

## Discover a Challenge Badge



### Diamond

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: 13 years.

	Start Date:	Completed
<b>Physical</b>	Find out about the immunisations given to children in Australia. What diseases do they aim to prevent?	
	Plan a full-day activity, including menu, activities, environmental impact and risk management plan. Ask your Leader to explain these to you.	
	Challenge yourself to increase the number of steps you take in one day. You could use a pedometer to count your steps.	
	Investigate two ways to improve your personal safety and share these with your Patrol.	
<b>People</b>	Organise others to help you plan and hold a Guides' Own at a special place you have found OR Attend a place of worship other than your own.	
	With your Patrol, identify and take part in a service project. Carry this out with your Unit OR Achieve your Service Flash 3.	
	Find out about another religion, belief or culture and share this with your Unit OR Use an international theme to plan a day activity or camp program.	
	Plan and then take part in an outing with your Patrol. Report back to you Unit about how you went.	
	Visit a Unit with older girls or find out about Lone Guides and share this with your Unit or Patrol.	
<b>Practical</b>	Participate in an adventure activity that you have not done before or participate at a higher level activity, eg canoeing, rock climbing, horse riding.	
	Know how to deal with an emergency; show how to position an unconscious person; and show how to treat a snake bite OR With your Patrol, build and use a pioneering structure, such as a chariot, ladder, bridge, seeing or ballista. Make sure that you use the correct knots and ropes.	
	Prepare and cook a two-course meal for your family OR Assist with home maintenance tasks, such as washing windows, mowing lawns or gardening.	
	Help to plan and run a Wide Game.	
	With your Patrol, make a selection of garments from recycled materials and parade these for your Unit.	

## Discover a Challenge Badge



# Diamond

<b>Self</b>	Draw up a budget of your weekly expenses and identify two ways that you could save money.	
	Investigate the life of a woman who has lived by the spirit of the Promise and Law. You may read about her activities or see her in a film or interview. Give a presentation to your Unit OR Discuss what spirituality means to you with your Leader.	
	Organise others to help you plan and hold a problem solving activity night.	
	Find out about a local issue. Share what you have learnt about how this issue affects you, your family or your community. Share this with your Unit or Patrol. OR Learn about e-waste –electronic equipment- and what facilities exist to recycle electronic materials in your community. Share this with your Unit or Patrol.	