Embracing 2018

CELEBRATING THE GOLD COAST 2018
COMMONWEALTH GAMES

PHYSICAL

1. Have a go at a challenging activity i.e. kayaking, rock climbing, high ropes, low ropes, etc.
2. Create a decathlon of events that can be run at the Guide Hut.
3. Organise and take part in a wide game outdoors based on the Commonwealth Games.
4. Investigate some ways in which you can learn to relax. Try meditation, yoga, etc.
5. Take part in a fun run or similar event for a good cause i.e. Bridge to Brisbane, Mater Miracle Walk, Million Paws Walk, Chicks in Pink, etc. Check your local area for more ideas.

PEOPLE

1. Organise or take part in your own Commonwealth Games.
2. Together, with your patrol, design a flag and uniform for a new country that is competing at the Games.
3. Cook a dish from a participating Commonwealth Games country and share with your patrol.
4. Help to plan an international activity for your Unit where you pretend to visit one of the Commonwealth Games countries. You could include a craft, game, language, and/or food dish.
5. Find out which countries have won the most medals at the Commonwealth Games since they have started.

SELF

1. Find out the motto of the Commonwealth Games and talk about what it means to you.
2. Who can participate at a Commonwealth Games?
3. Investigate a female athlete that you admire and present the information in an interesting way to your patrol.
4. Make up a poem, skit, poster or play that demonstrates the sportsmanship of the Commonwealth Games.
5. Select 15 countries that can compete at the Commonwealth Games and find out which Guiding Region those countries come from. Try to choose three from each Region.
6. Find out about the mascots from five different Commonwealth Games. Design your own mascot that represents Australia.

PRACTICAL

1. Find out about the connection of "One Million Stars to end Violence" and the Commonwealth games. Make the Stars and share what you have learnt with others.
2. Collect some materials that can be recycled and organise a fun activity based on a sport at the Commonwealth Games.
3. Challenge yourself by keeping a movement diary for two weeks – the first week record what you normally do. The second week record how you increased your movement.
4. Do women have the same opportunities as men at the Commonwealth Games? Conduct an inter-patrol debate on this topic.
5. Organise or take part in a campfire. Must include a minimum of five international songs.

GIRL GUIDES
AUSTRALIA

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GIRL GUIDES AUSTRALIA

Who can earn the badge?

- Any member, youth or adult!

How is the badge earned?

- Guides aged 5-9 years old complete one challenge from each of the four elements plus one of their choice. The badge can be received after the completion of three challenges.
- Guides aged 9-17 years old and adults complete two challenges from each of the four elements plus one of their choice. The badge can be received after the completion of five challenges.

Can the challenges be completed in groups?

- Completing the activities in patrols or as a unit is encouraged, but some challenges may be more individual in nature.

A lot of the challenges require sharing, what are some different ways of doing this?

- Photos
- Drawing
- Noticeboard
- Newsletter
- Social Media
- Song
- Video

Where can I purchase the badge?

- From your State Girl Guide Shop

Where is the badge worn?

- On the sash, on the back towards the top, until the end of 2018
- No sash? On your camp blanket, book bag, camp hat..

Still enjoying the outdoors?

- Achieve the Advocacy, Outdoors, Health and Fitness, Friendship or World Explore a Challenge badge.
- Check out the Achieve a Challenge in Sport, Boating, Outdoors or Advocacy.
- Aged 14-17. Check out the Achieve a Challenge Trefoil 3 in Sport, Boating, Outdoors or Advocacy.
- Aged 14-17 Consider completing your Duke of Edinburgh Award through your state.

#GirlGuidesGoPlaces

Commonwealth Games Challenge

"The spirit is there in every girl (boy); it has to be discovered and brought to light"

LORD BADEN-POWELL

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