

# Discover a Challenge Badge



## Turquoise

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: 5 years.

	Start Date:	Completed
Physical	Taste a new fruit or vegetable. Tell your patrol or Unit what you thought.	
	Go for a walk in a park. What do you see? What do you hear? What do you smell? Write it down or draw pictures to share with your unit.	
	Practise throwing and catching balls of different sizes. Do this at least three times in one week.	
	Draw a picture about safety at home or at Guides. Share with your Unit.	
People	Bring a friend to a Guide Meeting.	
	Do three Good Turns in a week.	
	Join in team games at Guides.	
	Go to an activity or event that includes Guides from other Units.	
Practical	Make a picture out of natural materials, such as leaves, bark or sand.	
	Make something with glue and scissors.	
	Know how to clean a cut and put on a Band-Aid OR Thread beads or buttons or weave paper strips or wool to make a craft item.	
	Tell your Leader how you care and share with other people.	
	Learn to help at home. Do one of these every day for a week: Set the table for a meal, pack up your toys or Put your dirty clothes in the washing basket.	
Self	Tell your Unit or Patrol something interesting about yourself OR Know your full name, your parents'/carers' names and your address.	
	Play a game that shows you know how to be a good friend.	
	Remember and pass on a short message.	
	Make a card or small gift to say "Thank You" to an adult who is important to you. Share with your Unit what you did and how it made you feel.	

# Discover a Challenge Badge



## Topaz

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: 6 years.

	Start Date	Completed
Physical	Find and name two plants and two birds at your home, school or Guide meeting place. Draw pictures of them and share with your unit.	
	Drink water instead of cordial or soft drink for one week.	
	Make a list of the Unit's safety rules. Practise an evacuation drill with your Unit.	
	Find out how many times you can skip with a single rope without stopping. How many more times can you do it after practising for a week?	
People	Make a promise to yourself or a family member and do your best to keep it for one week.	
	Think of one Good Turn you can do for someone at home. Do your best to do it daily for one week.	
	Find out about World Thinking Day by joining in a Thinking Day activity.	
	Help to organize a game or activity that every member of your Patrol or Unit can take part in.	
	Help to sell Guide biscuits for your Unit.	
Practical	Show how you can tie knots by making a mobile, bracelet or pom pom.	
	Know how to call '000' (triple zero). With your Leader, practice answering some of the questions you might be asked in an emergency.	
	Wipe a table and sweep the floors for one week at home. OR Help to sort the recycling from the family rubbish for one week.	
	Play Kim's Game.	
	Make a gift or card for someone.	
Self	Know your full name, your parents'/carers' names and your home phone number OR tell your Unit or Patrol something interesting about yourself.	
	For one week, do your best to smile when you feel like complaining. Tell your Unit how you did this and how it made you feel	
	Greet a visitor to your Unit and look after them at the meeting.	
	Find out why it is important for all children to be able to read. Share your findings with your unit.	

# Discover a Challenge Badge



## 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 you 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.	

# Discover a Challenge Badge



## Garnet

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: 8 years.

	Start Date:	Completed
Physical	Help to prepare a meal for your family OR find out about healthy eating portions and make a poster for your home fridge.	
	Participate in an environmental activity, such as a tree planting day, Clean Up Australia Day or Frog Watch.	
	Learn a new skill or improve an old skill that involves a ball, a rope or a hoop. Use your skill in a game with your Patrol or Unit.	
	Learn how to cross the road safely on foot and on your bike. Also learn three other important road rules OR know how to travel safely when using private or public transport.	
People	Make a game or activity that explores one or more parts of the Guide Law.	
	For four weeks, do a helpful job that your Guide Leader has chosen for you. OR Make a list of people in the community who help other people.	
	Know what WAGGGS stands for and name three member countries. Find out more about Guiding in each of these countries.	
	Organise and run a game that every member of your Patrol can play.	
	Participate in a State, Territory or national challenge or badge.	
Practical	Find out how to send a simple message using morse code, phonetic alphabet, semaphore or sign language.	
	Make a hot drink and sandwich (or similar) OR Sew on a button or a badge.	
	Tie a round turn and two half hitches and a clove hitch. Know what they are used for OR participate in a campfire. The campfire could be held at a camp or during your Unit meeting.	
	Make something you can wear.	
Self	Think about one of your talents and show it to your Patrol.	
	Help to choose and plan a special Guiding event, such as a Promise Ceremony or Guides' Own.	
	Organise and run a short activity that includes every member of your Patrol.	
	Spend the whole day without playing with any of your toys, watching TV or playing on the computer. Tell your Unit what you did instead.	

# Discover a Challenge Badge



## Agate

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: 9 years.

	Start Date:	Completed
Physical	Help to plan a menu for your next special event, for example a sleepover or camp. Make sure that your menu provides a healthy, balanced diet.	
	Make a presentation about your State or National flower, animal and bird emblems.	
	Make up a new game that includes running and jumping; teach it to your Unit or Patrol OR Plan and go on a nature walk, taking an adult with you and know the safety rules, including what to do if you get lost.	
	Find out about online safety and what you can do to stay safe when using the internet.	
People	Help a younger Guide with one of her challenges.	
	Make up a game about the Symbols of the Movement to play with your Patrol.	
	Learn a new skill and show how it can be used to help others.	
	Learn a game of activity from another Guiding country and play it with your Unit or Patrol.	
	Go to an event or activity with at least one other Guide Unit (not including your usual weekly meeting).	
Practical	Learn basic tracking signs and lay a trail for others to follow.	
	Make a personal first aid kit and discuss with your Patrol how you would use the supplies OR Teach a younger Guide one of the knots you have learnt.	
	Learn how to make your bed with clean sheets OR Cook a new recipe and show basic kitchen safety.	
	Learn and then teach your Unit an action song OR Participate in a Wide Game.	
Self	Know the names of your Unit Leader, Unit, District and Region.	
	Discuss what the Promise means to you with your Leader.	
	Help a younger Guide put the Promise and Law into action.	
	Choose an endangered animal species and find out what is being done to help protect it.	

# Discover a Challenge Badge



## Zircon

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: 10 years.

	Start Date:	Completed
Physical	Learn about fire safety and how to light stoves, buddy burners and small fires OR Make a fire evacuation plan for your home or Guide Hall.	
	Try a new fitness activity with your Unit; for example, bike riding, horse riding, tenpin bowling or ice skating OR participate in Body of Food Create a Challenge badges OR plan a healthy menu for a Unit camp of sleepover.	
	With your Patrol, plan and carry out an environmental service project OR look at how much water you use during Guide activities, including at your regular meetings and weekend activities. What can you do to reduce the amount? Can some of this water be reused? Make some suggestions to your Unit Leader.	
	Achieve the Outdoors Explore a Challenge badge OR Set yourself a seven-day health challenge which includes a balanced diet and exercise. Evaluate your progress at the end.	
People	With your Patrol, make up a skit, play, song, poster or poem that describes Guiding to other people OR in Patrol time, participate in friendship games or activities	
	Find out about a charity or service organization. Share what you have learnt with your Patrol or Unit. OR Achieve your Service Flash 2.	
	Attend a District, Region or State event OR identify an issue in your community and take action.	
	Help a new Guide learn the Guide Promise & help her to plan her Promise Ceremony OR plan a Promise & Law activity for your patrol.	
	Find out about JOTA/JOTI and, if possible, take part in an event or activity OR Participate in a WAGGGS project, Global Action Theme challenge or World Thinking Day fundraiser or event.	
Practical	Pitch and strike a tent OR Participate in an adventure outdoor activity OR Participate in tree planting.	
	Tie a packer's knot & learn how to make a bedroll OR know how to treat a person who has fainted & how to place the person in the recovery position.	
	Cook one dish using an oven or stove OR Do a backyard task at home; eg, weeding or cleaning patio furniture.	
	Participate in a Colour Party OR Participate in a campfire.	
	Make an item using beads.	
Self	Teach your Patrol or Unit a new song, yell or other campfire activity.	
	Choose five items that have a special meaning to you and show them to your Patrol or Unit OR Share one of your talents or skills with your Patrol.	
	Identify which part of the Law helps you most to put the Promise into action OR Contribute to a service or community activity.	
	Share an activity with your Patrol to help them become more aware of people with special needs.	

# Discover a Challenge Badge



## Jade

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: 11 years.

	Start Date:	Completed
Physical	Set yourself a health or fitness challenge and keep it for three weeks.	
	Participate in a Unit meeting with one hand behind your back for the whole meeting. Discuss with your Unit the difficulties you encountered.	
	Take part in Clean Up Australia Day or a similar event and take note of the rubbish you are collecting OR Present to your Patrol or Unit how rubbish affects the environment.	
	Show your Patrol or Unit how to stay safe when riding a bike OR With your Patrol, practice how to cope in an emergency situation. Demonstrate how you would deal with this situation and consider what else you could do.	
People	Collect thoughts, sayings, songs or prayers that could be used at a Guides' Own OR Put together some "What if" situations that demonstrate the Promise and Law in action. Use them in a game or panel discussion with another Patrol.	
	Choose a favourite Guiding activity & consider how it could be adapted for a person with special needs.	
	Find out about Guides in another country. Share this information with members of your Patrol or Unit by running a game or activity.	
	With your Patrol, identify and carry out a service activity. Try some team initiative challenges.	
Practical	Take part in planning part of a camp; eg, the menu, Guides' Own or campfire OR With your Patrol, plan and lead a campfire. The campfire could be held at a camp or during your Unit meeting.	
	Make a camp gadget using at least two knots OR Learn how to apply a sling, splint support and ankle compression bandage.	
	Show that you can make your bed and keep your room tidy for a month OR Cook a dish outdoors and discuss safety issues with your Leader.	
	Plan and run Patrol time for a meeting. Make a friendship bracelet.	
Self	Choose three songs or poems that are special to you and explain why to your Patrol.	
	With your Leader, discuss what 'do your best' means to you.	
	Plan and create a Unit resource, such as a prayer book, games book or campfire book.	
	Exchange a peace message with a Girl Guide or Girl Scout living in another country OR Choose a developing country & find out about education for a girl your age. Share these differences with your Unit.	

# Discover a Challenge Badge



## Sapphire

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: 12 years.

	Start Date	Completed
Physical	Organise a pamper night at Guides OR organise a Unit debate about the pros and cons of healthy living OR Invite a health professional to talk to your Unit about an aspect of health.	
	Identify how your Guiding activities, including camping, affect the environment and what you can do to reduce the impact.	
	For your Patrol or Unit, plan an activity that highlights the challenges people with a disability may face OR Take part in a Unit hike OR Achieve the Outdoors Explore a Challenge or Achieve a Challenge badge.	
	Achieve the Emergency Achieve a Challenge badge.	
People	Participate in a World Guiding activity or event OR participate in Post Box.	
	Run a debate in your Unit about the Guide Promise and Law OR with your Patrol, organise and run an activity about the Guide Law.	
	Participate in a local, State or national service activity.	
	As a Patrol member, take part in some trust games OR Debate the best way a Guide Unit could run; eg, are Patrols better than other ways?	
	Find a way to promote Guiding to the wider community & try this with your Patrol OR Invite members of your community/service groups to visit your Unit to talk to the Guides about what they do.	
Practical	Join in an outdoor night activity OR participate in a Patrol camp.	
	Make a Patrol flag and put up a camp flagpole and take part in a Colour Party to raise your flag OR Know how infection is spread and explain the importance of, and demonstrate, correct hand-washing techniques.	
	Wash, iron and care for five items of clothing made from different fabrics OR Know the safety implications for different types of light globe and change a light globe safely.	
	Participate in activities about the history of Guiding OR Participate in a hike or walk using a map, compass or GPS.	
	Make a useful item out of wood.	
Self	Find out the cost of a takeaway meal you enjoy and compare what you could buy at the supermarket for the same amount of money.	
	Research other faiths and share your findings with your Patrol.	
	Support other members of your Patrol or Unit with activities they run OR represent your Patrol at meetings and report back to your Patrol.	
	Find out about the life of a person with special needs who has challenged themselves and share what you have learnt with your Patrol OR Give a short talk to your Patrol about a local aid agency or charity.	



# 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.	
<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.	

# Discover a Challenge Badge

## Black Opal

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: 14 years.



BLACK OPAL  
Metal Badge  
(14+ Years)

Physical	Healthy Body	Start Date:	Completed
		Develop a plan to exercise for at least 30 minutes, three times a week. Follow this plan for a month.	
		Keep a food diary for a week. Identify issues with your diet and create a plan to improve it. Follow for a month.	
		Develop a skin-care routine, including sun protection, and follow it for a month.	
		Participate in a new sport or activity for one month and present your experiences to your Unit.	
		Visit a supermarket and compare the packaging, contents and price of at least four different products. Look for information on serving size, presence of vitamins and minerals, fat content etc. What goals or recommendations could you make from your findings? Write a food review.	
	Healthy Mind	Over a week, write down times and situations when you feel stressed, as well as how your body reacts and your other feelings. At the end of the week, review your log. Are there other ways you could handle the situations?	
		Learn meditation or another form of relaxation and practice it regularly for a month.	
		Try crosswords, Sudoku, Chess or an online brain training game not tried before. Challenge yourself until you improve.	
		Research how diet, including vitamin intake, impacts on general health, brain function and hormone balance. Share this information with your Unit.	
Read a novel you have never read before and discuss it with your Unit.			
Participate in an advocacy/community service project involved with health issues and present your outcomes to your Unit.			
Plan a night at Guides where an instructor visits or the Unit attends a session of Yoga, aerobics, dance etc.			
If you are musical, create some relaxation music and share it with your Unit.			

# Discover a Challenge Badge

## Black Opal



BLACK OPAL  
Mental Badge  
(14+ Years)

		Start Date:	Completed
People	Helping Communities	Find out what social inclusion is and what the Australian and your State governments are doing about it. Identify the areas of social disadvantage in your State. Find out about some of the programs in place to improve these areas and share them with your Unit.	
		Research the effects of using drugs and alcohol. Consider the perception of drinking and drug use in Australian society. With your Unit and a Leader, share what you have learned. Discuss strategies to assist you in coping with peer pressure to drink or take drugs.	
		Identify the agencies in your local area that exist to assist youth with the issues given below. Choose one of these agencies and collect information about it. Find out what they do, how to contact them and how they help. Homelessness, Mental illness, New migrants & Refugees, Teen pregnancy & sexual health, Bullying, Violence or abuse	
		Research a program that supports or assists Indigenous Australians, e.g. Closing the Gap, CDEP or a local community program. Share the information with your Unit.	
		Learn about advocacy and what it means. Research some key advocacy groups, national or international, and how they support their cause. Identify a cause you would like to advocate for and find out if there are already advocacy groups for that cause. Consider a way to join, help, promote or support that cause.	
		Research activities or games involving communication skills and participate in some of them with your Unit. Afterwards, debrief about what you learned and discuss how you can use good communication skills in other areas of your life.	
	Understanding People	Visit a childcare centre, creche, early learning centre or kindergarten and spend at least two hours with the children. Visit a nursing home or aged care centre for at least two hours, or whilst Meals on Wheels deliver. Discuss the issues related to caring for the very young and elderly with your Unit and Leader.	
		Invite a person with additional needs, a carer of a person with additional needs or a special needs advocate to talk to your Unit about living with additional needs and how you, as individuals can be more supportive and accepting of people with additional needs.	
		Take an online test about learning styles or multiple intelligences, for example, a VAK test. Identify your preferred learning style and think about how you can use this knowledge to learn better. Educate yourself about the other learning styles and then teach a basic skill or task to your Unit incorporating any three learning styles, e.g. visual, auditory and kinaesthetic.	
		Privacy is a big issue with legal implications. What are the implications of reading another person's mail, diary or email, using mobile phones in public, or sharing information about yourself on the internet, including social media? Find out how to protect your privacy and why it is important. Find out what is illegal and why. You may like to invite a Police Officer or Lawyer to your Unit to discuss the issue further.	

# Discover a Challenge Badge



BLACK OPAL  
Metal Badge  
(14+ Years)

## Black Opal

		Start Date:	Completed
<b>Self</b>	<b>Develop Yourself</b>	Hold a position in your Unit-In-Council, e.g. Treasurer or Secretary	
		Gain a Learner Driver or Provisional Driver Licence	
		Prepare and present a five-minute speech describing something you are passionate about.	
		Invite a Travel Agent to speak to your Unit or visit a Travel Agency or an online travel site to learn what services they offer. Using this information, plan your dream holiday or 'gap year'.	
		Investigate a number of career choices that interest you. Explore the subject choices you will need to make at school to lead you to these jobs. Discuss with an adult you trust.	
		Choose three forms of technology, for example, computers, email internet, digital camera, mobile phones, and show another person how to use them. Discuss with your Unit the advantages of changing technology and some of the related problems.	
		Research a book or website about personality types. If possible, take an online test to determine the basic characteristics of your personality.	
		Investigate how consumer products are purchased via the methods below. Discuss the pros and cons of each with your Unit: Lay by, Afterpay, Personal Loan, Credit Card, Hire Purchase	
		Compare and contrast two religions, one of which may be your own, in order to explore and own beliefs. Find out more about a religion that is not your own. Visit a place of worship and learn about their special celebrations and religious practices and beliefs. Compare these to your own beliefs and share your thoughts with your Unit or Leader.	
	<b>Express Yourself</b>	From a recipe book, cook a dish you have never cooked before and share it with your family or Unit.	
		Make an item of clothing for yourself or someone else to wear.	
		Try a new craft – origami, scrapbooking, flower arranging, cake decorating etc. Show the finished item to your Unit.	
		Try a new art form – sculpture, painting, graphic design, dance, drama, movie making – show your finished piece to your Unit.	
		Choreograph a new dance, write a song or stand up routine, or learn a new piece of music. Perform it for your Unit.	
		Join Gang Show or another performing group – orchestra, band, dance troupe, choir etc. Invite your Unit to a performance.	
		Express yourself in writing – write an article or short story and submit it for publication with an appropriate newspaper, magazine, website or journal and become a regular contributor to an approved and age appropriate online forum.	
		In a craft, hobby or art in which you are already active, challenge yourself to improve to a new grade, level, class or personal best.	