



## Welcome to the Girlguiding Glasgow 100th Anniversary Celebration Challenge for you and your unit to undertake over the next year!

### About the challenge!

This poster contains all of the challenges you can complete to earn your Girlguiding Glasgow **Give, Grow, Go badge**.

Each challenge is worth points and you need to earn a minimum of **100 points** to get your badge (but you don't need to stop at 100). Points are shown over the page.

If you attend a County event you will be awarded **double points** for the challenge you complete!

You can complete challenges **individually or you can work as a unit**, for example one of your young members could go to a concert with their friends or you could split up the '24hr stay awake' challenge so that you each do shifts. You choose how you complete the badge so that it is a challenge for you and your young members.

### Girlguiding Glasgow's charities

Below are Girlguiding Glasgow's preferred charities for our anniversary year. You can of course donate to any charity your unit chooses, however if donations are sent to one of the County charities please email [office@girlguidingglasgow.org.uk](mailto:office@girlguidingglasgow.org.uk) so we can keep track of the impact we are making collectively.

**CHAS** [chas.org.uk/get-involved/support-us/as-a-group](http://chas.org.uk/get-involved/support-us/as-a-group)

**ENABLE** [enable.org.uk/get-involved/fundraising/fundraise-for-us/](http://enable.org.uk/get-involved/fundraising/fundraise-for-us/)

**Marie Curie** [mariecurie.org.uk/get-involved](http://mariecurie.org.uk/get-involved)

### Number of challenges

Units should aim to complete the following number of challenges from each of the three challenge types (Go, Grow, Give):

Rainbows – x1 ☆☆☆  
Brownies – x2 ☆☆☆☆☆  
Guides – x3 ☆☆☆☆☆  
Rangers / Adults – x4 ☆☆☆☆☆

### Sharing the adventure

We want to celebrate Girlguiding Glasgow and you and your unit can help us do that by sharing the activity you do on social media. Please use the **#GGG100** hashtag!

Twitter @GirlguidingGlas  
Instagram Girlguidingglas  
Facebook @GirlguidingGlasgow

### Ordering the 'Give, Grow Go!' badge

To download the booking form, visit [www.girlguidingglasgow.org.uk](http://www.girlguidingglasgow.org.uk)

# Give!

- ★ **Give someone flowers** to brighten their day. It could be a teacher, parent, leader or maybe even to a care home or an anonymous donation to someone who might appreciate them
- ★ **Give 100 cakes** – get your 'Great British Bake Off' on or, if you're a complete baking novice, pop to a supermarket
- ★ All those tins, cans and things in your cupboards that no-one ever touches, why not put them to better use – **give 100 items to a foodbank**
- ★ Not only can smiling trick your brain into happiness and boost your health – it's also contagious! So it shouldn't be difficult to **make 100 people smile!**
- ★ Host a **'Come Dine With Me'** style meeting and show-off your culinary skills. The meal could be for another six / patrol in your unit, perhaps another unit or maybe even treat your parents!
- ★ Can you play a musical instrument, sing or dance? **Give a performance for parents** and share your budding talents
- ★ **Donate to one of our chosen Charities**. Maybe you could do some fundraising with your Guiding pals, perhaps you could get sponsored for some of the other challenges?
- ★ Give others and yourself some love – have a self-care session and whilst you're at it **pamper your leaders**. You could paint each others' nails or try making homemade face masks
- ★ **Run an evening for another section**. Share the fun and mischief you get up to in your section
- ★ Random act of kindness alert! **Create a compliment poster** and put it somewhere that strangers will see and hopefully get a bit of a boost
- ★ **Creature comforts!** Make a bird feeder/bug hotel/hedgehog home. Try to help our creature chums feel comfortable
- ★ **Give time to others**. Perhaps you could hold a bag pack at your local supermarket, offer to help your parents/guardians, or visit a care home to sing. The ways you can help others by simply giving your time are endless!
- ★ **Give back to the community**. Could you undertake a litter pick surrounding your unit meeting place?
- ★ **Give 100 cups of tea**. Maybe you could offer to make your relatives cups of tea over a few weeks or perhaps as a unit you could have a coffee morning
- ★ **Give 100 pints of blood**. Could you or your units' friends and family collectively reach this magic number?

# Grow!

- ★ Make new friends, but keep the old... **meet a new unit**, you could have a joint meeting or maybe go away together somewhere – just get to know each other!
- ★ **Participate in a flash mob**, this could be the one organised by Girlguiding Glasgow or maybe set up your own. This is all about sharing the fun of Guiding!
- ★ Get creative and **make a 100 picture** with bodies, recycling, eco-glitter – let your imagination go wild!
- ★ **Give a Guiding talk for 100 seconds**. Share why you come to your meetings every week with someone who isn't involved with Guiding
- ★ **Learn a new skill** and grow your skills base. Maybe sewing, perhaps swimming, or what about driving? The possibilities are endless... you choose!
- ★ **Make a celebratory cake**, after all, what's a Birthday without some cake? You can eat the cake too, don't worry!
- ★ **Grow Girlguiding Glasgow** and share the fun and adventure you have in your unit. Why not have an invite a friend evening!
- ★ **Grow a plant!** Nurture a piece of nature and look after it. Maybe if it grows you could give it as a gift to someone
- ★ It's Girlguiding Glasgow's 100th Birthday (have we mentioned that yet?) so get **100 signatures on a birthday card**. You could even make the card yourself.
- ★ **Create a 100 second vlog** and grow peoples' understanding of what Guiding in Glasgow is all about (remember to only share outside the meeting place with permission)
- ★ **Find out about opportunities in Guiding**, for both your age group and for the next section. See what's in store for you in the future...
- ★ **Survival Game** – depending on your age group you could do this virtually or in real life. You're dropped off in a secret location in a small group and it's your challenge to find your way back home as quickly as possible. You have money, a map, a tent and sleeping bag, cooking utensils – but no food. Good luck!
- ★ Send a postcard, host a Skype call, use social media – find a way to **communicate with an international unit**
- ★ **Grow your knowledge**. Could you or your unit collectively read 100 books? Why not visit a local library too?
- ★ **Practise mindfulness**. It could be in your unit or at home, but take a moment to 'be present' and you will find yourself growing in appreciation of the now

# Go!

★ ★ ★  
Tick the challenges  
you want to try.  
Good luck!

- ★ We walk an average of 10,000 steps per day, why not see how long it takes you to do just **100 steps?**
- ★ It can be a big thing for our young members to spend the night away, so why not make that happen in the Girlguiding space – **go on a sleepover**
- ★ **Attend a concert** – it could be with Guiding, or maybe you or your young members are going to see their favourite band
- ★ Explore Glasgow – visit a Glasgow landmark or museum – and **use public transport**. From buses to trains to the Subway or the Govan Ferry... there's plenty to choose from
- ★ Try rock climbing, do a zip wire, visit your local park, you decide how to do it – just **go on an adventure**
- ★ It's easy to stay inside when we're in the city for our meetings, but **take your meeting outside** – maybe do a scavenger hunt or simply play your weekly round of fruit salad in the fresh air
- ★ How did Girlguiding Glasgow get to where it is today? **Go back in time** and look at what Rainbows, Brownies, Guides, Rangers, Trefoil Guild and Leaders used to be like
- ★ **Have a campfire**, do a bit of singing, have some s'mores and if you can't light an actual fire don't fear, why not get your young members to make one out of recycled items, or with food, or you could even use tealights
- ★ Think you can **stay awake for 24hrs?**! Take on the challenge entirely independently or get together with friends and share the load with shifts
- ★ **Get involved at regional level with GG Scotland**. Maybe you could attend one of the regional events, training or even take on a role
- ★ Share the Girlguiding love and **hand out 100 stickers**. You could make your own with messages and designs, or find some already made stickers that will spread our Girlguiding Glasgow celebrations
- ★ **Sleep under the stars**... go camping or maybe try your hand at bivvying
- ★ Work as a unit or go out on your own to **swim 100 lengths**. Maybe ask friends and family to sponsor you and use this challenge as an opportunity to raise money too
- ★ This one will be no mean feat but **go up, climb or drop 100ft** – zip lining, bouldering, skydiving. How will you conquer this challenge?
- ★ **Have an international experience** – maybe you could have a world centres themed meeting, you could go on an INTOPs weekend, or even visit a different country – the opportunities are endless!

Turn over to track  
your progress! ➔



☆☆☆  
Tick the challenges  
you want to try.  
Good luck!

# Give! Grow! Go!

Total points

100