

Centenary Challenge

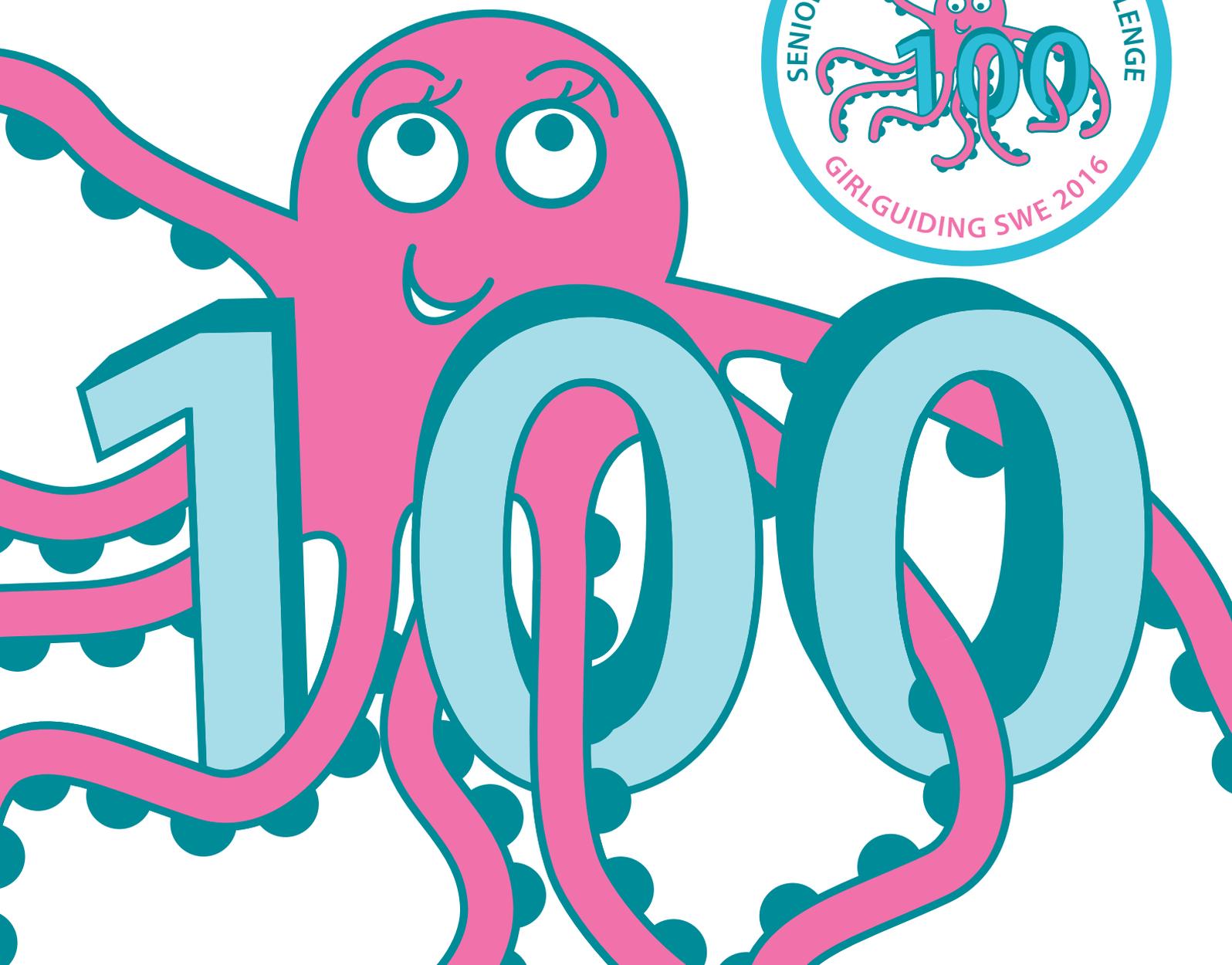
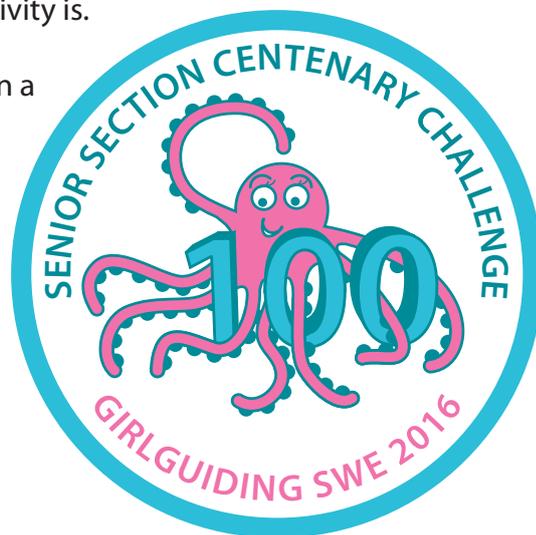
This challenge has been put together by members of the South West England Senior Section in celebration of their 100th birthday in 2016.

For this challenge it is suggested that you aim to complete 10 challenges, 1 from each Octant plus 2 others. Each challenge can be completed as an individual or as a Unit.

When a challenge is completed you may apply for a Centenary Challenge badge (shown below) from the Girlguiding South West England website, click on 'visit our online shop' at www.girlguidingsouthwest.org.uk

The activities are suitable for all Sections. How to complete the challenge is left to individual Units - it's up to you how challenging the activity is.

Unit Leaders - please ensure that each activity is done in a safe and secure environment with a risk assessment completed as appropriate.



Fit for life

1. Hold a Zumba event
2. Invite another unit to join you for a chill out evening
3. Hold a penny hike – before you start decide if heads/tails will be left/right. Simply toss a coin at each junction and turn
4. Do 100 star jumps or sit ups
5. Do 100 forward rolls or cartwheels
6. Swim 100 lengths of a pool
7. Climb 100 steps
8. Run 100 laps of your meeting place or a local park/field
9. Walk or cycle 100 miles
10. Complete 100 crosswords/sudokus/word searches
11. Spend 100 minutes doing a sport or exercise

Creativity

1. Take 100 selfies in 100 different locations
2. Take a photo of the shape 100
3. Have a photo taken with an octopus, real or fake
4. Hold a chocolate tasting evening
5. Create some para cord bracelets
6. Hold a clothes swap event in your Unit
7. Make and decorate 100 cupcakes and sell
8. Use a 100cm of thin wire to make a sculpture
9. Use 100m of thread to cross stitch a picture/pattern
10. Send a 100 tweets and get re-tweeted by a celebrity
11. Learn to play Samba band drums

Independent living

1. Chip shop challenge - visit takeaways and grade them
2. Invite a local mechanic to attend your meeting and discuss car maintenance
3. Hold a bicycle maintenance session
4. Create a cook book suitable for your age group
5. Write 100 letters to people/organisations, ie thank you letters, fanmail
6. Iron 100 items
7. Try 100 recipes and rate them
8. Write a shopping list for 2 people for a week - with a budget of £100
9. Imagine you are moving into a new house, write a list of electrical items that you would need - with a budget of £100
10. Wash up 100 kitchen items by hand
11. Hold a tea party
12. Get Financial Advice from a bank
13. Borrow a virtual baby and look after it for 1 week

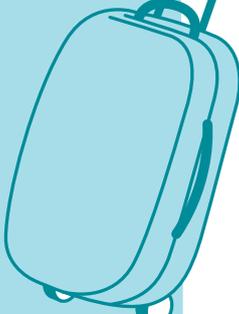


FAIRTRADE

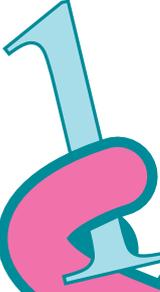
Personal values

1. Find out about on-line and personal safety form your local Police Community Officer
2. Find out about the 100 years of the Senior Section and produce a display
3. Find out how Fairtrade works
4. Spend 100 hours doing something you want to do/makes you feel happy
5. Think of 100 things that are important to you
6. Have a mountain top moment

International

1. Attend an international event
 2. Learn 100 words in a new language
 3. Learn the Promise/Taps in another language from WAGGGs
 4. Learn how to say 100 in 100 languages
 5. Visit a world centre or plan an activity around world centres
 6. Think of 100 foreign foods/meals that you would like to try and see how many you can
 7. Research the farthest country that you could travel to for £100, see who makes it the furthest in your Unit
 8. Cook an international meal
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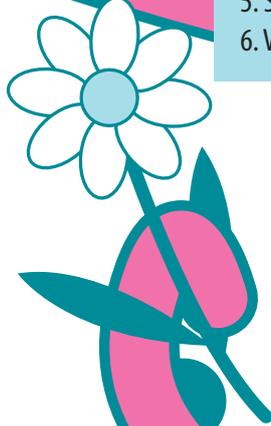
Leadership

1. Find out about different leadership styles
 2. In your Unit come up with your top 100 leaders from history and today and from any walk of life
 3. Lead 100 songs/games
 4. Plan 100 hours of Unit meetings for another section
 5. Find out about the Trefoil Guild and invite them along to your Unit meeting
 6. Plan and organise a Flash Mob
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Out of doors

1. Sleep overnight outside under the stars
 2. Sleep out/camp in each season
 3. Have a go at Geo-caching
 4. Spend 100 hours outside
 5. Spend 100 hours enjoying the out of doors ie walking, camping, exercising
 6. Visit Brownsea Island
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Community action

1. Volunteer 100 hours to do something to help others within your community
 2. Raise £100 for charity
 3. Learn the Promise in sign language
 4. Plant 100 flowers for a neighbour or community project
 5. Write a list of 100 nice things you could do for someone else, and see how many you can do
 6. Sponsor a toilet via toilettwinning.org
 7. Find out about and invite past Senior Section members to an event
 8. Visit one of the emergency services and find out about what they do
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