

'Happy Me'

A Challenge to make you smile; to help you make others feel happy and to feel good about yourself.

This is a challenge is designed to help you have fun and recognise you are an amazing, unique individual who can spread happiness and kindness wherever you go.

It has been developed by YLs to help raise funds for travel to Sangam, Guiding's world centre in India. It comes at a time when Girl Guiding UK has highlighted the impact of airbrushed celebrity photos on girls' self-esteem.

The activities, which are suitable for all sections, have been split into 8 categories from the Guiding Programme: **Character, Service, Creativity, Relationships, Out-of-doors, Home craft, Mind, Physical Fitness**

Each activity is worth 5 points. There is a special badge (£1.00 each) once the challenge has been completed:

- **Rainbows - Collect 30 Points**
- **Brownies - Collect 40 Points**
- **Guides - Collect 50 Points**
- **Senior Section & Adults - Collect 60 Points**

Try to select a balanced set of activities suitable for your unit & section to make the challenge variable.

There is an appendix at the back of this pack with recommended recipes & games.



CHALLENGE ACTIVITIES

(REMEMBER: Each activity is worth 5 points)

Character

- Draw a picture, or paint a poster, of yourself. Label the poster with the best bits you like about yourself e.g. Nice shiny hair, clean teeth, sparkly eyes, good friend, funny, caring & kind.
- Write a poem about yourself and how great it is to be you including what you are good at e.g. A Good Listener or Kind & Gentle etc.
- Play the compliment game (see overleaf)
- When someone tells you something they like about you, smile and say "thank you". Resist the temptation to say anything negative about yourself in reply.

Service

- Cut out stories & pictures from the local newspaper that make you happy and smile and make a collage.
- Discuss a recent new story from the papers or on television about people who need additional help and what you/Girlguiding could do to help them. (TIP: could be done in sixes or patrols)
- Think of someone who has been kind or helpful to you recently and make them smile by sending a letter or a card to thank them. Tell them what it was that they did to help your unit, school or family.
- The Brownie motto is 'Lend-a-Hand'. See how many people/times you can lend a hand in one day and count the number of smiles it makes!

Creativity

- Cook mini pizzas and decorate with smiley face toppings (see overleaf)
- Bring a healthy snack such as fruit kebabs or carrot sticks to your meeting to share with friends.
- Make a piece of jewellery for somebody special using beads made by you (TIP: Painted Pasta or straw and tissue paper)
- Try your hand at potato printing a smiley face
- Hold a pamper night & try to make your own bath bombs or lip balm (TIP: look online for best recipes as you may have allergies in your unit)
- Paint a friends finger nails for them

Relationships

- Make somebody smile e.g. do a silly dance, pull a face, sing a silly song
- Sing 'Good Evening Dear Brownie' (see overleaf & adapt for your section)
- Sing 'If you're happy and you know it' - try singing it in rounds!
- Phone a friend or family member that you haven't spoken to for ages and tell them you have been thinking about them
- Ask someone how they are feeling today and show them you are really listening carefully to their reply

Out-of-doors

- Toast marshmallows & make a hot drink with a friend
- Enjoy a picnic with where you each bring something home-made
- Use leaves and grass to make sculptures of happy faces
- Take the dog for an extra long walk and watch that tail wag!

Homecraft

- Tidy up someone else's mess
- Wash up after dinner, without being asked to do it!
- Complete the cross word & acrostic on the Activity sheet (Attached)

Mind

- Play 'The Farmer's Hen has laid an Egg' to make yourself giggle (see overleaf)
- Pass the 'Guiding Smile' around the circle (see overleaf)
- Sit in a circle with a straight face. Select one person to go in the centre of the circle and try to make everyone laugh by purring like a cat, or barking like a dog!
- Pass on a good joke

Physical Fitness

- Play 'Collect the smiles' scavenger hunt as a team game (see overleaf)
- Play a game of 'Blob Tag' as a unit (see overleaf)
- Run an errand for a friend or neighbour

Appendix

Mini Pizza: Use a shape cutter to cut out a small piece of bread from a slice of a loaf of bread. Use a pastry brush to lightly coat the bread with olive oil and then toast in the oven for around 5 minutes. Take the bread out of the oven and coat the underside with a thin layer of tomato puree and then some grated cheese or some small chunks of mozzarella. Arrange pieces of topping such as ham to make a smiley face. Put this back in the oven for around 10 minutes to melt the cheese.

Guiding Smile: Stand in a circle and a Leader says 'There is something in my pocket that belongs upon my face, I keep it very close to me in a very convenient place, I bet you'll never guess it, it will take you quite a while, so I will take it out and put it on, it's my great big guiding smile' she then draws a smile with her fingers on her face and turns to the person next to her and draws a smile with her fingers across their face. The next person repeats the action of passing on the smile until it gets all the way back to the leader.

The Farmers Hen has laid an Egg: This is best played in two teams.

Person 1 turns to person 2 and says 'The Farmers Hen has laid an Egg.'

Person 2 'A What?'

Person 1 'An Egg!'

Person 2 'Oh!' Turns to person 3 'The Farmers Hen has laid an Egg.'

Person 3 'A What?'

Person 2 turns to person 1 'A What?'

Person 1 'An Egg!'

Person 2 'Oh' Turns to Person 3 'An Egg'

Person 3 'Oh!' and in turn tells person 4...

This carries on all the way to the end of the line until the last person knows an egg has been laid. The first team to get all the way to the end is the winner.

'Happy Me' Crossword:

A	D	U	L	T	L	E	A	D	E	R	S
Q	C	T	R	U	T	H	F	U	L	E	M
B	O	W	H	O	N	E	S	T	G	I	A
R	N	E	M	Y	S	E	L	F	H	O	R
O	F	R	Z	K	C	A	R	I	N	G	T
W	I	G	X	L	K	W	V	S	I	H	E
N	D	I	N	D	I	V	I	D	U	A	L
I	E	H	C	T	N	O	B	R	G	P	O
E	N	J	V	U	D	P	T	A	U	P	V
S	T	R	A	I	N	B	O	W	I	Y	I
D	Y	K	T	R	U	S	T	E	D	U	N
G	O	O	D	T	U	R	N	E	E	B	G
R	R	E	L	I	B	L	E	R	R	H	E
S	E	N	S	I	B	L	E	T	G	J	R
Y	O	U	N	G	L	E	A	D	E	R	T
T	F	R	I	E	N	D	L	Y	D	K	G

- 1) Individual
- 2) Confident
- 3) Happy
- 4) Sensible
- 5) Trusted
- 6) Honest
- 7) Kind
- 8) Caring
- 9) Reliable
- 10) Loving
- 11) Friendly
- 12) Good Turn
- 13) Myself
- 14) Smart
- 15) Truthful
- 16) Rainbow
- 17) Brownie
- 18) Guide
- 19) Young Leader
- 20) Adult Leader

'Happy Me' Acrostic

I	
A	
M	
U	
N	
I	
Q	
U	
E	

Badge Order Form:

Once you have completed the challenge, please return this form to order your badges.

Badges must be ordered before 30th January 2011 in order to be guarantee availability.

Please send cheques made payable to '1st Hurst Green Brownies' to:

'Happy Me Challenge'

1 Mayes Close, Warlingham, Surrey, CR6 9LB.

Unit Name:	
Contact Name:	
Postal Address:	
Phone Number or Email:	

	No. Of Badges	Cost (£)
Cloth Badges (£1.00 Each)		
Postage Charge (See Below)		
<u>Total Payable</u>		

<u>Number of Badges</u>	<u>Postage</u>
1 - 10	£1.50
21 - 50	£2.00
51 - 100	£2.50

If you would like just 1 badge, please include a Stamped & Addressed envelope with this order form.

Badges will be ordered with the manufacturer on 1st February 2011 and dispatched as soon as possible.

If we have a significant interest sooner, we will place an earlier order.

Contact us: contact@1sthurstgreenbrownies.co.uk