

## 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.	