

All for one



The challenge pack to promote

Diversity and **Inclusion**

brought to you by

Girlguiding South West England

How to use this Challenge Pack

There are 8 sections in this challenge pack that cover 8 different areas of diversity and inclusion. Either as a unit or an individual you are asked to pick 1 (or more) challenges from each page to complete. Once you have completed a challenge you can mark it off on the challenge checklist at the back of this booklet. Do risk assessments for any more active tasks like 'floor is lava'.

This resource is not split into Rainbows, Brownies, Guides and Rangers as we want those involved to be able to freely choose their activities. The difference being the number of activities that need to be completed.

Rainbows should aim to complete 8 activities

Brownies should aim to complete 10 activities

Guides should aim to complete 12 activities

Rangers should aim to complete 14 activities

If you find that you are not able to complete a particular challenge, don't worry, we are all individual and have different superpowers. Hopefully there will be another challenge that you are able to do!



Get your 'All For One' badge at the Region's Online Shop:

girlguidingsouthwest.co.uk

There are extra resources on the Girlguiding website which should be helpful:

girlguiding.org.uk/about-us/diversity-and-inclusion

If you need support to access this challenge pack please contact

inclusion@ggswe.org.uk

Some adults and young people face challenges that affect their **movement, balance or coordination**. Try some of the challenges below that help support the development of these skills.



Hula Hoop Challenge:

Can you improve your hula hooping skills? Time yourself hula hooping (without dropping the hoop) then practise and see if you can beat your time. Note: you can use any part of your body to hula hoop (e.g. arm, ankle, knee).

Secret Handshake Challenge

Find a friend and design a secret handshake together. It can contain as many fun actions as you like (e.g. claps, fist bumps, elbow).



Throwing/Catching Challenge

Can you have a go at throwing and catching an object (e.g. a tennis ball, a basketball, a handkerchief). Count how many times you catch it in a row, then try and beat that number.

Playa game of Boccia

This game involves rolling coloured balls and trying to get close to the jack ball. Play as an individual, in pairs or in teams. See resources section for link to game.



Play a game of the Floor is Lava

Play this game in a room where there are objects/ items that people can stand on. When someone shouts "The floor is Lava" everyone must get off the floor and climb onto an object safely. The floor will become safe again, and everyone can climb down. Everyone can move around the room again until the phrase is shouted again. Repeat several times.

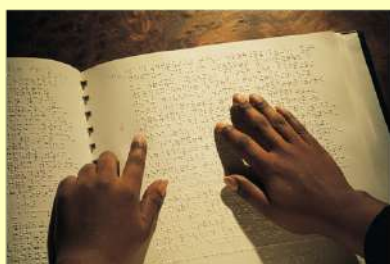


Some adults and young people face challenges that affect their **communication**. Why not try some of the challenges below that may help you understand more about different communication?



Braille Challenge

Can you write your name in Braille? Please see additional resources section for Braille alphabet. Use sticky tac on card or a poppet (fidget), to spell out your name in braille.



Sign Language Challenge

Learn to say Hello, Thank You and Help in British Sign Language. Please see resources section for more information.



Communication Passport

Fill in a communication passport (see Resources section) and share with your leaders.

Lip Reading Challenge

Cover your ears and have a friend/adult say a sentence to you. You have to try and decode what they are saying by lip reading. Can you guess the sentence?



Language Challenge

Try and learn the word FRIEND in 5 new languages. Can you then teach these words to a friend?



Team Communication

Get into 2 teams. One person from each team will draw something on paper. The rest of the team have to guess what they are drawing. Whichever team guesses first, gets the point. Most points win.



GROUP FUN

Some adults and young people have different **sensory** needs. Why not try some of the challenges below that may help you understand more about different **sensory** needs?



What's That Smell?



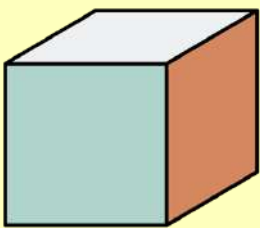
Put a blindfold on and see if you can use your sense of smell to identify different objects that have different smells.

Make Cloud Dough

250g of corn starch, 220g baby lotion, food colouring. Mix together the corn starch and baby lotion in a bowl. Separate out and add food colouring to create different coloured balls. Store each colour in a separate zippy bag, ensuring you remove all the air each time you use it. This will last a few weeks. Use your dough to make food, shapes, animals etc!



Create a Sensory Cube



Find a small box and cover each side of the box with a different texture (e.g. bumpy, shiny, smooth, soft, fluffy, rough). Do you have a favourite side? Put something inside it and use it as a gift box for someone special!

Make a Rain Stick

Find a cardboard tube and decorate it. Put some handfuls of dry rice/beans (or both) into the tube. Cover the ends with tape. Then rotate the stick to listen to the sound of the rain.



Taste Challenge

Can you find a food for each of the following: Bitter, Sweet, Salty and Sour.



Some adults and young people struggle with their **mental wellbeing**. Why not try some challenges below that may help you understand more about looking after your **mental wellbeing**?



Calming Jar

Get a jar. Fill it halfway with water, then the other half with glitter glue. Add more glitter. Fill it with your favourite colours and if you are feeling a bit angry/upset turn the jar and watch the calming colours settle.

Mindful Colouring

Complete the mindful colouring picture in the resources section. Colouring very detailed pictures helps you to take your mind off any worries. Why not have a go at designing your own mindful colouring?



Start a Journal

Find a blank piece of paper/book and record the following: Date/ Weather/ What I did today/ 3 things I am grateful for today/ What do I want to do tomorrow.

Try and record these things every day for at least a week.

Make Others Smile

Design a postcard/card and send it to a local nursing home. Why not tell them about this challenge badge. Making someone else smile is addictive.



Be Mindful

Download the Insight Timer App and listen to a guided meditation. Alternatively, sit in the garden and listen to all the sounds that surround you (e.g. leaves rustling, traffic, people talking, birds).

Some adults and young people have **medical needs**. Why not try some of the challenges below that may help you understand more about different **medical needs**?



Asthma Challenge

Asthma is a common lung condition that affects breathing. You can treat it with inhalers. Design an exciting inhaler cover using the template in resource section.



Food Allergies and Intolerances

Some adults and young people have to avoid certain foods as they can make them very unwell. The top 3 foods that people can be allergic to are cows milk, hens eggs and peanuts. Find a recipe that contains one of these... then find an alternative option, or recipe that doesn't include these- and have a go at making it.



Diabetes Challenge

Find out about Diabetes and design a poster to raise awareness.



Medical Matching

Use the matching game in the resources section to match the medical equipment to the medical need.



Charitable Awareness

Do a sponsored- something (in unit or as individuals) to raise money for a charity such as Cancer Research UK who support childhood cancers. Agree on your charity, then agree on the event. Have fun!



We all come from different **backgrounds/cultures**. This may be related to our race, religion or family beliefs. Why not try some of the challenges below that may help you understand more about different **backgrounds/cultures**?



Paper Dolls

Fold paper several times and cut out a row of paper dolls.

Have a discussion around different skin colours around the world. Give each paper doll a different skin, eye and hair colour. Try and match possible clothing to the dolls possible culture.



Henna Hands

Draw around your hand and then create a henna design. Find out about Henna and which religions/cultures it is connected with.



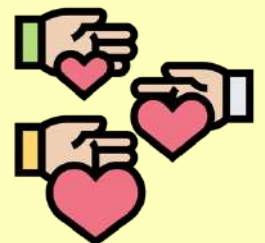
Look But Don't Touch

Many cultures and religions enjoy beautiful clothing. It is important that we are respectful and don't touch it. Have a look at some different cultural/religious clothing, then have some fun designing your own.



Grants/Fundraising

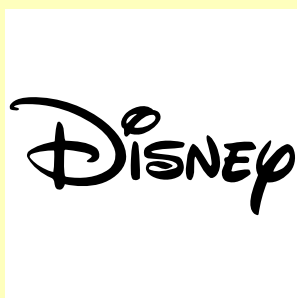
Families are measured by the amount of love within them, not the amount of money. Some families do not have much spare money. Find out about local/Girlguiding grants that may be available to help girls access Girlguiding units and events. Make a poster to let people know about these grants to display it at your meeting place.



Flags

Draw 3 flags from different countries and then write 3 facts about each country.

Our brains all work very differently. **Neurodiversity** celebrates the way our brains are different. Why not try some of the challenges below that may help you understand more about **Neurodiversity**?



Disney Loop

If you have access to Disney Plus you can watch the Disney short film called "Loop." This film has a main character who is non-speaking Autistic.

Sudoku Challenge

Solve the Soduku- in the resources section. This challenge is to raise awareness of how our brains approach mathematics. Some of us find it easy, some of us find it hard. People with Dyscalculia can find parts, or all of maths very difficult.



Anagram Challenge

Solve the anagrams in the resources section. This challenge is to raise awareness of Dyslexia. This is where a person's brain may relate to letters and words differently.

YES/NO Challenge

Play with a partner. They ask you a question, but you are NOT allowed to use the words YES or NO. This game is to raise awareness of ADHD which can make a person more impulsive.



Your Beautiful Brain

Get crafty for this one. We want you to create a picture of your beautiful brain. Pen/Pencil/Crayon/Paint/Craft.... The more unique the better. Around your picture write or draw some things about you. Let's celebrate the things we are good at.



We are all wonderfully different to one another. That makes us individual. Some of these differences include how we feel in our bodies and our hearts. Why not try some of the challenges below that may help you think about more about **LGBTQ+?**



My Shadow is Pink

Watch the story "My Shadow is Pink".

<https://www.youtube.com/watch?v=tEnOdHNQYV8>

Draw a picture of what your shadow likes.

Flags

Rainbows and Brownies can colour in the rainbow flag in the resources section. Can all other sections identify the LGBTQ+ flags in the resources section?



Design your Flag

If you could create a flag that showed how you felt in your heart and body, what would it look like. See resources for flag template.

Two Dads

Watch the following bedtime story, read by Will Young.

<https://www.bbc.co.uk/programmes/p0c396br>

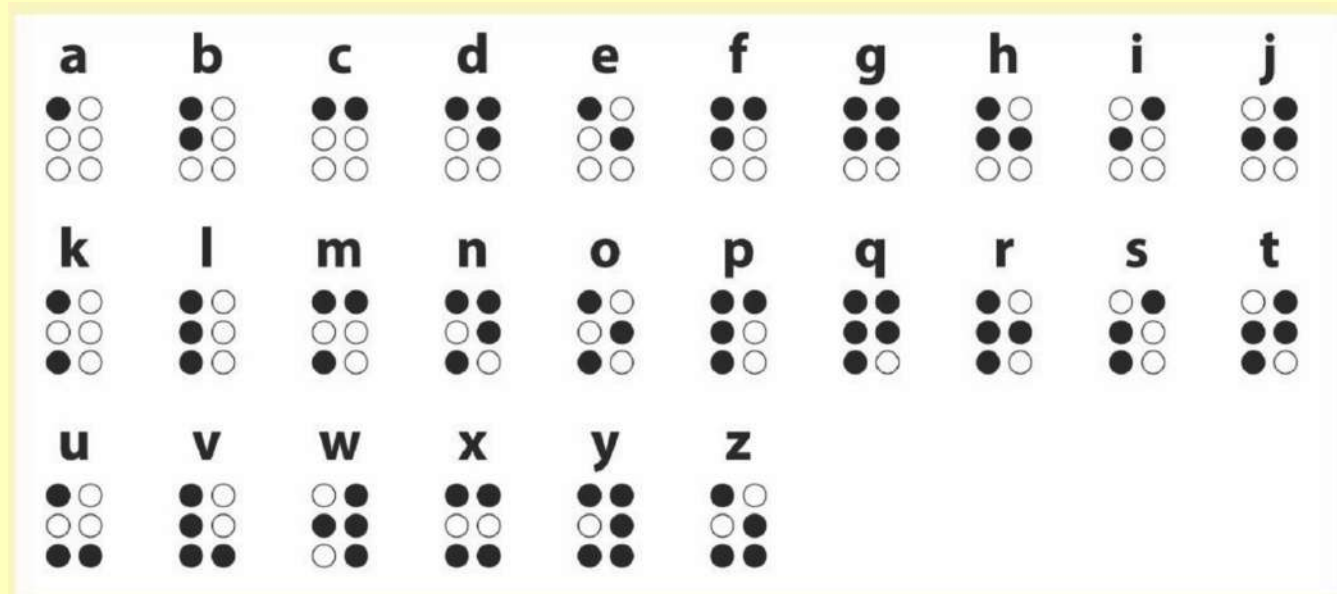


Resources

Playing Bocca

<https://www.yourschoolgames.com/taking-part/oursports/boccia/>

Braille Alphabet



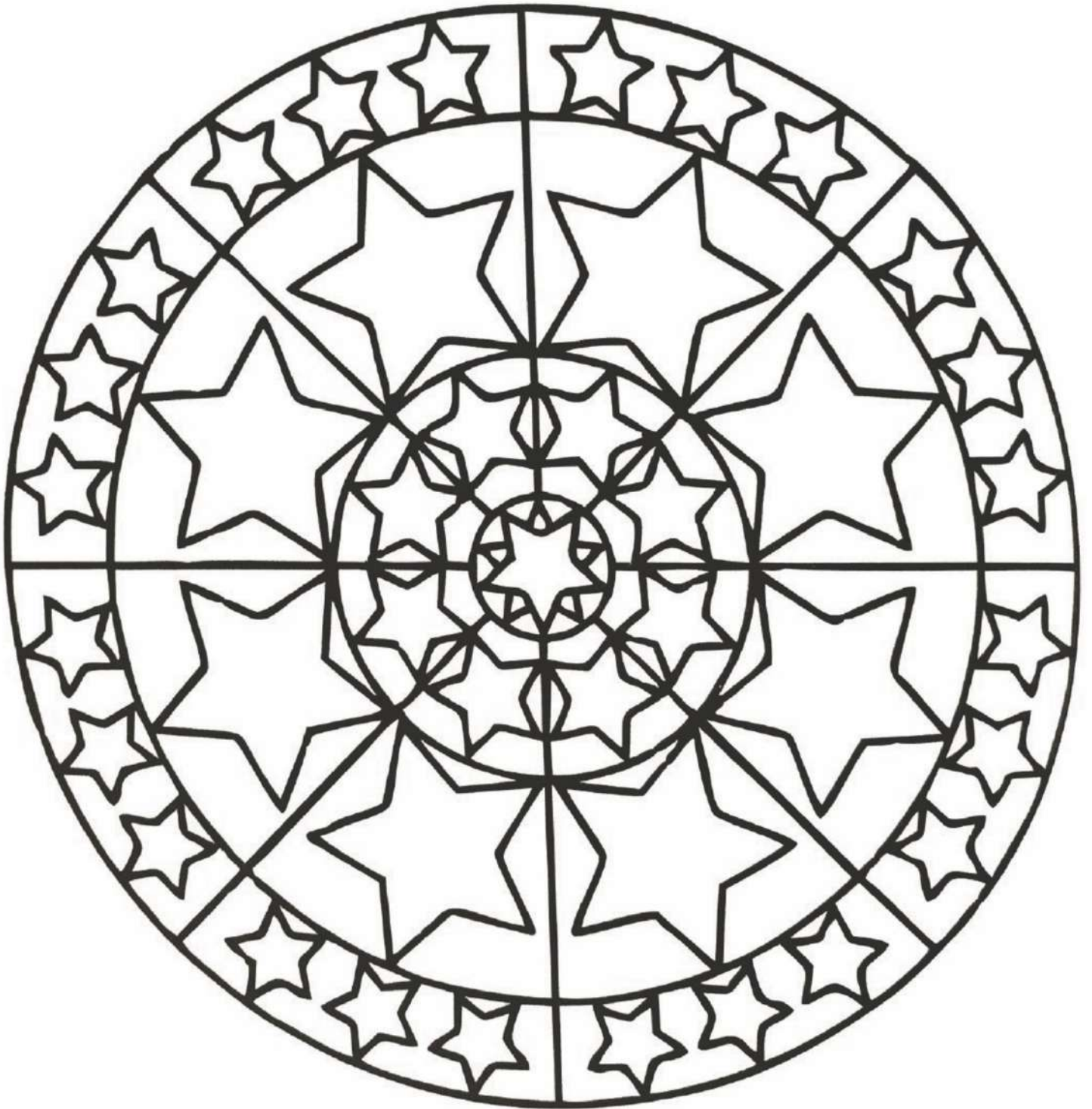
British Sign Language



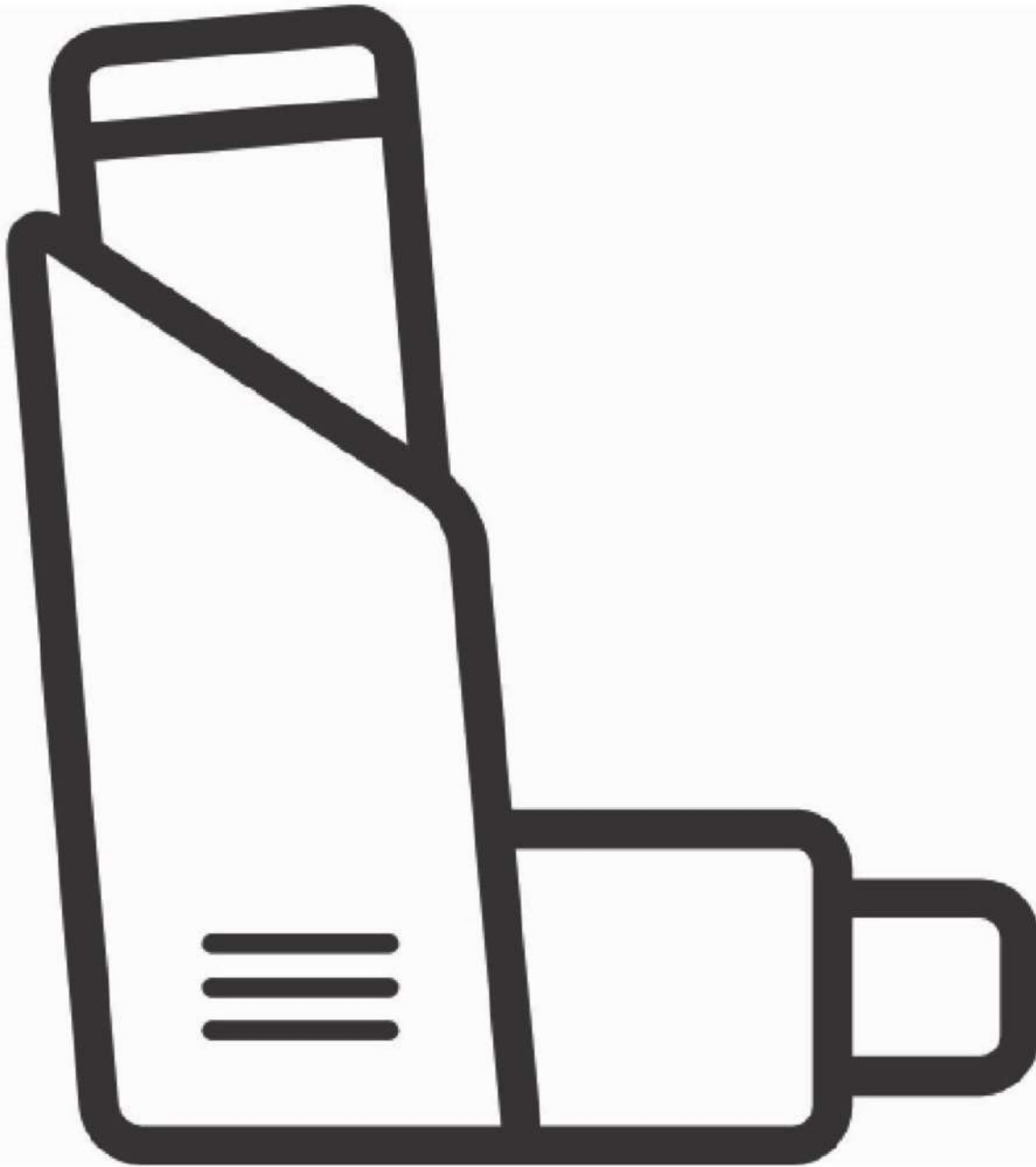
Communication Passport

<https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/including-all/including-members-with-additional-needs/inclusive-communication/>

Mindful Colouring



Asthma Challenge



Medical Equipment



Medical Need

Lazy eye(Amblyopia)

Eczema/Psoriasis

Cerebral Palsy

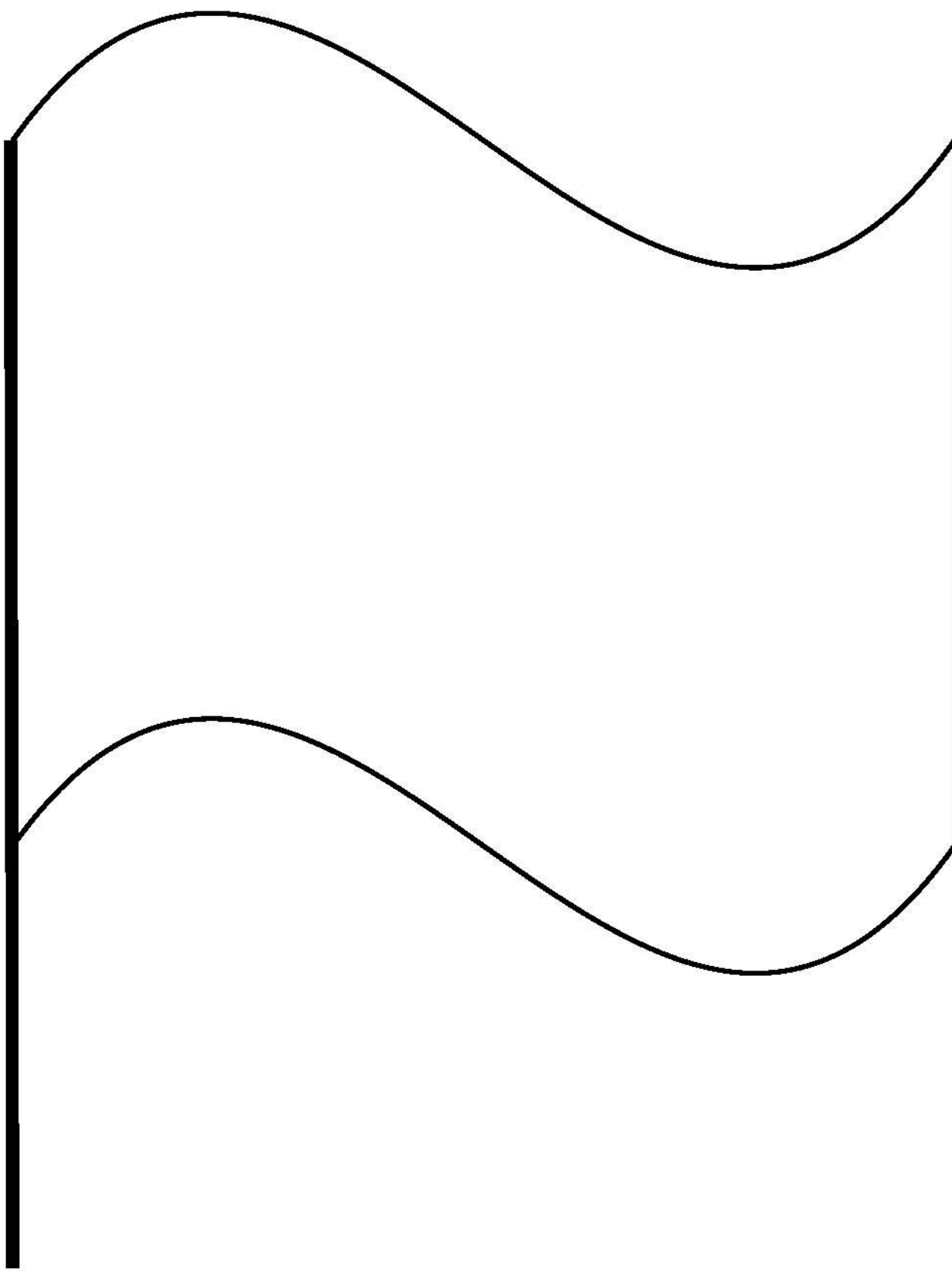
Hearing impairment

Diabetes

Allergies

Please note, not all people with these conditions require this treatment- this activity is purely to raise awareness.

Blank flag template



Sudoku Challenge

3	1		
4	2		1
2		1	3
1			4

	8	1		5	4	9	6	
			8		3	4		
	4	3	6		9	1	8	
4			2	8	5			
	1		3	6				5
				4			7	6
6	5	2		9		7		4
1						5		
			5					

Sudoku Challenge (answers)

3	1	4	2
4	2	3	1
2	4	1	3
1	3	2	4

2	8	1	7	5	4	9	6	3
7	9	6	8	1	3	4	5	2
5	4	3	6	2	9	1	8	7
4	6	7	2	8	5	3	9	1
8	1	9	3	6	7	2	4	5
3	2	5	9	4	1	8	7	6
6	5	2	1	9	8	7	3	4
1	3	8	4	7	6	5	2	9
9	7	4	5	3	2	6	1	8

Anagram Challenge

LINIONCUS

EDABG

GEHTGOTR

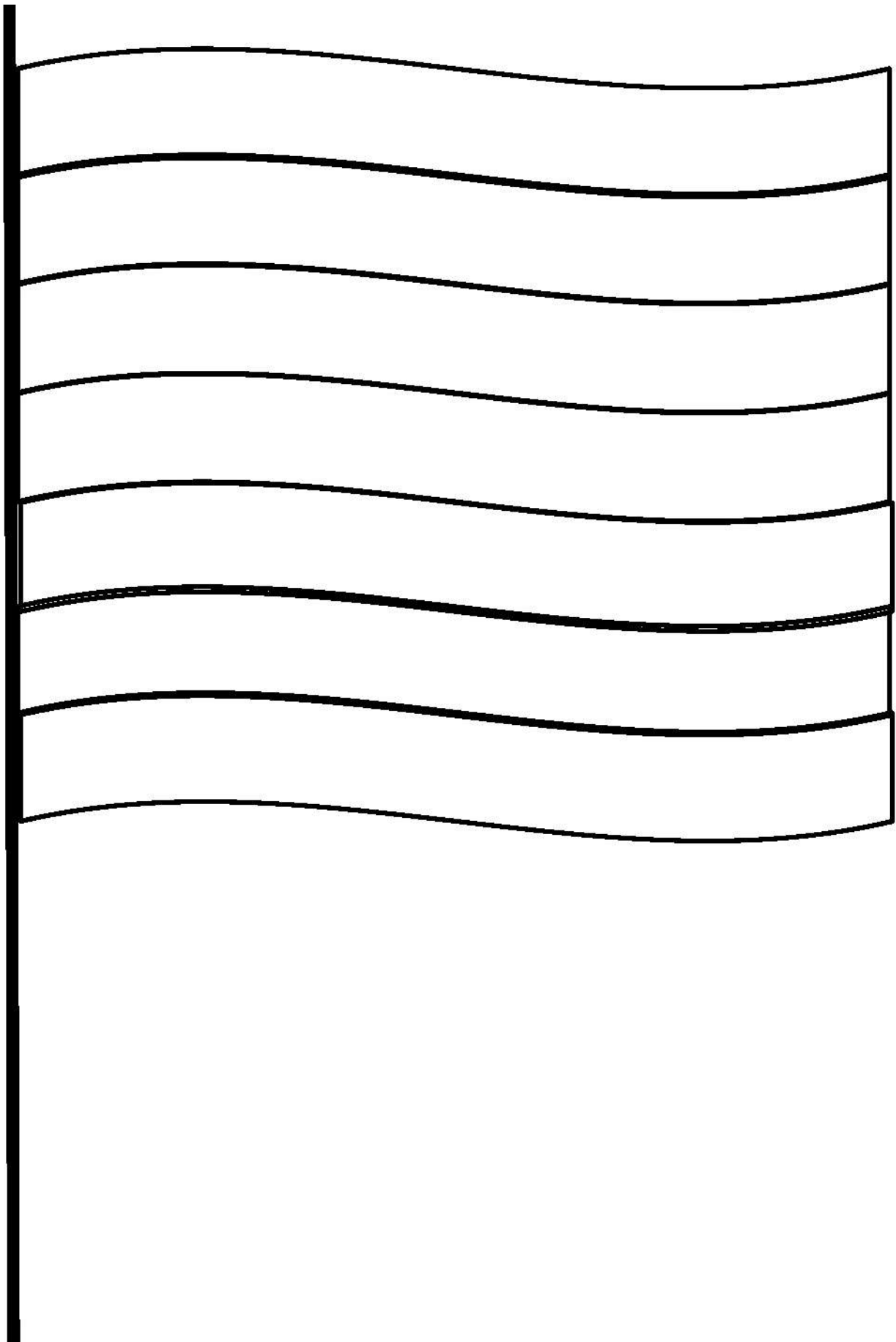
NIIGGDLIUGR

RDNSFIHEIP

ANAGRAM

ANSWERS:

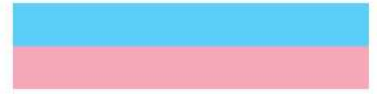
Inclusion, badge, together, Girlguiding,
friendship



Rainbow flag template

Pride Flag Match

Here is a selection of LGBTQ+ flags, and what they stand for. Match each flag to its meaning.



Pansexual

Transgender

Pride

Non Binary

Bisexual

Lesbian

Gay men's pride

Heterosexual



Pride Flag Match (answers)



Pride



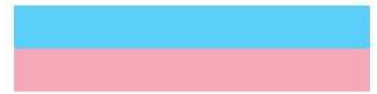
Non Binary



Lesbian



Heterosexual



Transgender



Bisexual



Gay men's
pride



Pansexual

Challenge Checklist

When you have completed a challenge, please use the table below to tick it off and keep track of your progress. You need to complete 1 (or more) from each section.

Movement/ Coordination						
Communica- tion						
Sensory						
Mental Wellbeing						
Medical						
Neurodiver- sity						
Culture/ Background						
LGBTQ+						

Rainbows should aim to complete 8 activities

Brownies should aim to complete 10 activities

Guides should aim to complete 12 activities

Rangers should aim to complete 14 activities.

Please complete the certificate on the next page once completed.



CERTIFICATE

Of Achievement

Proudly presented to

This certificate is awarded for completion of the
Girlguiding South West England Inclusion Resource 2023.
