**Somet for Nowt Challenge**

In order to assist groups with their planning we have referenced our challenge against the programme areas for each section. These are just suggestions on how we think they fit into the main programme areas and may help units to produce a varied and balanced programme using this challenge badge. Obviously this list is not excusive, as you may decide to do activities that are not listed for free and this may cover other programme areas i.e. booking a speaker about international visits may cover international for senior section.

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|  | **Rainbows** | **Brownies** | **Guides** | **The Senior Section**  **(based on look wider octants)** |
| **ZONE 1: Free Materials** |  |  |  |  |
| 1. Make a musical instrument | Learn – how different elements produce different sounds. Why? How can you change this? | This zone is mainly based around the You part of the programme with Brownies using their own skills. Brownies also make choices about how best to use the resources given.  World could be included if themes or inspiration from other cultures was given, this could work well with sculpture and art. | Anything using recycled / waste products could tie in with Global Awareness  Discovery | Creativity |
| 2. Make a toy | Learn – How items are organised, assembled, arranged, link between form and function. | Discovery | Creativity |
| 3. Make a board game and share with some one else | Love – Share with someone else, co-operation, arranging rules | Skills and relationships  Discovery | Creativity |
| 4. 3D sculpture | Look – For patterns, textures and form | Discovery | Creativity |
| 5. Piece of art | Look – For patterns, textures and form | Discovery | Creativity |
| 6. Make a thankyou gift | Love – To show you care and to thank someone | Skills and relationships  Discovery | Creativity |
| 7. Use as props and make up a play | Laugh – Dressing up and role play | Skills and relationships  Discovery | Creativity |
| 8. Make a bookmark | Look – At design and pattern | Discovery | Creativity |
| 9. Model home / village | Look – What types of buildings do we have? Learn – how are villages and towns organised, links to where the girls live | Discovery | Creativity |
| 10. Piece of jewellery | Learn – Threading and fine motor skills. | Discovery | Creativity |
| **Zone 2: The Free Outdoors** |  |  |  |  |
| 1. Walk or hike | Learn – how to get ready and keep safe in the outdoors | This zone mainly links into You, as its about the Brownie’s own skills and experiences. | Healthy Lifestyles  Discovery | Fit for life  Out of doors |
| 2. Scavenger Hunt | Look – for items against a list | Healthy Lifestyles  Discovery | Fit for life  Out of doors |
| 3. Cloud watching | Look – for patterns and shapes | Discovery | Out of doors |
| 4. Water fight | Laugh – at getting wet (and getting leaders wet) | Healthy Lifestyles | Out of doors |
| 5. Wide Game | Could cover all programme areas depending on the content.  Look – for items  Learn – skills at bases  Love – sharing and teams  Laugh – games and fun | Healthy Lifestyles  Skills and relationships | Fit for life  Out of doors |
| 6. Foraging | Learn – about wild food and keeping safe | Healthy Lifestyles | Fit for life  Out of doors  Independent living |
| 7. Minibeast hunt | Look – for minibeasts  Learn – about the creatures found | Discovery | Out of doors |
| 8. Stargazing | Look – for different consolations | Discovery | Out of doors |
| 9. Bird Watching | Learn – about different birds  Look – find against a check list or book | Discovery | Out of doors |
| 10. Bike Ride | Laugh – sharing experiences | Healthy Lifestyles | Fit for life  Out of doors |
| **Zone 3: Share something** |  |  |  |  |
| 1. Swishing party | Laugh – Dressing up | Self confidence and working with others fits into the You element of the programme. If music or the film included elements from other cultures then the world could be included. | Healthy Lifestyles  Skills and relationships  Celebrating Diversity | Creativity  Fit for life |
| 2. Board game from home | Love – sharing something of your own. | Skills and relationships |  |
| 3. Pamper | Love – showing care to others | Healthy Lifestyles  Skills and relationships | Fit for life |
| 4. Jokes/Laugh | Laugh – at jokes | Skills and relationships | Healthy Lifestyles |
| 5. Music and dance | Laugh – making up silly moves | Skills and relationships | Creativity |
| 6. Affirmations | Love – making others feel special and valued / self esteem | Healthy Lifestyles  Skills and relationships | Fit for life |
| 7. Song night | Laugh – at silly songs | Celebrating Diversity | Creativity |
| 8. Move night | Look – at the film and talk about it after | Celebrating Diversity | Creativity |
| 9. Share your time | Love – show how much you care for someone else | Skills and relationships | Community Action |
| 10. Share a game | Could be any of Love, Laugh and Look depending on game. | Skills and relationships | Leadership |
| **Zone 4: A Free Trip** |  |  |  |  |
| 1. Fire station | Learn – how to keep safe | Visiting places and learning about what they do is part of the community element.  This also includes raising money for them, which could be included as part of this.  Pets at home and nature reserve could be used as part of world if the focus is on endangered animals or protecting the environment. | Discovery  Celebrating Diversity | Independent living |
| 1. RNLI | Learn – how to keep safe | Discovery  Celebrating Diversity | Independent living |
| 1. Story telling at library | Love – Sharing a story with someone else | Discovery  Celebrating Diversity | Creativity |
| 1. Place of worship | Look – at the different symbols  Learn – about a faith | Healthy Lifestyles  Discovery  Celebrating Diversity | Healthy lifestyles  International  Personal Values |
| 1. Town hall | Learn – about what people in the community do | Discovery  Celebrating Diversity | Personal Values |
| 1. Pets at home | Love – how to care for animals | Global Awareness  Discovery | Independent living |
| 1. B&Q / Hobbycraft | Learn – how to use different materials | Discovery | Creativity  Independent living |
| 1. Visit another unit | Love – Sharing new experiences | Skills and relationships  Discovery  Celebrating Diversity | Leadership – if you run the activities |
| 1. English Heritage | Learn – about a new place/time/event | Discovery |  |
| 1. Local Nature Reserve | Learn – about wildlife | Global Awareness  Discovery | Community Action |

The 5 essentials are key to Guiding; here are some ideas about how using the challenge can ensure the 5 essentials are met

Working together in small groups

* Working as a team to complete the wide games
* Preparing a dance or drama
* Sharing items and games
* Going on a walk – older girls may do this independently as part of a small group

Self governing and decision making

* Girls might select which activities they want to complete as part of the challenge
* Girls pick which materials they want to use to complete the task
* Leave out different things they can make i.e. toy, instruments, jewellery and a table of resources. Girls can pick both the outcome and the materials.
* Leading games and making decisions about what to do

Balanced and varied programme

* Using the programme grid will help leaders to provide a programme which contains a balance of the different areas

Caring for the individual

* Why not get girls to make their own list of choices to feed into group decisions
* Pampering and affirmations make the girls feel valued and special
* Girls bring in games from home, they can say why they are special to themselves

Share a commons standard

* When visiting a place of worship, this could lead to a discussion on developing your beliefs.
* The girls could use props to make up plays about their promise or the Guide laws.
* You could do some service to others as part of somet for nowt with sharing your time, this fits into the promise