

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.	