

SALUTING 2023 THEIR SERVICE

Being fit for the task



YOUTH, OLAVES AND ADULT MEMBERS CAN EARN THIS CHALLENGE BADGE.

Simply:

- Take part in an Anzac Day ceremony, Dawn service or a memorial on Remembrance Day either virtually, at school or in your community.
- Complete one challenge from Anzac heritage and choose three other challenges to complete this year's challenge badge. You may like to 'specialise' in just one topic or choose your extra challenges from any area.

Please consider the safest and best way to participate in this challenge.

Remember, we have a process for planning activities in our Girl Guide Program:



DISCOVER, DECIDE, PLAN, DO, EVALUATE

Discover and **Decide** what you are going to do, **Plan** the activity and **Do** it. Then **Evaluate** how your activity went!

This badge syllabus is available for all members to take part in..

Girl Guides Australia has created this resource to support the Australian Guide Program. Girl Guides can research other areas of the Recognition System to find what other challenges might be relevant to them. Olaves and Adult Members are invited to undertake the challenge.

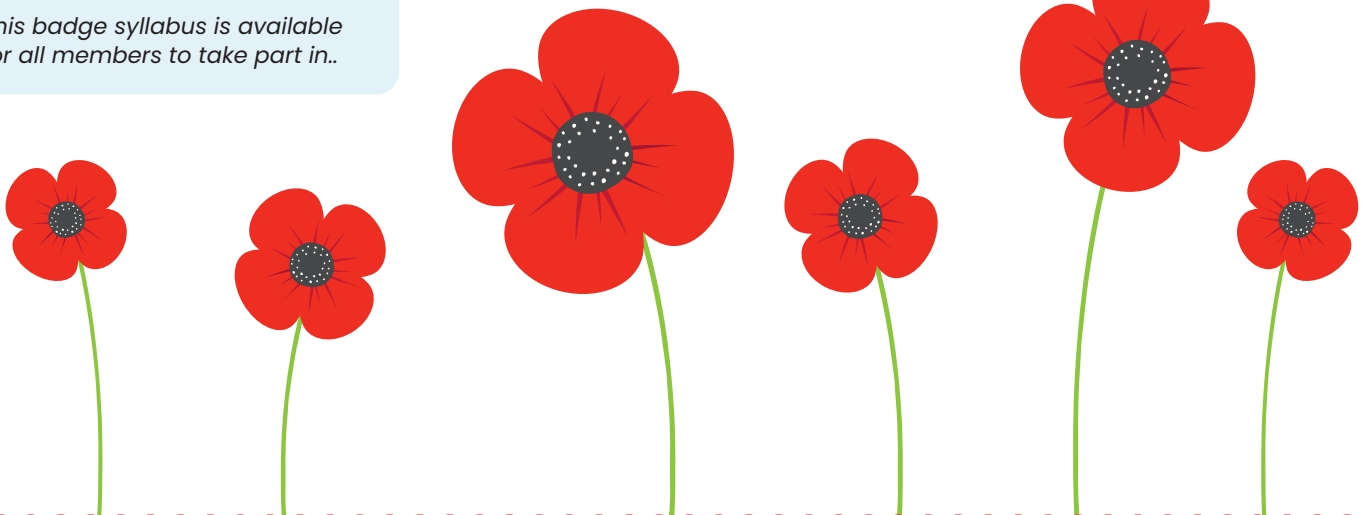
SYLLABUS

- Take part in an Anzac Day ceremony, Dawn service or a Remembrance Day ceremony either virtually, at school or in your community.
- Complete one challenge from the Anzac heritage section below and then choose three other challenges from the sections listed below to complete this year's challenge badge. You may like to 'specialise' in just one topic or choose your extra challenges from any of these sections below.

ANZAC HERITAGE

Complete at least one of the following:

- Flags are important for the Defence Forces. Learn to fold and parade an appropriate flag in your Unit or Group.
- Make some damper and share it with your Unit or Group.
- Create a poppy or help build a rosemary wreath to place at a monument or cenotaph in your local area. You will find some resources to help you complete the activities in this section at: <https://anzacportal.dva.gov.au/commemoration/>



PHYSICAL FITNESS

- In 1915 recruiting committees were formed to recruit soldiers to go to the war. One of these marches was called the Coo-ee March. Discover the history of the Coo-ee March and then go for a hike with your Patrol or Group. Time your walk and compare it with the Coo-ee March time. You can find more information about the Coo-ee March here: https://www.awm.gov.au/articles/encyclopedia/recruiting_march
- To enlist in the Defence Forces today, you must show you are fit. Visit a park or fitness centre and challenge yourself to try an activity that is new.
- Create a fitness routine for yourself and do it for a week, while recording your progress.
- Plan and take part in an outdoor physical activity with your Patrol, Unit or Group.
- Choose and plan an alternative Physical Fitness challenge for yourself, discuss it with your Patrol, Unit or Leader, then do it.

WELLBEING

- Take part in some activities designed to improve your ability to bounce back when life is challenging. This is called building resilience. You can find more information to help you complete this challenge here: <https://kidshelpline.com.au/>
- Looking after you and your friends is important when facing challenges. Choose some Patrol activities to do and plan how to support your Patrol as you complete the activities.
- Choose some ways to do more activities in your local community. Consider joining in Harmony Day or International Day of the Girl activities in the community.
- Make a compliment caterpillar to remind yourself to think of others, to be friendly and to promote happiness in our world. You can find more information to help you complete this challenge here: <http://msgrassimaungaraki.blogspot.com/2014/03/compliment-caterpillar.html>
- Choose and plan an alternative wellbeing challenge for yourself, discuss it with your Patrol, Unit or Leader, then do it.

BE PREPARED

- Make a 'Be Prepared' kit to use when you are out and about. How small could this be and what will you put in it?
- Explore and demonstrate bush survival skills. Compare and share these with your Patrol, Unit or Group.
- Find out how the Defence Forces can assist in an emergency. Create a game or activity to share your new learning and play in your Unit or Patrol.
- Imagine being dropped into the bush without any items. Can you build a shelter using makeshift materials? Could you stay in this overnight?
- Choose and plan an alternative "Be Prepared" challenge for yourself, discuss it with your Patrol, Unit or Leader, then do it.

AT THE END

- Share your findings or what you may have learnt with your Patrol, Unit or Peer group.
- The badge can be worn at the top of the back of the sash for the following 12 months.
- No sash? Maybe put it on your camp blanket, book bag, or camp hat. You should do this with any older Anzac badges you have also.
- The badge can be purchased from your usual Girl Guide Retail outlet.

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