Upside Down Back To Front Challenge Badge

You may need a mirror to read some of this Challenge!

This badge is designed for Rainbows, Brownies or Guides. You could use it for a theme at your meeting or for an original Sleepover or Holiday idea.

I hope that you will enjoy this badge. I have included a lot of different ideas, for younger girls there are plenty of silly ideas. But for older girls, especially Guides, there are some challenging games and puzzles (but you should do the silly stuff too...).

To achieve this badge you must wear your clothes back to front and do a minimum of:

Rainbows: 5 challenges
Brownies: 6 challenges
Guides: 7 challenges

You’re welcome to use any of your own ideas to achieve this badge or adapt any of the ideas that are listed below.

You can choose challenges from any section, whatever you think will suit your group of girls. However sections 1 and 2 (how to act at an upside down and back to front evening & appropriate dress) do not count as challenges, they just make the evening more fun!
How to act at an upside down and back to front evening:

1. When the girls arrive greet them with ‘Goodbye! Please hang up your shoes and throw your coat on the floor!’.
2. Say “hello” to the girls as they leave.
3. Walk backwards!
4. When the girls arrive get them to write their names backwards on a name tag/sticky label. If you think this will be too difficult for them write their names in advance and hand the name badges out. Everyone must try and use their new back to front name for the whole evening.
5. Do your meeting back to front. Start with saying goodbye to the girls (you could do taps or Brownie bells too) and end with the register and instructions about the evening.
6. You could write invitations or reminders to the girls the week before the Back to Front evening, write them back to front and upside down so they have to take them home and use a mirror to read them *see additional page on how to write backwards text.

Appropriate dress:

1. Wear uniform back to front.
2. Wear shoes on the wrong feet.
3. If you’ve got long hair, how about a ponytail at the front?
4. Wear glasses on the back of your head.
5. You could wear summer clothes in the winter or winter clothes in the summer.

Craft and Baking challenges:

1. Make an upside down cake. (see additional notes for recipe)
2. Make a card for someone but decorate and write the card upside down! (Make sure the cards are landscape so they can’t be turned up the right way.)
3. Upside down pictures game. Girls can play in their six/patrol or in smaller groups (4). Tape a picture to the underside of a table for each group. Two girls under the table must try and colour the pictures in as best they can upside down. The two girls on top have a colour version of the picture and tell the girls underneath what colours to use for each part. Use several pictures so all the girls have a go. You could make it a competition for the best pictures.
   *To add an extra challenge give the girls under the table a blank sheet and they have to draw the picture described by the girls who can see the picture on the top of the table.
4. Make backwards sandwiches, put the filling on the outside and the bread in the middle!
5. Make backwards hotdogs, cut the sausage in half and put the bun in the middle, you might need a couple of toothpicks to hold it all together, so make sure you tell the girls to be careful!
6. Paint pictures with your feet instead of your hands, for younger girls paint using footprints, for an extra challenge for older girls see if they can paint using a paintbrush between two feet or between toes!
7. Eat while sitting under a table or do your craft underneath the table.
8. Bake cupcakes, turn them upside down, take their cases off and decorate them!

Mental Challenges:

1. Try to write your name upside down or write your name while looking in a mirror. If the girls are too good at this, challenge them to a race, call out a word and a member from each team tries to write it backwards before the other teams.
2. Say the alphabet back to front (you might need to write it down!).
3. Sing a song in reverse. Choose a song that your group already know, then sing it the opposite way to how you normally do! For example:
   - ‘Thunder, Thunder, Thunderation’ but start loud and get quieter each time.
   - Or singing a song that counts down in numbers each verse like ‘Three Little Angels’ but start with one angel and count up instead.
   - You could sing a song like ‘The Animal Fair’ or ‘B-I-N-G-O’ and start with miming everything and sing more and more of the song each round instead of less.
   - Or just sing your favourite song with the verses in the opposite order, for example the ‘Shark Song’ or ‘The Great Big Moose’.

   It’s important that you choose a song that your pack/troop already know otherwise it will be too confusing to sing backwards and not as funny! However, if you want to know any of the songs written above, type their names into www.youtube.com to see people singing them or type the name of the song plus ‘lyrics’ into www.google.com to find out the lyrics.
4. Have a backwards quiz. You tell the girls the answers and they have to guess the questions. For example: Leader: ‘22nd February’, Girls’ answer: ‘When is Thinking Day?’
5. Hold a backwards scavenger hunt. Before the girls arrive turn several things upside down or back to front in your meeting room, maybe bring extra things too. The girls must try and find everything in the room that is the wrong way around. They could write it down and compete against each other in teams or point it out at the beginning of the meeting.
6. A backwards treasure hunt. You will need one mirror per team. Write your treasure hunt clues out on Word using a special font (see notes). The girls must find each clue and read it with their mirror to figure out where to go next.
7. Play the backwards name memory game. Can you remember your friends’ new backwards names? Everyone covers up their backwards name badges that they made at the beginning of the evening, sit in a circle and try and say everyone’s backwards name going around. See who can get the most names correct, but if you pause too long you’re out!
**Physical Challenges:**

1. Stand on your head or do a handstand, get your friends to help you!
2. Perform the upside-down glass of water trick! (Outside!) *see additional pages on how to do it.
3. Have a walking backwards race. Make sure to put masking tape across the floor so the girls can keep in a straight line.
4. Have a walking backwards egg & spoon race (don’t forget to tape along the floor for this one too).
5. Backwards Simon Says: Option 1 – If the leader starts the sentence with “Simon Says…” the girls shouldn’t do it! So it’s the reverse way of playing the original game. Option 2 – do the opposite of what Simon Says for example “Simon says hop on your right foot” the girls must hop on their left foot.
6. Unmusical Chairs – Every time the music starts playing the girls sit down, and when the music stops they start walking around the chairs again.
7. Freeze dance – stop dancing when the music plays!
8. Make an obstacle course and see if the girls can do it backwards.
9. Play ‘Land, Sea, Shore’ but when you say Land girls touch the Shore, when you say Shore girls touch the Sea and when you say Sea girls touch the Land! If you play a game that is similar you can adjust it accordingly.
10. Play ‘Fish, Chips & Peas’ (or similar game), but you have to move backwards to each section rather than running forwards. It’s not safe to have all the girls running backwards so get them to scoot along backwards on their bums! I also recommend ‘Sharks and Fishes’ but backwards on your bums.

*How to play these games can be found in the additional pages at the end of the challenge.

**Things that are just for fun!**

1. Read a book to the girls from back to front; recommended books are the Dr. Seuss books!
2. Upside down snakes and ladders (use the board attached). Start at the finish and work your way to the start, don’t forget to go up the snake and down the ladders!
3. Have breakfast at your meeting! You could do pancakes or waffles, bacon or sausage sandwiches? Or how about cereal, toast and juice?
4. Pin the tail on the donkey’s nose OR pin the donkey on the tail.
5. Backwards charades: write the names of activities (for example ‘eating spaghetti’ or ‘riding a rollercoaster’) on pieces of paper. Stick one on the back of each of the girls, they show it to the rest of their Six who have to act out what it says so the girl with the word on their back can guess what it is.
6. Guides: let the girls plan the evening and tell the leaders what to do. Brownies: let the Sixers plan a game for everyone and tell you how to play.
1. Eat dessert before your main course.
2. Eat breakfast food for dinner and your main evening meal for breakfast! For example pizza for breakfast and pancakes for dinner.
3. Have a bedtime story first thing in the morning.
4. Tidy your bedroom just before you go to bed.
5. Wear pyjamas all day and regular clothes to bed.
6. Have a Christmas tree on a summer pack holiday, or do a Christmas craft.
7. Make Easter craft at Christmas.
8. Make sun hats or something for the beach in the winter.

I hope that you enjoy this badge!

All proceeds are going towards the Beccles Brownies for our very first International Pack Holiday. My goal is to raise enough money so that any of my Brownies will be able to afford to go.

Thanks for your help!

Kate Brooke a.k.a. Sooty Owl

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Badge Design by Ana Brooke

Badges are from Tolley Badges, they are embroidered and the dimensions are 3” by 3.6’’
ORDER FORM

I would like .......... badge(s) at the price of £1.00 per badge.

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(Please contact me if you are not able to pay by cheque)

Contact email for any questions: k8.brooke@gmail.com

Post orders to:

Kate Brooke, 1 Hemming Way, Norwich, Norfolk, NR3 2AF
Confused About Something?

DON’T WORRY!

The following pages are designed to help you do some of the challenges.

You can find:

• How to create backwards and back to front text on a computer
• An upside down cake recipe
• A snakes and ladders board
• How to do the upside down glass of water trick
• How to play Fish, Chips & Peas and Sharks & Fishes

Still confused? Email me!
How to create backwards and upside down text

Upside Down Back To Front Text!

You can download an upside down backwards font, so much fun for quizzes and games!
Below is the link to a website that provides free fonts!
I highly recommend a font called STAGEDIVE and you can find it here:
http://www.fontspace.com/search/?q=upside%20down

It’s so easy to download, just go to the website, put the mouse over the ‘StageDive’ font and the word download will appear. Click on it, then a file will come up, open it, an example of the font will come up, just click the button that says install. It’s totally safe for your computer, it’s how I got the font!

Once it’s downloaded it is automatically installed into Word, all you have to do is type normally and the letters come out upside and back to front! If you find it confusing, type in a regular font and then highlight it and change it to the ‘StageDive’ font!

You can use Word to create backwards text!

To create mirrored text with WordArt, follow these steps:

1. On the Drawing toolbar, click Insert WordArt. Alternatively = Insert (at the top of the screen along from File, Edit etc), then click Picture and find WordArt.
2. In the WordArt Gallery, select the WordArt style that is closest to the effect that you want to use, and then click OK. I chose the first option because the writing has the least effects.
3. In the Edit WordArt Text dialog box, type the text that you want, the text will stretch to the size of the box when you’ve finished.
4. Click OK. You can stretch the text after typing too.
5. Use the tools on the Drawing and WordArt toolbars to format the text the way that you want. I suggest that you left click the word you have just created then choose Format WordArt then change the fill colour to black. That way you’ll have regular black text instead of just an outline.
6. On the Drawing toolbar, click Draw, point to Rotate Or Flip, and then click Flip Horizontal. You will see a mirror image of your text!

Alternatively: You can download a backwards text from here:
http://www.fontspace.com/search/?q=upside%20down

Follow the instructions as above. But make sure you check the fonts with a mirror on your computer screen before choosing. They’re not all perfect!

Or: A quick easy way to write your letters in the opposite order if you don’t have much to write:
Use this website! http://www.upsidedowntext.com/
Pineapple Upside Down Cake

Serves 6

Preparation time: 15 minutes  
Cooking Time: 40 minutes

You will need:

For the Topping
- 50g softened butter
- 50g light soft brown sugar
- 7 pineapple rings in syrup (drain but KEEP the syrup)
- 7 glacé cherries

For the Cake
- 100g softened butter
- 100g golden caster sugar
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 2 eggs

Method:

1. Heat oven to 180C/160C fan/gas 4. For the topping, beat the butter and sugar together until creamy. Spread over the base and a quarter of the way up the sides of a 20-21cm round cake tin. Arrange pineapple rings on top, then place cherries in the centres of the rings.

2. Place the cake ingredients in a bowl along with 2 tbsp of the pineapple syrup and, using an electric whisk, beat to a soft consistency. Spoon into the tin on top of the pineapple and smooth it out so it’s level. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate. Serve warm with a scoop of ice cream.
Remember start at ‘FINISH’ and finish at ‘START’!
Go up the snakes and down the ladders
Upside Down Cup of Water Trick

*Water will be spilled! Please do this one outside!

You will need:
- Cup of water (use plastic cups)
- Piece of cardboard to cover it

Method:
- Make sure the cup of water is completely full – I recommend putting the cup on the floor and then filling it.
- Put the piece of cardboard over it tightly so there are no air bubbles.
- Quickly turn the tumbler upside down.
- Slowly remove your hand from the cardboard – this is the part where (if you have left air bubbles) the water will all come out!

If you don’t mind the girls getting wet you can let them see what happens if they do let some air in by moving the cardboard!

Why Does It Work?
It works because the air pressure outside of the cup holds the cardboard on and so it keeps the water in. The air pressure is stronger than the water pressure. If there is air on both sides of the cardboard it won’t hold.
How to Play the Backwards Games

FISH, CHIPS & PEAS

The regular version:
- Divide the room into three sections, name each section either FISH, CHIPS or PEAS (you can actually play using any three words). When you call one of the three words the girls must run to that section. If you call 'PEAS' for example everyone runs to the peas section.
- The last girl who reaches the section is out, keep going until you find a winner.
- Girls are also out if, for example, everyone is standing in the chips section, you shout ‘CHIPS’ and someone leaves the section (or moves, depending on how strictly you’re playing it!).

The backwards version:
- Just as above but the girls must travel from section to section backwards while scooting along on their bums! This will slow them down and eliminate accidents! Bums off the floor will of course lead to disqualification!

SHARKS & FISHES

The regular version:
- Choose one or two girls to be ‘sharks’ they stand in the middle of the room, everyone else are fish and they all stand at one end of the room.
- The shark(s) call “Fishy, fishy, in the sea” and the Fish respond “Sharky, sharky, can’t catch me!”, then they start running to the other side of the room.
- The sharks must try and tag as many fish as possible, if a fish is tagged they become a shark until everyone is out (except one if they make it!).

The backwards version:
- Just the same as above but girls must scoot along backwards on their bums like in the backwards version of Fish, Chips & Peas. Both sharks and fish must move backwards only.
- You will need more sharks than with the running version! Try two or three.