

'Somet for nowt' Challenge



This challenge was thought up by a rather 'hard up' unit, who thought can we do 'somet for nowt? (*as a unit we had a lack of funds and thought it would be good to do activities which were free or cost nothing*). In case you hadn't worked out we are from up north! In fact my own Guides didn't understand the Lancashire/Yorkshire phrase! However we all got into the essence of the challenge and found it ironic that we would get something for producing this badge and its challenge, and this would be used to help fund our Brownie Adventures in 2014!

You can complete this challenge completely free of charge, however if you wish you can buy a badge at £1 each. So in that case the challenge would be almost free.

The pack contains 40 free activities! However feel free to add your own or adapt to meet the needs of your unit.

We suggest the following number of clauses can be completed for each section:

Rainbows	1 challenge from each zone
Brownies	1 challenge from each zone plus any 2
Guides	1 challenge from each zone plus any 3
The Senior Section	2 challenges from each zone

Contact us at firstloftusguides@gmail.com or via the address on the order form.

Zone 1: Use Free Materials!

Try these things; the only rule is you have to use things you go for free!

The following are great sources of free materials

- Recycling box
- Hold a craft amnesty where parents / local people can drop off items they have spare
- Freecycle / Freegale or other groups
- If you are struggling you could bend the rules and use left overs from other activities or what you already have the cupboard (so haven't bought for this challenge, this might include glue or tape).

1. Make a musical instrument.
2. Make a toy which you or someone else can use (you might like to make something for someone younger).
3. Make a board game and play this with someone else.
4. Make a 3D sculpture.
5. Make a piece of art.
6. Make a thank you gift to give to someone else.
7. Use items as props and make up a play.
8. Make a bookmark.
9. Design your own model home! You could even make a unit village.
10. Make a piece of jewellery.

Zone 2: Use the Free Outdoors!

The out of doors is one of our great free resources and this zone challenges you to make more of what is out there! Why not try some of these challenges, suitable for both rural and urban areas. Remember to carry out risk assessments and get parental permission where needed.

1. Go on a walk or hike to and from your meeting place.
2. Go on a scavenger hunt; why not try to find an item for each letter of your unit name.
3. Go cloud watching - lie on your back and see what you can see, what shapes, animals and even people can you spot in the shapes of the clouds.
4. Hold a water fight, you can only use free containers
5. Take part in a wide game
6. Go foraging - remember to keep safe! Only eat what you know is ok! Why not start with fruits which are easy to recognise, such as blackberries. You could make a pot of nettle tea or seaweed if like us you are on the coast.
7. Go on a mini beast hunt, if your unit doesn't have any equipment why not use recycled containers, old paint brushes and cutlery. Remember to keep safe and put anything back.
8. Go stargazing! You can borrow books from the library or download free apps to help you with this.
9. Watch the birds! Libraries have a variety of books or local societies may be able to help with volunteers who can bring along their knowledge.
10. Go on a bike ride.

Zone 3: Share something!

You can do something for nothing just because you share or reuse something. Why not try these challenges!

1. Hold a swishing party, girls bring in clothing they no longer like, want or fits, then you can pick something someone else brought in.
<http://swishing.com/home/>
2. Ask each girl to bring in a board game from home and share these in your six, patrol or small group.
3. Girls bring in old / left over pamper items and spend the evening giving each other ‘treatments’ remembering to make complements to each other. If you are The Senior Section or Guides you might like to do this for a younger section.
4. Share a laugh night! Each girl brings along some jokes to share with the rest of the unit.
5. Bring along some music to share, and why not work as a group and invent a new dance.
6. Share affirmations. If girls get embarrassed why not ask them to write down things. In secret give a name to each member, they write down something positive about that person and put it in the box. More confident girls might like to say positives to each other.
7. Share a song night. Girls can share their best or favourite camp fire songs.
8. Bring in a movie to share. Your county might have a data projector you can borrow. Girls can vote on which they would like to watch. With younger girls it might be a clip or chapter of a cartoon. After you have finished have a chat about what you enjoyed, didn’t enjoy etc.
9. Share your time. Why not go singing in a local old people’s home or carry out a litter pick in the local area.
10. Share a game. Each six or patrol leads the rest of the unit in their favourite game.

Zone 4: Go on a free trip out!

We all know that girls enjoy having a visit somewhere and it really adds variety to the programme. But all too often trips come with a cost! What you can do for free will vary from place to place, but we are fairly rural and most of these are possible for us. There might be other things in your local area which you can take part in. Remember to carry out risk assessments and get parental permission where needed.

1. Visit your local fire station
2. Visit your local RNLI station*
3. Use your local library for a story telling session - they might even lead it for you
4. Visit a local place of worship*
5. Visit your local town hall, mayor or council chambers, often they can arrange a tour and girls can participate in a mock council meeting or try on the mayoral chains!
6. Visit Pets at home
7. Visit B&Q or Hobby Craft to complete a workshop
8. Visit another unit and hold a joint 'free' evening or why not visit the next section up!
9. Visit an English Heritage site; these are free to members of Girlguiding. You will need to book in advance online.
10. Visit a local nature reserve or large park (not your local one), plan an evening or day of activities. Some local councils have park wardens which can support your visit free of charge.

*you might like to raise funds/awareness as a unit for the charities you use as part of this challenge.

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If you have enjoyed doing a programme of activities for free and would like to spend a little, you can order challenge badges from our unit. These cost £1 per badge and funds raised will help our Brownies go on adventures as a unit in their centenary year and beyond. This will subside some of our girls who otherwise couldn't take part.

Contact Name: _____

Unit Name: _____

Address: _____

Email: _____

Number of badges you would like to order £1 each _____

Add the amount of postage required:

1 to 20 badges = £1.00

21 to 49 badges = £1.20

50+ badges = £1.50

Total Amount _____

Cheques should be made payable to 1st Loftus Brownies. Orders sent to Emma Dacey, 73 West Rd, Loftus, Saltburn by the Sea, TS13 4RH