on the world centres.

Related UMAs

Rainbows – World Centre Postcards (Know Myself)

Brownies – Kabaddi (Be Well), Momentous monuments (Know Myself), Thank You, Merci, Takk (Skills For My Future)

Guides – Kho-Kho (Be Well), International explorer (Know Myself), World centre welcome (Know Myself)

Rangers – Jianzi (Be Well), Legend of 1,000 cranes (Express Myself)

Part Five: Northamptonshire

Most athletes will have started small, at a local club or park, before they got to compete on the biggest stage. In this section we celebrate our local area and the opportunities it gives us.

These activities can be adapted to your local area if required.

- Name a sport for every letter of Northamptonshire. If you're stuck, invent a new sport, what would it be called, how do you play?
- Find out about a local sporting hero. A couple of ideas:
 - Anita Neil, from Wellingborough, was Britain's first black female Olympian in 1968
 - Ellie Robinson, from Northampton, won BBC Young Sports Personality of the Year in 2016
- Attend a local sporting event, report back to your unit – be as creative as you can.
- Host a games night at your unit, perhaps you could invite other members of the community to take part. Try and include some of the previous challenges like your cheer or flag. *There are lots of sporty UMAs you could link here!*
- Go for a walk in your local area, you could do a penny hike, pick up litter or walk to your favourite playground.
- Take part in a Girlguiding Northamptonshire event or book an archery or bellboat session.
- Plan your own monopoly-style event around Northamptonshire.

Related UMAs

Rainbows – Balancing balloons (Be Well), Karate tennis (Be Well), Pedal power (Be Well), Ready, steady, sport (Be Well), Track your skills (Be Well), Read all about it (Take Action)

Brownies – Cluck, cluck, goal (Be Well), Cyclist says (Be Well), It's a hole-in-one! (Be Well), Keep on throwing (Be Well), Rallies and relays (Be Well), Triple boxer (Be Well), The great guiding record challenge (Know Myself)

Guides – Burning ball (Be Well), Head, shoulders, knees and CONE (Be Well), Ready to rally (Be Well), Surfs up! (Be Well), Totally ga-ga (Be Well), Animal athletes (Have Adventures), Penny hike (Have Adventures), The fact of the matter (Take Action)

Rangers – In the zone (Be Well), Karate Block (Be Well), Kicking it (Be Well), Tennis tournaments (Be Well), The great guiding games (Be Well), Breaking news (Express Myself)

Additional resource

If you do any walking as part of this challenge, then you have earned the *I've walked with Girlguiding Midlands* badge. You can also count your kilometres towards your running total to earn distance badges. More information can be found at

<https://www.girlguiding-midlands.org.uk/badges/ive-walked-with/>

Good turn beads instructions

What you'll need

- Scissors
- 7 beads per girl
- A length of elastic, wool or string
- A keyring or safety pin (optional)

Fold your elastic in half and tie a knot at the top to create a small loop.
(You can use this to attach a keyring or safety pin once finished.)

Thread a bead onto one side of the elastic, don't push it up to the knot yet.
Thread the other half of the elastic through the bead from the other side.

Hold the two ends of elastic together and push the bead up to the knot.

Add the rest of the beads in the same way.

Leave a space to slide your beads down to and tie off the end.

Each time you do a good turn or remember to keep your promise, slide a bead down to the bottom. Then each week slide them back to the top and start again!

Order Form

Thank you for taking part in our challenge!

To order badges please complete the form below and return with payment to

Girlguiding Northamptonshire,
Unit 1 Brookfield,
Duncan Close,
Moulton Park,
Northampton,
NN3 6WL

Or email office@girlguidingnorthamptonshire.org.uk

Contact Name		
Unit		
Postage address		
Telephone number		
Email address		
Number of badges required		
Cost for badges (£1.50 each)		
P&P	1-20 badges: £1.70	21-50 badges: £2.55
Total cost		

Cheques should be made payable to **Girlguiding Northamptonshire Special Events**

or pay by bank transfer to

Girlguiding Northamptonshire Special Events

Sort Code: 40-52-40

Account No: 00009408

Reference: BADGE and Unit Name