Most challenges can be adapted for the virtual world. Remember online safety is so important and promote this where you can as girls may not be aware of the risks. The WAGGGs Surf Smart Challenge is a great program for this, check it out!

Take advantage of all the flexibility and new opportunities Guiding virtually can offer. There is a wealth of resources available digitally from information and research opportunities to technological skills girls can learn and master.

Consider connecting with other units as well. With everyone meeting virtually distance is no barrier! Could you extend this and try connecting with units in other states or even other countries? Guiding is a global movement after all!

Things like monitoring water consumption are practical and interesting opportunities for girls to investigate, discuss, consider alternatives and take action on. Once they have done this, encourage them to share their findings and advocate for further change.

Be resourceful – as Girl Guides, we are so good at this. Encourage resourcefulness by using simple everyday items that can be reused or adapted. Each home environment also presents a range of opportunities for girls to discover, decide, plan, do and evaluate their own lifestyle.

Be selective in what you and your unit choose to engage with but do embrace it. How many times have you had access to enough technology so girls could each actively participate all at once!

Encourage girls to share their findings with others. Whether it be via talking to grandparents on the phone, sharing with peers in their online unit meeting or teaching a skill they have learnt to a sibling there is endless potential for making connections that will also be beneficial to others.

If you had someone planned to visit, have them join a virtual meeting via teleconference instead. Girls can still access professionals, mentors and community members this way and these visitors can still connect with Guiding. If they are unavailable now, tap into other resources like following a guided class online or a virtual tour.

Remember to look after yourself, self-care is essential, especially for amazing volunteers like you, always giving back -Exercise, Eat well, Get outdoors, Connect with people you care about and your peers in Guiding, Laugh, Disconnect from social media often.

Try meditation or relaxation techniques with free apps like Insight Timer, Calm or Headspace.