



Baden-Powell Challenge Award

Name

Unit

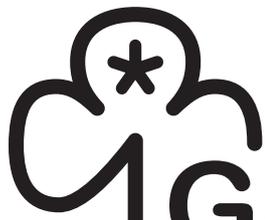
Date Started



A PDF / Supersize
Guide Record Book

Updated August 2014





Getting Started...

The Baden-Powell Challenge Award is the highest award a Guide can achieve.

To start the Baden-Powell Challenge you need to have done the following to show your commitment to being a Guide....

1. Made your Promise _____ (date)

2. Gained at least 2 Guide Challenge Badges
_____ (date) _____ (date)

3. Gained at least 2 interest badges.

_____ (badge name)

_____ (badge name)

The Baden-Powell Challenge is divided into five zones, each with lots of different clauses.

- You need to complete **TEN** clauses in total.
- You should do **ONE** from each zone, then **FIVE** more. These can come from **any** of the zones.

To finish the Award you need to take part in a Baden-Powell Adventure. These are usually special residential events organised by your County or Region just for BP Guides. Then you will meet with your District Commissioner to talk about your experiences before being presented with your award at a special event of your choice.



Zone 1: Healthy lifestyles

Aim... To encourage Guides to lead a healthy lifestyle by promoting physical, emotional and spiritual well-being

- 1:1** Organise and run a Patrol cooking competition. You could provide ingredients and challenge the Patrols to produce dishes in a set time. Date completed: _____
- 1:2** Set yourself three personal fitness goals and keep a diary for a month to show how you have worked towards them. Date completed: _____
- 1:3** Run an activity session for your Patrol on an issue which concerns young people today. Date completed: _____
- 1:4** Help to organise a sports competition with another Patrol or another Guide unit, eg mini-Olympics, fitness trail or team games evening. Date completed: _____
- 1:5** Complete one of the following badges: Agility, Cook, Healthy Lifestyles, Sports. Date completed: _____
- 1:6** With your Patrol, plan and carry out a 'Reflections' session around a chosen theme. You could include a relaxation or meditation aspect or use mime, readings, music, dance or slides. Date completed: _____
- 1:7** Organise a sponsored fitness event for a good cause. Date completed: _____
- 1:8** Produce a cookbook of healthy recipes appropriate for Rainbows, Brownies or Guides to use at an event, holiday or camp. Date completed: _____



Zone 2: Global Awareness

Aim... To increase awareness of global issues and of the contribution each Guide can make.

2:1 Find out about the life a child from a country in the global south (the developing world) leads. Share your findings with your Patrol. Date: _____

2:2 Organise an activity for your Patrol or unit which will help somebody from a country in the global south (the developing world). Let your local International Adviser know what you are doing. Date: _____

2:3 Complete one of the following badges: World Cultures, World Guiding, World Issues.

Date: _____

2:4 With your Patrol, organise an international evening with games, crafts, food or music and dance.

Date: _____

2:5 Design a poster on a current global issue and use it to make a presentation to your unit.

Date: _____

2:6 Use the Internet or your local library to find out about fair trade. Survey what fair trade items are available in your area, for example in your local supermarket. Organise an activity about fair trade with your Patrol. Date: _____

2:7 Find out about the Guide Friendship Fund or World Thinking Day Fund and hold a fund-raising evening to support its work. Date: _____



Zone 3: Discovery

Aim... To challenge Guides with new experiences and adventure.

3:1 Make a bivouac and spend the night in it. Make your own breakfast the following morning. Date: _____

3:2 Start a new hobby or craft, or extend an existing one, and work on it for at least three months. You could try glass painting, learning a musical instrument, football, candle making, rollerblading or stargazing. Find out about your hobby's origins, history and rules. Do a presentation on your hobby for your Patrol in a way that is new to you.

Date: _____

3:3 Attend a residential event somewhere new to you, eg in a youth hostel or on a narrow boat. Your Baden-Powell Adventure cannot count for this clause. Date: _____

3:4 Complete the Outdoor Pursuits, Survival or Community Action badge. Date: _____

3:5 Visit a city farm, rescue centre or nature reserve. Discuss with your Patrol why it is important to have these and who benefits from them. What could you do to help?

Date: _____

3:6 With friends, attend an event such as theatre, ballet, an open air concert or a pop concert. Record your thoughts and impressions and share them with your Young Leader or Leader. Stay safe when you are out and about.

Date: _____

3:7 Use ICT skills to make a new resource for your unit. What about making a 'Welcome to Guides' pack, a 'Guide to camp' or a songbook? You could use photography, video, computers etc. Date: _____

3:8 Complete the Guide Camp Permit. Date: _____



Zone 4: Skills & Relationships

Aim... To develop Guides' self-confidence and self-worth and to improve their interpersonal and life skills.

4:1 Organise a party for someone outside your unit, such as your local Brownies, your family, or girls not normally involved in guiding; or hold a bring-a-friend party at Guides. Date: _____

4:2 Organise a cooperative games evening for your unit, eg parachute games. Date: _____

4:3 Help organise a trip with your Patrol to see something of interest to you. Go on the trip and report back to your unit. Date: _____

4:4 Find out what there is available for young people in your area. With your unit, organise a discussion to find out about local issues which affect you and what young people can do to assist. Check out your local Connexions centre or speak to a local councillor. Date: _____

4:5 Complete one of the following badges: Communicator, Independent Living, Water Safety. Date: _____

4:6 Organise an activity based on today's clothing. You could do an analysis of what is suitable for certain activities, what's currently fashionable and what makes you feel good. Present your findings in an interesting way. Date: _____

4:7 Raise money to take part in your Baden-Powell Adventure. Could anyone else benefit from your fund-raising? Date: _____

4:8 Complete the Active Response or First Aid badge. Hold a First Aid evening for your unit, including incidents and fake wounds, to demonstrate your new skills. Date: _____



Zone 5: Celebrating Diversity

Aim: To promote active citizenship among Guides, developing their awareness of rights and responsibilities for all.

5:1 With your Patrol or unit, celebrate a festival from a culture other than your own, eg Diwali, harvest festival, Chinese New Year, Thai Festival of Lights. Date: _____

5:2 Organise a disability awareness activity evening or invite someone to your unit to talk about disabilities. Date: _____

5:3 Find out about the UN Convention on the Rights of the Child. Organise an activity to share what you have found out. Date: _____

5:4 Complete one of these badges: Culture, Discovering faith. Date: _____

5:5 Take part in a practical activity to benefit the environment in your local community, such as tree planting, nature conservation or bulb planting. Date: _____

5:6 Take part in a WAGGGS initiative. Check out www.wagggsworld.org. Date: _____

5:7 What is 'being you' all about? Make a collage to reflect your culture and lifestyle. Share this with your Leader. Date: _____

5:8 Look at guiding in your area and think about units that may not be as fortunate as yours. Think of ways you could offer them assistance. Carry out your ideas and tell your Commissioner how you were able to make a difference. Date: _____



Baden-Powell Challenge Award



These are the Challenges that I have completed...

- 1) 1: _____ Date _____
- 2) 2: _____ Date _____
- 3) 3: _____ Date _____
- 4) 4: _____ Date _____
- 5) 5: _____ Date _____
- 6) _____ Date _____
- 7) _____ Date _____
- 8) _____ Date _____
- 9) _____ Date _____
- 10) _____ Date _____

My Baden-Powell adventure was on: _____
_____ at _____

After talking to my District Commissioner I was
awarded my Baden-Powell Challenge Award
on _____ (date)



The official G-file can be
bought from Girlguiding UK



This book is our low cost alternative to the BP Challenge produced for/by 2nd Kingsbridge Guides and is not intended to replace the official GFile. Download additional FREE PDF copies of this booklet to print out yourself @ www.2ndkingsbridgeguides.org.uk. If you like our book and use it with your Guides - please share it with other Guiders. Design / Layout by Vicky Smith. Updated Sept. 2014