

I'm A Survivor...



Guide Me Out Of Here!

A Challenge badge for all sections by
Glasgow South Division Senior Section.

Glasgow South Division Senior Section & 46th Glasgow Guides.

Scottish Charity SC035079





Welcome to
“I’m a survivor...*Guide* me out of here!”

Let us start by saying thank you for downloading our challenge pack.
We hope you have as much fun completing it as we did creating it!

The challenge is made up of 4 parts:

1. Jungle Food
2. Craft
3. Fun and Games
4. Team Challenge

The minimum numbers of activities to be completed before being awarded the badge are:

<u>Rainbows</u>	1 activity from the first three parts.
<u>Brownies</u>	1 activity from each section plus 2 more.
<u>Guides</u>	2 activities from each section.
<u>The Senior Section</u>	2 activities from each section plus 3 more.

To help you choose your activities, each page includes the Promise Badge for the sections the activity is recommended for.
Please feel free to adapt the activities to suit your unit.

Some activities require gold stars - these can be made from gold or yellow card. You may wish to laminate them - things could get messy!

Please email us with estimated badge requirements as you start the challenge - this will help us to manage our badge stock levels and should mean we have badges when you need them!

Also, as this is our first challenge badge, we would love your feedback. Questions, comments or badge requirements should be sent to glasgowsouthseniorsection@gmail.com.

Thank you for your support,
Glasgow South Division Senior Section

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Jungle Food

Fruit Salad



You will need:

- A selection of fruits (preferably exotic)
- Large bowl
- Small bowls or cups
- Knives
- Chopping boards
- Lemon juice
- Apple or orange juice (optional)

Chop the fruit into bite sized pieces and place into large bowl. Add some lemon juice to prevent the fruit browning.

Add the fruit juice if desired.

Spoon into small bowls or cups to serve.

S'more Making



You will need:

- Marshmallows
- Chocolate Digestives
- Heat Proof Surface (e.g saucers)
- Tea Lights
- Matches
- Bamboo Skewers

Soak bamboo skewers before use, following instructions on packet.

Place a tea light on the heatproof surface and light using matches. Adult supervision is essential.

Slide a marshmallow on to a soaked bamboo skewer

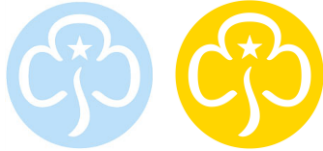
Hold the marshmallow over the lit tealight and toast until gooey (or burnt!!!)

Sandwich the melted marshmallow between two digestives while removing the skewer.

Enjoy your delicious s'more.

(Repeat if necessary!)

Tasty Tropical Trees



You will need:

- Paper plates
- Chopping boards
- Sharp knives
- Bananas (one between two)
- Satsuma/Tangerine (one per participant)
- Apple, Kiwi or Grapes

Peel the banana and cut in half. Keep one half and give the other to someone else.

Very carefully chop the banana and then cut the round pieces in half, giving you half-moon banana chunks.

Create two palm tree trunks on your paper plate using the banana chunks.

Peel your satsuma or tangerine and separate the segments. Arrange these under your banana chunks to make sand dunes.

Chop your apple or kiwi in to wedges to form palm leaves, or use whole grapes. Place them around the top of the banana trunks.

Your tasty tropical trees are ready to be gobbled up by a cheeky monkey!

Worms in the Dirt



You will need:

- Chocolate angel delight, milk and whisk
- Oreo cookies
- Gummy worms (see p10 for a recipe)
- Rolling pin
- Small sandwich bags
- Clear plastic cups or glasses

Prepare angel delight following instructions on the packet. Split into cups and refrigerate.

Place oreos in a small plastic bag before crushing with a rolling pin. Small brown crumbs will form and the cream filling will no longer be visible.

Sprinkle the cookie crumbs over the angel delight. Place the worms on top or bury them slightly in the “mud”.



Bugs On A Log



You will need:

- Celery
- Peanut butter or cream cheese
- Raisins
- Chopping board
- Sharp knife
- Butter knife

Wash the celery and remove both ends.

Chop the celery into sticks roughly one finger long.

Using the blunt knife, fill the celery with peanut butter or cream cheese.

Gently press a few bugs (raisins) into the filling.

For a sweeter treat, try pretzel sticks or mini breadsticks dipped in peanut butter or chocolate spread and then rolled in chocolate chips. Yum!

Ready, Steady, Cook



You will need:

- A selection of ingredients
- Chopping boards
- Knives
- Wooden spoons
- Saucepans, baking trays etc.
- Access to a cooker (depending on ingredients)
- Plates and cutlery to serve

Setting the scene:

You are stranded in the jungle. A rescue team knows your location but cannot extract you due to the dense forest. They have dropped a survival package to keep you going while they search for a suitable rescue point.

Using only the ingredients provided, cook a meal to feed your patrol/small group.

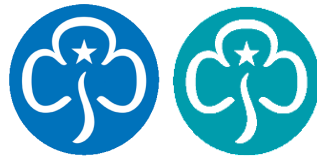
Hints and Tips for Leaders:

Choose a meal and break it down into component parts when selecting ingredients. For example, if you chose spaghetti Bolognese, you could provide spaghetti, mince, onions, carrots, tomato puree, passata and Italian herbs.

To make the activity more challenging, provide ingredients for multiple meals and have the teams select what they wish to use. You won't believe some of the concoctions they serve up!

If you find your girls struggle to tidy up (as we often do), it may help to tell them that the meal must be presented on a plate on their clean table for judging. It's amazing what a bit of friendly competition can do!

Bushtucker Trial



This 3 part activity can either be prepared in advance by Leaders or on the night by one Patrol for another. Tasters should not know the content of the dish!

If being made by patrols, omit Part 3 for the sake of time.

Part 1 - Witchetty Grubs

You will need:

- Gnocchi
- White Chocolate
- Black Icing - writing or ready to roll
- Cocktail Sticks
- Kitchen Roll

Prepare gnocchi following instructions on packet

Drain gnocchi and leave to cool. Pat dry with kitchen roll to remove excess moisture.

Break chocolate in to a heatproof bowl. Melt chocolate in the microwave or over a pan of water on the hob.

Insert cocktail stick through the gnocchi.

Dip now cold gnocchi into melted chocolate and leave to harden. Repeat two or three times to get a thick, even coating.

Once completely cool and hardened, add a dot of writing icing or a small circle of ready to roll icing to the end of the gnocchi to form a nose.

Enjoy your witchetty grubs!

Part 2 - Dog Food

You will need:

- Lime Jelly
- Large Bowl
- Mars Bars
- Knife and chopping board
- Plate

Chop the mars bars into chunks.

Prepare jelly following instructions on packet and mix mars bars in to liquid jelly.

Pour into the large bowl and leave so set.

Turn out on to a plate and present your dog food to the girls.

Part 3 - Jelly Worms

You will need:

- 2 blocks of red jelly (can be substituted for a vegetarian jelly e.g. Just Wholefood's "Vegetarian Jelly Crystals", available at Holland & Barrett)
- 1 box of gelatine (can be substituted for a vegetarian gelatine equivalent e.g. ASDA's "Vegetarian Gel" or Dr. Oetker "Vege-Gel")
- 24 fl oz (720ml) boiling water
- 6 fl oz (180ml) whipping cream
- Green food colouring
- 'Bendy' straws
- Tall, watertight container

Combine jelly and gelatine in a bowl. Add the water and stir.

Cool the jelly mixture until it is lukewarm and stir in the whipping cream and 15 drops of food colouring.

Flex all the straws and put them in the tall container. Pour the jelly mixture into the container. You don't need to pour it in to the individual straws as the liquid will rise up the straws.

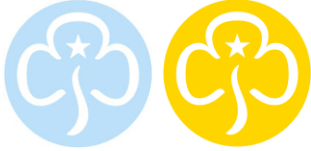
Allow jelly to set overnight. It will take longer to set than a normal jelly mould.

To remove the worms from the straws, squeeze the jelly out the straws using a rolling pin or run the straws under hot water for a few seconds - the worms will slide out.

These worms are perfect for using in Worms in the Dirt (see p6)

Crafts

Trumpeting Elephants



You will need:

- Elephant Template
- Party blower (noisy foil thing)
- Card or craft foam
- Googly eyes
- Scissors.

Draw round the elephant template onto card or foam and cut out. Make sure to cut out the nose hole!

Insert the mouthpiece of the foil blower through the nose hole to create a trunk.

Attach googly eyes above trunk.

Blow through the mouthpiece.

Your trumpeting elephant is complete!

Hissing Snakes



Method 1:

You will need:

- Coloured wool
- Snake Template (see template section)
- Beads for eyes
- Red card of red foam tongues
- Glue

Wrap wool around card template to cover. Use different colours to create a design or pattern. Tie loose ends to secure.

Using glue, attach tongues and eyes and leave to dry.

Method 2:

You will need:

- One tie per person
- Stuffing - toy filling (available from craft stores) or plastic carrier bags
- Scissors
- Needle and thread or fabric glue
- Buttons/googly eyes
- Red felt
- Metal coat hanger/Ruler/Pencil

Lay the tie on the table, wrong side up.

Carefully create an opening in the wide end of the tie by cutting the stitches holding the fabric and lining together.

Stuff filling into the opening at the wide end of the tie to fill the hollow centre (use the ruler/coat hanger/pencil to push the stuffing right to the end).

Continue stuffing the snake until it's evenly stuffed the whole way along. Add a bit more stuffing at the wide end to create a nice head.

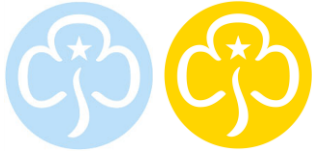
Guides and Senior Section members may wish to make their snake pose-able by inserting a length of strong wire (or opened out coat hanger). Be sure to turn the ends of the wire to prevent it poking out.

Sew or glue the lining and tie fabric back together.

Turn the snake over and give it eyes by gluing two buttons or googly eyes to the head area.

Cut a forked tongue out of red felt and glue to the snake's head.

Terrific Turtles



You will need:

- 2 CDs per turtle
- Turtle template
- Green card or white card and green pencils
- Sequins/embellishments/glitter glue
- Glue
- Thread to hang

Draw round the turtle template on to green card. Cut out.

Using glue, stick sequins and any other embellishments to the shiny side of the CDs.

Glue a CD (shiny side up) on either side of the turtle body.

Use thread to hang the turtles up.

Camouflage Friendship Bracelets



You will need:

- 7 colours of wool or embroidery thread
 - Greens, browns and oranges will work well for this craft
- Card or craft foam
- Scissors
- Small circular object e.g. cup or small tub
- Pen

Cut 7 lengths of wool and tie together.

Draw a circle on the card or craft foam using the circular object as a guide. Cut out.

Cut 8 evenly spaced slots in the circle.

Pierce a hole in the middle of the circle. Younger children will need help with this step.

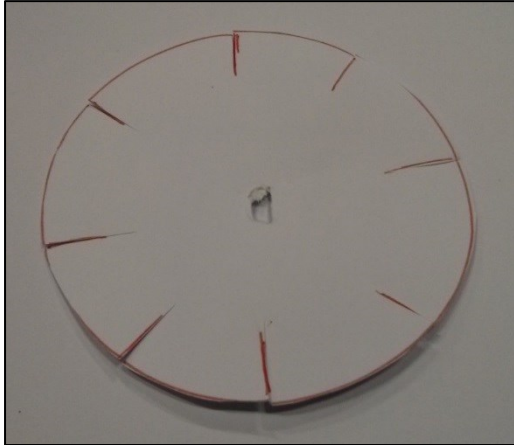
Push the knot through the hole and thread the long end of each piece of wool into a different slot. There will be one empty space!

Holding the empty slot in the 12 o'clock position, count clockwise 3 strings. Move this string to the empty slot by pulling it up (completely out of the slot) and over.

Turn the disc until the new empty slot is at 12 o'clock. Repeat until the bracelet reaches the required length.

To finish, release the threads from the slots and tie in a knot. Trim the long ends and tie round your wrist.

Step-by-step photographs can be found on the following pages. For ease of instruction, we have used 7 different colours.

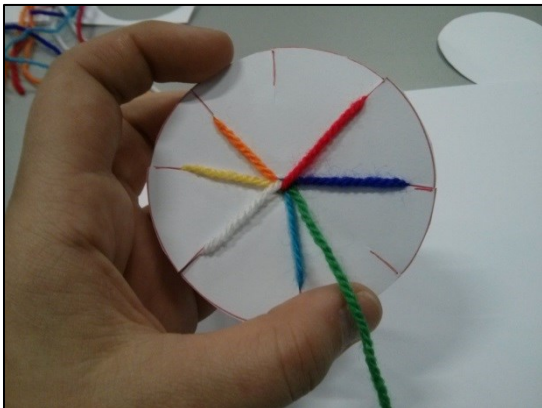


Cut out a circle and cut 8 slots around the edge .Poke a hole in the middle.

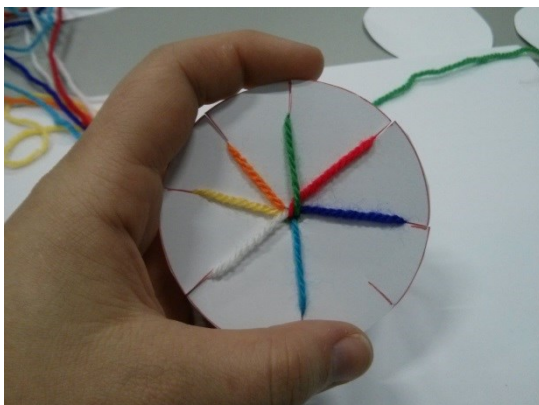


Push knot through the hole and thread one piece of wool in to each slot.

The empty slot is at 12 o'clock.



Count clockwise three strings (the green string in the photograph)



Move this string (green) to the empty slot by pulling it up, out the slot and over.



Turn until the empty slot is back at 12 o'clock and repeat. In our example, the next string would be yellow, the red, blue, orange, purple, white and green again.

Your bracelet will appear out the back of the card circle.



When your bracelet reaches the required length, release the loose ends and tie in a knot.

Trim any long ends.

Arty Animal Print



You will need:

- An item to decorate, such as a photo frame or trinket box

Either

- Decopatch paper in animal prints
- Glue
- Paintbrushes to apply glue

Or

- Paints (make sure your paint is suitable for the item you're painting!)
- Paintbrushes
- Pictures of animal print for reference

Decopatch Method

Tear small pieces of decopatch paper.

Apply a small amount of glue to the item to be decorated.

Using the brush, pick up a piece of paper and place it on the glued area. This should help keep the glue off your fingers!

Using the glue left on your brush, paint a thin coat over the paper. Make sure all the edges are stuck down.

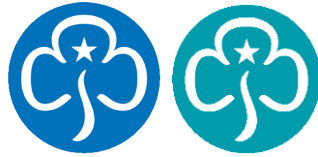
Repeat until the item is completely covered. Check for bare patches as the glue dries.

Paint Method

Paint the item in the background colour of your animal print. For example, orange if creating tiger print, or white if aiming for zebra print. Leave to dry.

Using the pictures as a guide, paint the stripes or spots of your animal onto the item. Again, leave to dry. You may wish to add a clear coat to prevent the paint from chipping.

Butterfly Rings



You will need:

- Small beads in two colours - background colour and wing colour
- Thin wire
- Wire cutters
- Large beads - roughly 4mm - body colour

Cut 6 inches of wire

Slide two beads (**background colour**) on to the wire. Loop the wire around the first bead and back through the second bead.

Thread on more beads until the ring reaches halfway around your finger.

Add one large bead followed by 12 small beads in the colour you want the wings to be (**wing colour**). Thread the wire back through the large bead, holding the big bead tightly against the background beads. Be careful not to kink the wire!

Add 12 more small beads (**wing colour**) and thread wire back through the big bead.

Now add eight small beads in the **wing colour** and thread back through the big bead for the third time.

Add another eight small beads (**wing colour**) and thread through the big bead for the final time.

Continue stringing beads in the **background colour** until your ring is the right size.

Thread the end of your wire through the little starting loop that goes around your first bead.

Pull the two ends together so they just touch then wrap the wire around itself between the last and second to last beads of the ring.

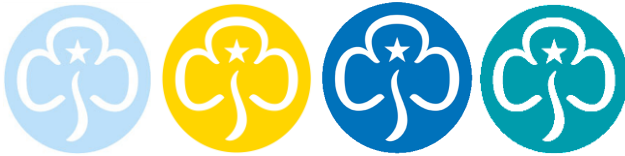
After two or three wraps, cut the wire as short as possible.

Your ring is ready to wear!



Fun and Games

Lily Pad Leap



You will need:

- Large green card or newspaper lily pads (2 per team)
- Start and finish markers

This game can be played two ways. The first will suit younger players and the second will provide a greater challenge for older girls.

Version One

Using their lily pads, one member of the team must make it to the finish line and back without touching the ground.

Place one lily pad on the floor and step on to it. Place the second lily pad in front.

Step from first lily pad on to second lily pad, pick up lily pad which is now behind you and repeat.

The first team to get all their members round the course wins.

Version Two

Very similar to version one except the whole team must move around the course at once. If anyone touches the “water” with any part of their body, they are out.

The first team to make it back to the start wins maximum points, but so does the first team to return with all their members!

The Pea Game



You will need:

- Dried peas (green and yellow)
- Gold stars
- A collecting tub per participant

Send girls out the room and spread peas and stars around the room.

Turn out the lights in the hall. Invite girls back in to hall with the challenge of collecting as many peas and stars as possible in the time given.

Once all the peas have been collected, or time is up, turn on the lights and get team members to combine their peas and stars. Leaders should total up the points for each group as follows:

- Green peas are +1 point
- Yellow peas are -1 point
- Gold stars are +10 points.

The team with the most points wins.

The Great Escape



You will need:

- Various obstacles e.g. hoops, chairs, balls, cargo nets
- A bit of imagination

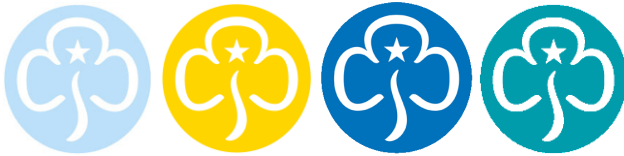
Set out your obstacle course. The layout depends greatly on the space and objects you have available!

Split the girls in to teams

Ask the girls to use their imaginations. They are no longer in the meeting place, but in the jungle. Chairs become fallen logs, limbo becomes a low hanging branch and throwing balls in to a bucket is now feeding a hungry hippo.

Teams must run the course one girl at a time. Which team can make it through the jungle first?

Face Painting



You will need:

- Hypoallergenic face paints
- Sponges
- Paint brushes
- Clean water
- Designs to copy (e.g images from Google, patterns from a face painting book)
- PARENTAL CONSENT IF UNDER 18 (see Guiding Manual for more information)

You can be as creative as you like with this activity.

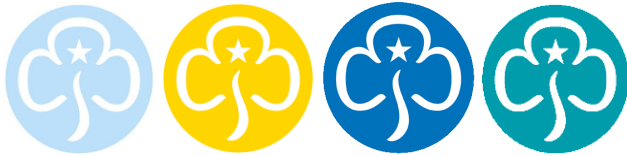
Younger sections may enjoy having their faces painted as tigers, reptiles, butterflies etc. You may wish to ask some parents along to help paint faces.

Older sections will enjoy painting the faces of members of their six. They could experiment with camouflage patterns or could come up with their own tribal design. This could be done before playing Capture The Flag (see section 4) to identify the teams.

Ensure that sponges and brushes are cleaned in hot water at the end of the night and that paints are put away clean and dry.

More information, including some step by step instructions can be found at www.snazaroo.co.uk

Tree Top Challenge



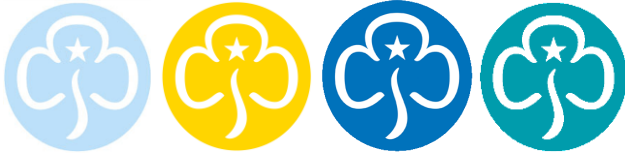
You will need:

- Newspapers for each group
- Sellotape
- String
- Scissors
- Stopwatch (optional)
- Small weight of your choice

Using only the materials provided (newspaper, sellotape, string and scissors) challenge each group to build the tallest tree possible in the allotted time. The tree should be able to stand up without support.

Bonus points can also be awarded for trees that are strong enough to hold the weight, as well as the coolest or most tree-like tree.

Word Search



Older Rainbows and Brownies should attempt the easy (10x13) word search.

Guides and Senior Section should attempt the difficult (20x20) word search.

If you're really stuck, answer grids are provided at the end of the pack!

j	u	n	g	l	e	z	m	u	d
y	b	e	e	t	l	e	s	y	z
f	l	o	w	e	r	s	n	y	t
l	e	a	v	e	s	m	t	r	i
m	o	t	i	r	n	e	r	l	g
r	t	u	m	b	a	b	e	y	e
v	f	e	a	r	k	j	e	a	r
t	m	o	n	k	e	y	n	e	f
u	p	f	i	s	h	b	y	h	i
r	n	c	m	o	u	t	h	i	r
t	o	r	a	i	n	t	d	p	e
l	r	e	l	o	m	a	c	p	g
e	n	o	s	e	h	f	r	o	g

Animals

Frog

Monkey

Tiger

Beetles

Hippo

Mud

Tree

Fish

Jungle

Rain

Turtle

Flowers

Leaves

Snake

Can you find any other words?

f	o	g	o	t	t	r	e	a	s	e	e	z	n	a	p	m	i	h	c
d	u	u	m	p	e	d	l	e	a	l	v	e	s	i	n	g	k	l	e
s	p	i	n	n	e	l	r	o	v	i	v	r	u	s	z	o	d	o	e
t	h	d	w	i	n	a	k	l	e	d	i	u	g	l	i	t	l	t	s
s	t	e	f	a	r	c	h	o	i	o	w	n	d	w	y	o	o	t	e
c	o	v	l	i	f	i	s	h	v	c	o	e	r	h	a	r	t	l	w
i	a	m	a	t	a	p	m	e	s	o	o	v	u	t	a	o	f	e	u
s	i	l	g	n	e	o	g	e	t	r	h	i	n	o	c	e	r	o	s
r	a	i	n	f	o	r	e	s	t	c	e	n	c	v	i	n	e	e	u
n	m	l	e	e	r	t	s	c	i	e	n	e	e	t	f	r	o	u	r
e	a	t	l	t	a	u	g	u	i	d	l	s	g	u	i	d	e	r	v
m	z	i	t	i	n	l	e	s	f	o	r	e	n	a	e	c	l	t	i
o	o	m	b	r	g	u	i	d	e	c	i	s	e	a	r	o	o	r	v
t	n	i	o	u	u	a	t	i	j	u	n	g	l	e	k	o	i	e	a
o	t	n	i	w	t	r	t	o	n	a	d	r	l	e	f	e	l	s	l
k	o	d	n	i	a	o	e	o	l	e	e	t	a	g	u	t	w	t	y
e	e	g	e	s	n	i	s	c	r	d	r	s	h	o	n	o	e	n	w
s	r	i	b	e	g	a	l	f	u	o	m	a	c	d	s	n	a	k	s
d	a	n	o	w	s	e	n	m	u	i	l	s	f	i	s	f	s	h	e
r	a	d	v	e	n	t	u	r	e	i	s	o	u	t	t	h	e	r	e

Adventure
Challenge
Jungle
Rhinoceros
Survivor

Alligator
Chimpanzee
Mud
Shelter
Tree

Amazon
Crocodile
Orangutan
Snake
Tropical

Camouflage
Fish
Rainforest
Survival
Vines

How many times can you find the word "Guide"?

Team Challenge

Feely Boxes



You will need:

- Boxes
- Yucky stuff for inside the boxes e.g. peeled grapes, baked beans, spaghetti, jelly, rubber spiders/bugs.
- Gold stars

Line up four or five boxes per team with a hand hole cut out the top.

Add your chosen yucky stuff to the box and hide your star(s) in the middle.

One member of each team should approach box 1 and stick their hand in to find the star. The next team member should attempt the second box once the first star has been recovered and so on.

The first team to recover all their stars wins.

Fishy Fun



You will need:

- Paddling pool or basin of water
- Laminated gold stars with wire loops
- Fishing rod - cane with string and hook attached
- Stopwatch or timer

Fill up your pool with water

Submerge stars in the water

Using the fishing rod, try to hook as many stars possible in the time limit set by the leader with the stopwatch.

The team with the most stars wins!

Hints

To make wire loops for your stars, bend a small piece of wire in to a circle and twist the ends together. Attach to star with adhesive tape.

Tribal Games - Mini Raft Building



You will need:

- Lollypop sticks
- Wool
- Corks
- Basin of water
- Small weights

Provide each team with the same number of lollypop sticks, corks and the same length of wool.

Challenge each team to build a raft and see which can hold the most weight whilst floating in the basin.

Tribal Games - Capture the Flag



You will need:

- Flag (teams can make their own)
- Bases for each team
- “Jail” area

Teams set up bases in each corner of the room.

Leader will say “Go!” and teams will attempt to capture the flag of the opposing team without getting caught by the other team.

If you are caught, you go to jail until a member of your team can free you by tagging you.

The game ends when the team has captured the flags of the other teams.

Templates

Hissing Snakes

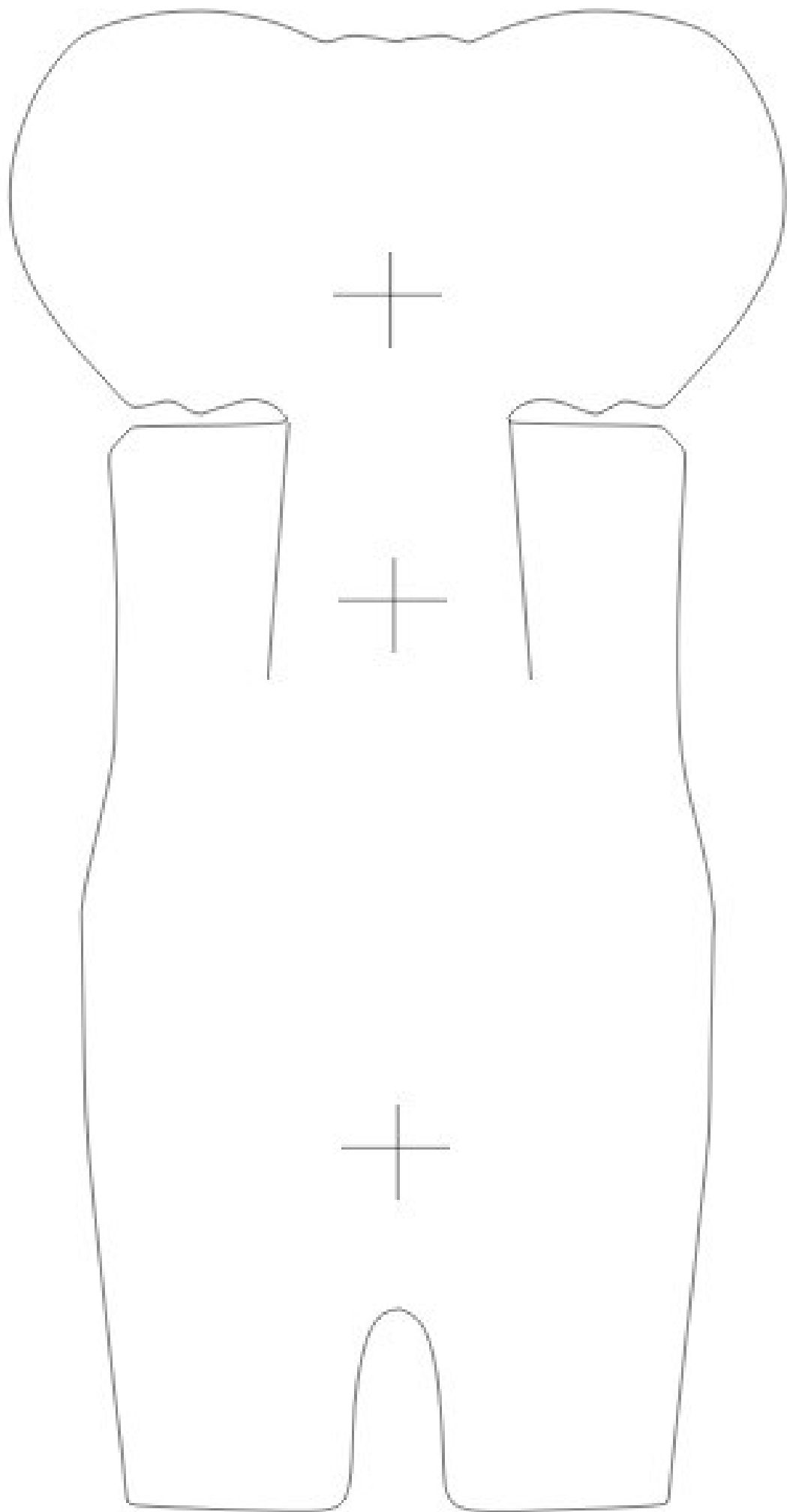
Trumpeting Elephants

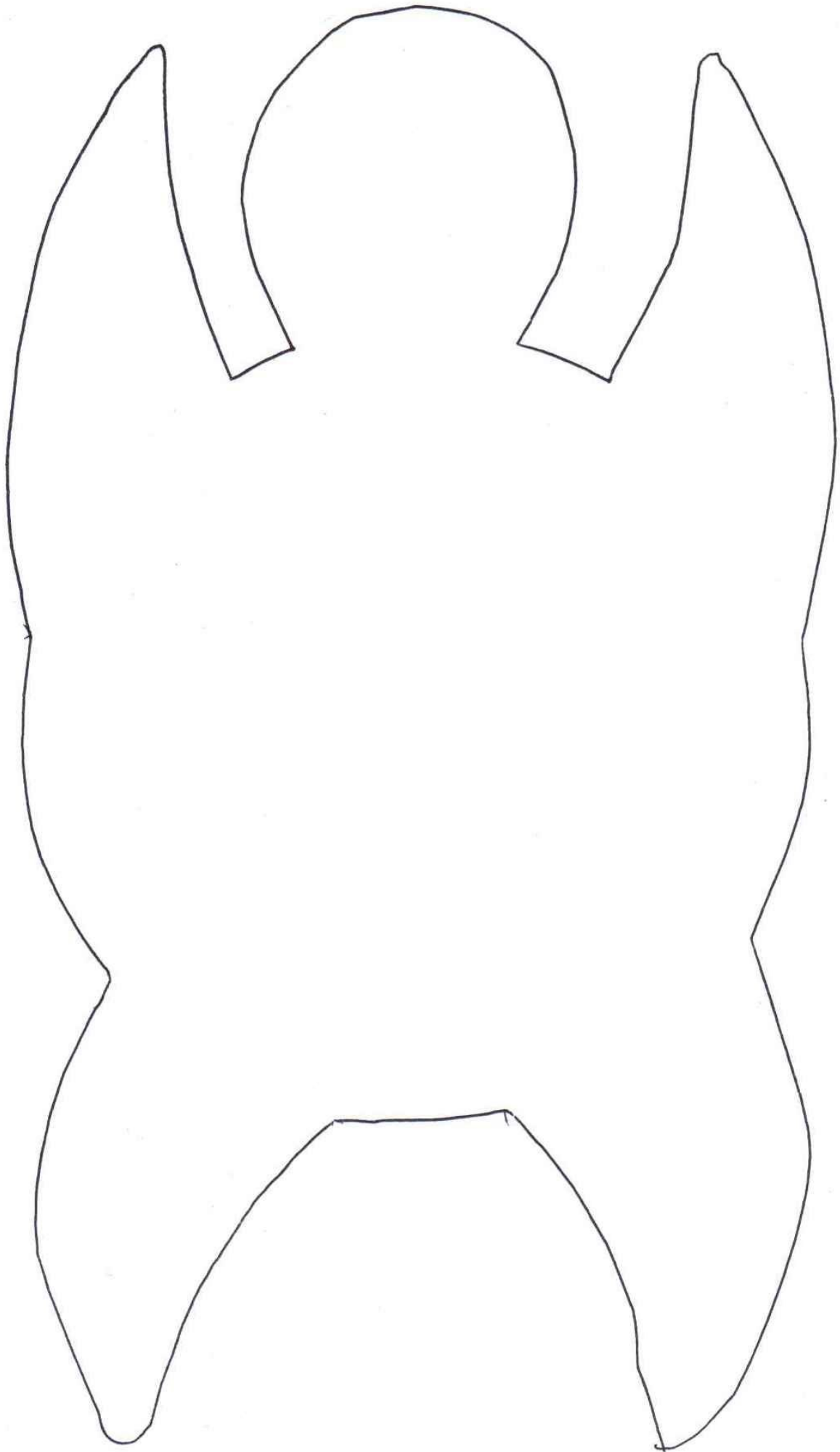
Terrific Turtles

These templates can be printed on to card and cut out or can be used as the basis for you to draw your own templates.

Thanks to 46th Glasgow Guides for their help in drawing the outlines!







Word Search Answers

Included over the next two pages are the answer guides for both word searches.

No peeking unless you're really stuck!

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

Badge Order Form

Thank you for taking part in “I’m A Survivor...
Guide Me Out of Here!”

To order your badges, please complete this page
using **block capitals** and return (with payment) to:



“I’m A Survivor... Guide Me Out Of Here”

South Division Senior Section

88 Merrylee Road

Glasgow

G43 2QZ

Order forms or general badge enquiries can also be emailed to
glasgowsouthseniorsection@gmail.com.

Contact Name	
Unit	
Contact Address	
Postcode	
Telephone Number	
Email Address	

Badges Required		at £1 each
Postage and Packaging	1-30 badges: £1.00 31-99 badges: £1.50	100+ badges: £2.00 International: on request
Total (badges + P&P)	£	

Cheques should be made payable to **“46th Glasgow Guides”**.

Electronic payment details available on request.

Badges will not be posted until payment is received.

Glasgow South Division Senior Section & 46th Glasgow Guides.
Scottish Charity SC035079