







Name _____

Below are activities that are part of Hampshire's Golden Jubilee Celebrations. Please help your daughter to complete some of these challenges that we won't be able to complete in our meetings. We have all year to complete the challenge so please keep this record safe. Bring your record along each time you complete a challenge and we will add it to the unit record.

GOLDEN JUBILEE CHALLENGE RECORD

Star	Challenge	Adult's initials	P o i n t s	R e c o r d e d
	Visit a place of interest you've not visited before within 50 miles of your home.		10	
	Read a book that you borrowed from your local library, then review it with friends.		5	
	Listen to songs with gold in the title and make up a dance to one of them.		5	
	Go and see "live theatre", amateur dramatics, a pantomime, play, puppet show.		10	
	Learn a dance that is new to you, e.g. belly, samba, street, ballet, folk, line.		10	
	Try playing different musical instruments, e.g. drums, hand chimes, boomwhackers, ocarinas, chime bars.		10	
	Bake or cook something using a traditional recipe from 1970.		15	
	Decorate a recycled item to celebrate the Hampshire counties' Golden Jubilee.		10	
	Take part in a theatre workshop or visit a local theatre to go backstage.		10	

	Bake or cook something using at least two different techniques.		10	
	Come up with ideas for a new invention, then sell your idea “Dragon’s Den” style. You could submit it to the “Kids Invent Stuff” YouTube channel for the chance for your invention to be built by real engineers.		10	
	Try a new fruit or vegetable.		5	
	Try a new sport.		5	
	Take part in a sport regularly. Double points if you keep it up for a month.		5	
	Try different ways of relaxing before you go to bed to help you sleep.		10	
	Plan some healthy meal options. Cook or prepare one of these.		20	
	Make something to remind you of all your happy memories, e.g. a glitter or sand jar.		10	
	Try yoga.		10	
	Register for and complete your first “park run”.		15	
	Keep a food diary for a week. Try to eat five portions of fruit or vegetables a day.		20	
	Have a go at making healthy smoothies or mocktails.		10	
	Explore somewhere new.		5	
	Climb to the highest point in your area.		5	
	Climb to the highest point in Hampshire.		10	
	Can you get to the top of a UK mountain?		15	
	Have an adventure in a new country.		20	
	Sleep somewhere new indoors - double points if it’s somewhere people would not normally sleep.		5	
	Sleep somewhere new outdoors.		10	

	Technology can help with adventures - find a geocache. 5 points per cache		5 / c a c h e	
	Visit a planetarium or invite someone to your unit/group so you can discover the solar system.		5	
	Try a new adventurous activity.		5	
	Upcycling - find something that is no longer needed and give it a new life.		10	
	The Brownie motto was Lend-a-Hand. Lend a hand to someone without being asked.		5	
	Use 50 coins to make another 50 coins and donate to a worthy cause.		20	
	Keep a diary of food waste for a week. How can this be reduced?		10	
	Make a home for an animal.		10	
	Find out about the work of a charity and share your findings with your unit/group.		10	
	Find out about refill options - double points if you visit one.		10	
	Learn a new life skill - double points if you develop that skill further.		5	
	Teach someone a new life skill.		10	
	Borrow a book from your local library.		5	
	Encourage someone you know to read a book you like.		5	
	Try to mend various things, e.g. sew on a button, mend a puncture.		15	
	Learn some basic household skills that may be useful if you go away on a residential event with Girlguiding.		15	
	Grow something yourself then eat it.		10	

	Cook a two course meal (10 points per course if the challenge is shared).		20	
	Learn and practise good cycle safety.		10	