



Amethyst

Guides need to complete 10 challenges, at least 2 from each section (Physical, Practical People and Self) and then 2 extra from any section. Minimum age to commence challenge: 7 years.

	Start Date:	Completed
Physical	For one week, keep a diary of the fruits and vegetables you eat. You could use pictures and words in your diary.	
	Participate in an advocacy project about the environment OR earn Trees or Water Create-a-Challenge Badge.	
	Go for a short hike with your Unit OR have a go at a challenging outdoor activity you have not tried before.	
	Learn how to treat a blood nose and other bleeding. OR Visit the Police, Fire or Ambulance station and find out what happens there.	
People	Help to plan a Guides' Own OR Take part in a Promise and Law Activity.	
	Do a Good Turn for someone outside your immediate family OR Earn the Service Flash 1.	
	Participate in a game or activity about the World Centres.	
	Help plan your Unit Program.	
	Promote Guides in your community. For example, put up a poster in your school or local library.	
Practical	Pack for a sleepover or camp and attend it.	
	Play a game using basic knotting skills OR Apply an arm sling using a reef knot.	
	Play a basic compass game or join in a compass activity.	
	Show how to tie your shoelaces OR Plant seedlings and care for them OR Show how to light a candle safely using matches.	
	Make a musical instrument and play it for your Guide friends.	
Self	Participate in Unit decisions; for example, program planning OR know your full name, address and phone number.	
	Attend meetings regularly for five weeks and wear your uniform correctly OR Participate in a service or community activity.	
	Lead a favourite game with your Patrol or Unit.	
	Invent a game or make or toy out of natural materials. Try out your game/toy with you Guide friends.	