

Greater London
Kent
Rainbows
Out and About
Challenge



Have you always wanted ideas and activities to enable you to Get Out and About with your unit to explore town or country. Then look no further as the Out and About Challenge will allow you to do just this.

Choose and try at least 20 activities from the pack or use your own ideas and send for the challenge badge.

Remember look, learn, laugh
and love but most of all
have FUN

Please ensure that when taking your Rainbows "Out and About" you:

- Check the Guiding Manual for latest amendments relating to the activity
- Abide by current ratios of 1 adult to 5 girls outside the meeting place and have 2 adults within the meeting place
- Ensure emergency contact in place
- Girls/adults addressed appropriately for the weather
- Activities are approved for age group
- Girls are supervised at all times
- Information & consent forms have been completed by all participants
- Ensure a risk assessment is carried out and you reassess as the activity progresses

O - Observation
U - Unit
T - The Environment

A - Action
N - Natural World
D - Discovery

A - Activities
B - Be Prepared
O - Organise
U - Unique or unusual
T - Thoughtful

Activities or ideas have been grouped under these headings. When 20 activities have been completed send for your badge (see order information).

○ - OBSERVATION

- Put some sticky buds into a jar or vase indoors. Growth will be triggered by the warmth, so watch the buds unfurling and fresh green leaves appearing
- Blow dandelion heads (clocks). Talk about seed dispersal and why and how it happens
- Look under a stone or log to see what life is there. Draw what you can see and identify it, or fill in an insect 'tick' sheet.
Replace the stone or log
- Divide the girls into pairs. Cut out various suitable colours from a paint chart and stick them onto a piece of card. They search the area for natural objects that will match the colours. If the object cannot be picked e.g. bark, the leader can be taken to the object instead.
- Try cloud watching. Identify the type of cloud (cumulus, cirrus). Do any look like animals or shapes?
- Go pond dipping. Identify anything collected
- Look for bird or animal footprints in damp sand, soft mud or snow. Make plaster casts of them and identify whose they are
- Using a piece of foil, make a boat and float it in a bowl of water or local pond or stream. Which boat floats the best? Is there a difference in which shape they are?
- How many different natural shades of green can you find?
- Find the largest specimen that you can of the following:

An oak leaf

A stalk of bracken

A fir cone

A piece of grass

A piece of wood lying on the ground

- Invite a local beekeeper to your meeting. Can you spot the difference between a Queen and worker bee
- Watch boats on a river; can you tell what they are carrying?
- your own idea

U - UNIT

- Go to the local park and feed the ducks
- Hold a unit picnic outdoors
- Visit a local place of interest
- Visit a city farm, nature trail, animal sanctuary, nature reserve etc
- Join other Rainbows at an outdoor event
- Walk part of the Green Chain Walk. Record what you see and find
- Visit a local wildlife sanctuary, RSPCA or Blue Cross centre. Learn something about its origin, the work it does and fund raise to support its future projects
- Show the Rainbows 3 different leaves e.g. horse chestnut, beech and oak. The Rainbows form a large circle and are numbered 1-3. Put the leaves into the middle of the circle. The leader calls out the name of a leaf. The Rainbows with that number run around the circle, back to their place and into the centre to collect a leaf. Award a counter if correct. Can play either with enough leaves for each girl or just one - so the quickest gains the counter.
- Have an 'insect' theme meeting
- Have a theme meeting around 'Jack and the beanstalk'. Plant a bean between some kitchen roll, curled up inside a jam jar
- Try some maypole or country dancing
- 'Blessing the waters' is a ceremony that has taken place at Whitstable in Kent for over 100 years. Make a collage of fish, crabs, lobsters, shells etc
- Holi is a famous and very popular Hindu spring festival in Northern India. It celebrates the arrival of spring flowers and when the main crops are almost ready for the spring harvest. Have a Holi meeting
- Grow potatoes in a black sack or strawberries in pots and use to make potato salad or strawberry smoothie
- your own idea

T - THE ENVIRONMENT

- Hold a meeting based on "the environment". Discuss the opportunities that exist for recycling at home and at Rainbows. Think about how the Rainbows can play their part in looking after the environment e.g. not leaving lights on, turning off taps etc.
- Follow a trail laid with crushed egg shells, flour or dried milk powder. These things are all environmentally friendly
- Take part in a "rubbish clean up" to tidy a riverbank or patch of land
- Make a wormy
- Try as many forms of transport as possible that don't use petrol or diesel fuel e.g. walking, roller skating, cycling. Talk about the effect of fossil fuels on the environment
- Make a poster (individually or as a unit) showing how you can recycle, save water when brushing teeth and save energy by turning lights off when leaving a room
- your own idea

A - ACTION

- Find out about the Countryside Code. Draw a poster showing how to behave in the countryside. Devise a new rule
- Make a weather chart and record the weather for a week.
- Learn about the work of the RSPB or Wildlife Trusts. Visit one of their reserves or raise some money to support their work
- Collect tree seeds such as acorns, chestnuts. Plant them and watch them grow. When large enough transplant them to an open space. Keep watch as the tree grows
- Join the Woodland Trust and become a nature detective
- Take part in the RSPB Big Garden Birdwatch
- your own idea

N - NATURAL WORLD

- Make and dress a doll from sticks. Lash two sticks into a cross for the body and arms, then decorate with fabric scraps for clothes and wool for hair, belts etc
- Make a decoration out of natural materials
- Make a miniature flower arrangement in a bottle top.
- If you have an area with lots of twigs, leaves etc that can be collected, ask the Rainbows (in pairs or individually) to build a house for a fairy. How about some furniture? This could either be done outside or the nature bits could be brought inside.
- How many different natural things can you fit into a matchbox?
- Make a daisy chain.
- Try growing vegetable tops. Slice 1cm from the top of the carrots, Swedes, turnips, beetroots or parsnips. Trim off any existing leaves and stand the slices in a tray on the windowsill in just enough water to cover the bottom of the tray. The Rainbows can arrange the tops in a tray and add the water when they get home. The tray could be brought back to Rainbows in the subsequent weeks to compare the growths
- Try stick weaving. Use a forked stick and wind wool or string in a zig zag from one side to another. Weave leaves and winged seeds into this
- Collect fresh leaves or flowers. Mount onto card and laminate or cover with sticky-backed plastic. You can make bookmarks, coasters or place mats
- Balance on a tree stump or log
- Collect natural items and play 'Kim's Game'. Rainbows look at the items and try to remember them. The leader removes one item whilst the girls have their eyes closed. Rainbows then call out the item missing
- Grow sunflowers - award a prize to the tallest. Save the seeds and use to feed birds
- Try making leaf prints with a wax crayon
- your own idea

D - DISCOVERY

- Go on a spider hunt around your meeting place or local area. Can you spot any spiders? Look at the webs. Take some magnifying glasses with you.
- Collect some autumn leaves. Ask the Rainbows to feel them and describe them e.g. crinkly, crackly, scrunchy, crisp, scratchy etc
- Follow an ant trail. Find out where are they coming from and where are they go
- Go on a ladybird safari. How many can you find? Do they all have the same number of spots? Find out why they are gardeners friends
- In the spring, have a look for frog and toad spawn. Are they the same? What differences are there between frogs and toads?
- Do a variety of textured rubbings with crayons in different colours. When completed, cut out the letters of your first name and mount them onto card You can use tree trunks, walls, drain covers etc - whatever you can find
- Find out the origin of local place names. Are these reflected in your town's crest? Devise an alternative
- Visit your local church - find out an interesting fact about it
- Can you find examples of buildings from different periods in history? How have these changed? What materials have been used?
- Scavenger hunt for:

Something ALIVE and something DEAD

Something suitable for a BED

Something NEW and something OLD

Something GREEN and something GOLD

Something SMOOTH and something ROUGH

Something PRETTY and something TOUGH

Something SOFT and something HARD

All arranged neatly on a CARD

A -ACTIVITIES

- Play some parachute games.
- Spend time in a playground having fun.
- Go outside and play with bubbles
- Fly a kite or play with a frisbee
- Wear wellies - walk through snow, mud or water
- Divide the Rainbows into groups. Ask them to go outside to collect several items. Each group must hold hands in a chain throughout and not let go! The girls on the ends can collect the items and put them into a bag. This will hopefully encourage some co-operation. You can repeat the activity with different girls on the ends.
- Lay or follow a trail using woodcraft signs
- The Rainbows take it in turns to balance a fir cone on 2 sticks and walk from the start to the finish (like an egg and spoon race).
- Make a grass head
- Collect different leaves and make a leaf collage e.g. a face, fish tank, tree
- Visit a beach and see what can be found in rock pools at low tide
- Cook dampers or sausages on sticks over an open fire. Try chocolate bananas wrapped in foil and cooked in the embers
- Create a picture map of the area near your meeting place. Use photos, drawings, rubbings, leaves etc.
- Go sledging in the winter or grass sledging in the summer
- Have an Easter egg hunt or roll eggs down a hill
- Print out a suitable nature poem or saying and decorate around the edge with drawings or pictures e.g. March brings breezes sharp and chill, shakes the dancing daffodil - or - 'Please to remember the fifth of November' etc
- Fingerprint insects - using ink pads, put fingerprints onto a piece of card. Add wings, feet etc with pens to turn your fingerprints into beetles, ladybirds, caterpillars, butterflies etc
- your own idea

B - BE PREPARED

- Identify the 8 points of the compass. Play a game using these
- Learn scouts pace and use to deliver a message
- Discuss suitable clothing and footwear to wear to go out in different weathers
- Test well known weather sayings e.g. red sky at night
- Go for a walk and make a journey stick to tell the story of the journey to others. Tie objects and wool of different colours to the stick to represent different experiences, feelings or parts of the journey
- Know the items in a simple first aid kit to use outdoors and learn how to treat grazes and stings
- Learn to recognise the symbols used on an Ordnance Survey map e.g. church, post office, and railway. Make a map of where you live using these symbols
- your own idea

O - ORGANISE

- Hold a mini Olympics
- Have a silly sports day perhaps with another unit - throw the bean bag through a hoop, throw 3 balls into a bucket, skip backwards, who can throw a wellie the furthest, do a standing jump with both feet together - how far can you jump?
- Do a tree survey of a local park to show type of tree, how many, size. Can you estimate their age/height
- Hold a snail race, which vegetation entices the snails to move, how far do they move in a set time - remember to put them back where they were found
- Hold a campfire and learn some new songs
- Hold a sponsored walk and give the money raised to a wildlife charity
- your own idea

U - UNIQUE OR UNUSUAL

- A Sensory walk: go for a short walk and ask the Rainbows to concentrate on their senses. Can they feel the wind? Is it warm or cool? What sounds can they hear? What can they smell? Feel some of the surfaces around them e.g. a brick wall or tree bark. Look at the sky. What shapes are the clouds? What colour is the sky? Can you see anything around you that is unusual, strange or funny?
- Look at a variety of unusual fruits and / or vegetables
- Learn 2 or 3 different constellations by sticking either white dots or stars onto black card in the correct positions. Look at stars on a clear night or visit a planetarium
- Go on a 'Tick not pick' walk. Have a list of things to tick off when spotted
- At dusk join a bat watch
- Visit somewhere unusual e.g. sewage works
- your own idea

T - THOUGHTFUL

- Put out some food on a bird table or feeder. List the birds that come to visit.
- Plant bulbs in the autumn. These could be for the Rainbows to keep or to give away to e.g. people in the local old people's home.
- Find an area which needs smartening up (inside or outside), make a plan, get permission and do it
- Make a wildlife garden in an unused patch of earth. Use plants to encourage butterflies, bees, and birds. Don't forget decaying wood for insects and minibeasts
- Look through your shelves and cupboards and find some unwanted toys and / or books to donate to your local charity shop
- your own idea

Why not take it further!!!!!!

Send pictures and reports of your Rainbows undertaking Girlguidings Greater London Kent Out and About Challenge to any of the following:

- Guiding Magazine
- Raspberry Ripple (LASER's newsletter)
- GLK News (our Counties newsletter)
- Debbie Goddard (Rainbow Adviser GLK)

Remember to check you have parental permission for photographs

Or try some of the activities in Roundabout Seasons

Or the Big Brownie Birthday Challenge - Rainbow Resource

Or undertake LaSER's Walking Challenge

<http://www.girlguidinglaser.org.uk/wp-content/uploads/2013/05/Walking-Challenge>

Badge Order Form

Once your unit has completed the Out and About Challenge complete and return this form. The badge will be available until December 2014.

Badges cost £1.00 each and this includes postage

Unit Name _____

Contact Name _____

Address _____

Phone no or email _____

Number of badges at £1.00 each _____

Total enclosed _____

Please make cheques payable to Girlguiding GLK and send to:

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