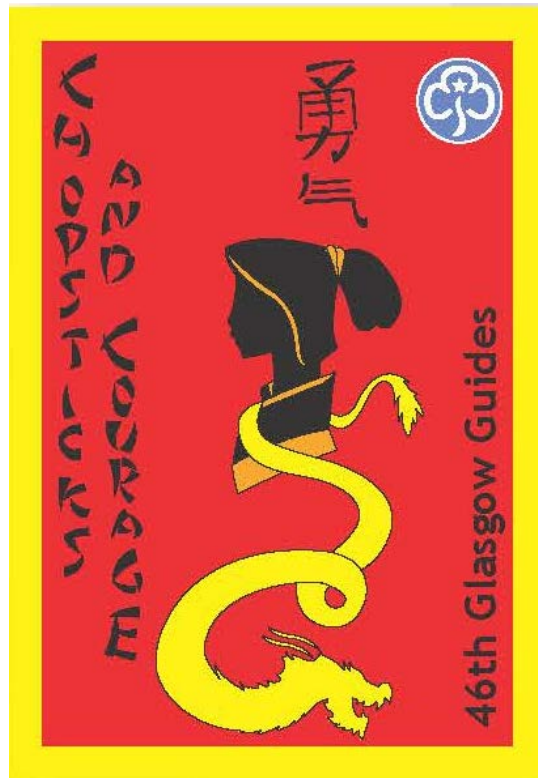


Chopsticks and Courage



46th Glasgow Guide Company - Registered Charity Number SC035079

Welcome to our Chop sticks and Courage" Challenge Badge.

This challenge badge has been designed in such a way as it allows you to run a program of activities with girls of any age around the old Chinese tale - The Ballad of Mulan. This is the Princess who is not a princess, who is true to herself, follows her beliefs and can do anything she sets her mind to! This pretty much sums up what our units strive to teach!

The badge has a mixture of promise type activities, covers Chinese myths and crafts, wow women, looks at ancestors, fire safety and a host of other things from tea parties, confidence building, craft and what challenge would be complete without there being an element of food involved when guides made it up!

The challenge is made up of four parts:

1. Chinese Customs and Traditions
2. Family and Ancestors
3. Being True to Yourself
4. Finding courage

We would suggest that a minimum of 4-6 age and ability appropriate challenges are completed before the badge is awarded. To help you choose your activities, each one includes the Promise Badge for the section the activity is recommended for. Remember it is meant to be a challenge!

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!

We would love your feedback, please send your questions, comments or badge requirements to

The46thglasgowguides@outlook.com

Contents

Chinese Customs and Traditions	6
Chinese New Year.....	6
The story of Nian.....	6
New Year Animals.....	7
Chinese Crafts	8
Dragons	8
Performing Dragons.....	8
Salt Dough Dragon	9
Chinese Fans.....	10
Bolang Gu Chinese drums.....	10
Calligraphy.....	11
Chinese Blossom Lantern	12
Chinese Food	13
Chinese Tea Ceremony.....	13
Tea tasting.....	14
Mini Spring Rolls.....	14
Stir Fry.....	15
Fireworks	16
Firework Painting	16
Salt Firework Painting.....	16
Sausage Rockets.....	17
Dynamite Cakes	18
Firework cookies	19
Games	23
Fun with chop sticks.....	23
Snowball Relay	23

Eat with chopsticks	24
Capture the Flag	24
Obstacle Course	26
Family and ancestors	27
Family Trees	28
Design a family crest	30
Visiting the Matchmaker	31
Moisturiser Bars	31
Felt soap	32
Handmade beads and jewelry	33
Decorated combs	34
Design your new haircut	34
Perseverance - Being True to yourself	35
Being true to yourself - promise challenges	35
Try Something New	35
All about me	36
All about me key rings	37
Kind Words	37
Paper doll	37
Kind Thoughts/Kind actions	38
Random Act of Kindness	39
"I am" poem	39
Courage	41
Self-esteem diary	41
Stress Balls	41
Birthday Party Speech	42
Decision Dice	42

Women’s Rights are Human Rights	44
WOW Women	45
Jobs for the Girls.....	46
Girls’ things, boys’ things	46
Jobs for the Girls	47
When I’m older I want to be	48
What’s my line?	48
Write yourself a letter	48
Templates.....	49
Branding Confirmation	53
Badge Order Form	54

Chinese Customs and Traditions

Chinese New Year

Chinese New Year falls on the first moon between the 21st of January and 20th of February. The festival of Chinese New Year is centuries old and has many traditions and myths surrounding it. The New Year is also a time when many deities are celebrated.

Traditions vary throughout the countries which celebrate the New Year but often families will have a reunion dinner the night before and the families will also do a deep clean of their house in order to get rid of any bad luck to make way for the good opportunities of the New Year. Doors and windows are decorated with red decorations which are often made from paper and couplets (2 rhyming lines) are written on the decorations.

The story of Nian



The Nian was a mythical beast who ate the village people, especially children. One year in a small village in China an old man figured out how to defeat the Nian. He dressed all in red and set off firecrackers outside of the cave where the Nian was. The people quickly realised that the Nian was afraid of the colour red and of the loud noises and this is why all of the decorations at New Year are red.

In your sixes/patrols act out the story of Nian.

New Year Animals



Each New Year is represented by one of twelve animals. Each animal has a different trait, find out which animal you are:

Rat (wise)	2008, 1996, 1984, 1972, 1960
Ox (hardworking)	2009, 1997, 1985, 1973, 1961
Tiger (brave)	2010, 1998, 1986, 1974, 1962
Rabbit (cautious):	2011, 1999, 1987, 1975, 1963
Dragon (strong)	2012, 2000, 1988, 1976, 1964
Snake (flexible)	2013, 2001, 1989, 1977, 1965
Horse (a doer/worker)	2014, 2002, 1990, 1978, 1966
Goat (a team player)	2015, 2003, 1991, 1979, 1967
Monkey (mischievous)	2016, 2004, 1992, 1980, 1968
Rooster (stable)	2017, 2005, 1993, 1981, 1969
Dog (being a good friend)	2018, 2006, 1994, 1982, 1970
Pig (being nice)	2019, 2007, 1995, 1983, 1971

- Draw your totem animal - do you recognise yourself?
- Find people who share the same animal as you, what do you have in common? What are your differences?

Chinese Crafts

Dragons



Dragons in China are not the frightening creatures we might think they are. In China they symbolise powerful, often helpful creatures - stories tell of bringing rain or protecting villages. Dragons are also seen as lucky and powerful and adorn buildings, boats and people even tattoo them on to their bodies for luck.



To make our dragon, we used the inside of a toilet roll, green paint mini-pom-poms and tissue paper.

Performing Dragons



Each patrol will need:

Large cardboard box

Odds and ends of craft material / glue / paints

A bed sheet

Challenge the patrol to make a Chinese dragon that they can all 'wear'. They should then come up with a dance and perform it

Salt Dough Dragon



- 1 cup of salt
- 1 cup of plain flour
- $\frac{3}{4}$ cup of water
- Paint
- Magnet
- Glue

Simply combine the flour and salt in a bowl and add water gradually.

Knead the mixture until it becomes dough-like. It may feel very grainy because of the high salt content.

If it is too sticky, add more flour, if it won't hold together, add more water, a teaspoon at a time.

Roll the dough out to 1-2cm thick and cut out your dragon shape and decorate.

Place on a baking sheet and dry the dragon in the oven at a very low temperature for between 1 - 2 hours. Once cooled you could paint them in bright colours.

Attach a magnet to the back and stick of the fridge!



Chinese Fans



You will need:

- Paper plates
- Lollipop sticks
- Paint/Paint brush
- Glue

Bolang Gu Chinese drums

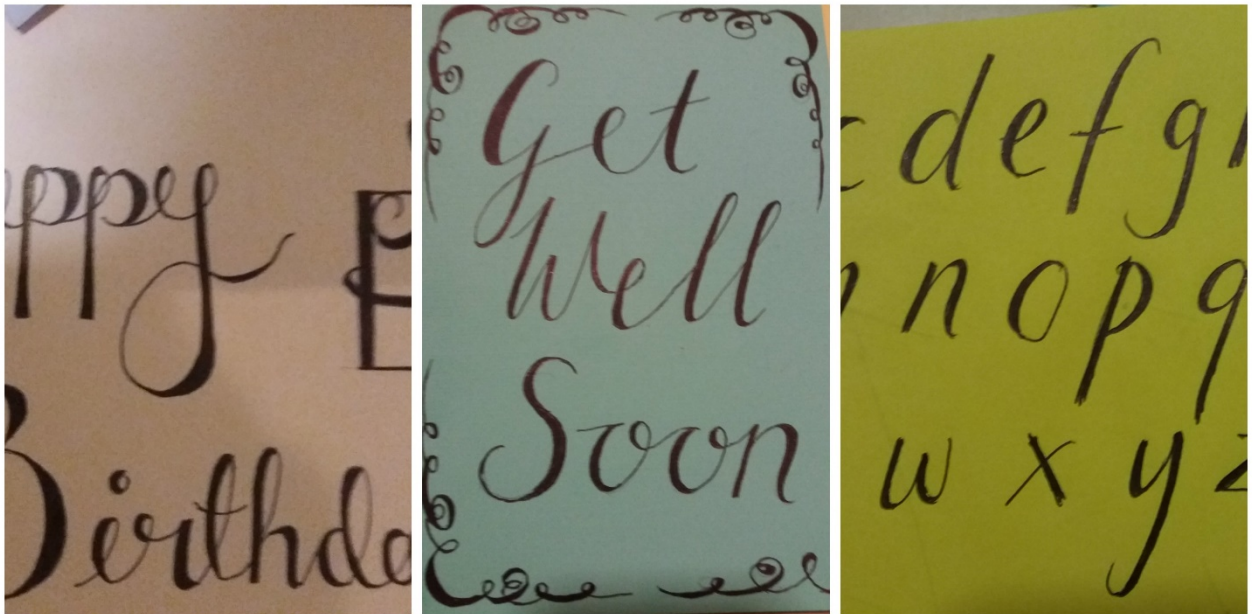


You will need:

- Paper plates
- Paint (if not using coloured plates)
- Stapler
- Glue
- 2 pieces of ribbon
- 2 plastic beads
- a dowel

After you've decorated your plates, staple them together leaving enough room to insert the dowel. Punch holes at three and nine o'clock and thread the beaded ribbon through and tie a knot. With a little bit of glue at the end, insert the dowel into the plates.

Caligraphy



Chinese writing can be date backed to 4000 BC and is one of the oldest written languages systems in the world. Chinese calligraphers use ink and brushes. Calligraphy is not only an art, but a meditation and how the characters are constructed says a lot about a person.

Try out unusual ways of writing; using different pens or not using pens at all. Get creative!

Chinese Blossom Lantern



We painted small, white lantern style lampshades to make these effective Chinese Blossom Lanterns. We used our fingers to paint the blossoms.

Rainbows and Brownies could paint a picture instead, using bubble-wrap to create the blossoms.

Chinese Food

Chinese Tea Ceremony



Tea has a huge place in Chinese society. People drink tea to show respect for the elders, the younger generation prepare and pour tea for older people, families drink tea together as a way of staying close, tea can be offered as a formal apology and it is also a way to show gratitude or celebrate events like weddings.

You will need:

A cushion or blanket

Tea pot and cups

Tea (or for younger sections perhaps juice)

Hosting a Tea Party

1. In pairs or small groups, find something soft to kneel on like a cushion or blanket.
2. If you have a low table or stool you can place your tea pot and cups on it. Make sure that your teacups are quite small
3. Attitude is very important in the tea ceremony as it is believed that your energy will pass to the group, so everyone must concentrate on being positive and relaxed.
4. Before the tea is poured everyone must bow to each other as a sign of respect
5. The youngest person in the group must pour the tea, making sure not to fill the cups too much

6. When each person's tea is poured, take your index and middle fingers and bend them and then tap them gently on the table as a sign of respect.
7. Providing that the cup is not too hot, each person must hold their tea cup with two hands and first inhale the scent of the tea before drinking.
8. The tea should be drunk in three sips. The first sip should be small, to test the temperature and taste. The second sip should empty most of the tea. Finally, the third sip should empty the cup and allow the drinker to enjoy the aftertaste.

Tea tasting



Why not a selection of different teas (with or without milk), loose-leafed or tea bags - which is your favourite?

Mini Spring Rolls



You will need:

- ready-chopped stir-fry vegetables
- a pack of filo pastry
- 1 teaspoon of Chinese 5 Spice
- 1 clove of crushed garlic



- 1 teaspoon of crushed/grated ginger
- Soy sauce
- beaten egg
- sesame seeds for sprinkling (optional)

In a bowl, mix together the vegetables, spices and soy sauce.

Place some of the mixture on the filo pastry and roll up, tucking in the ends as you go.

Brush the spring roll with beaten egg and sprinkle the sesame seeds.

Cook for 20-25 minutes or per the packet instructions.

Leave to cool before enjoying!

Stir Fry



Cook up a stir-fry in a wok.

Fireworks

The Chinese invented fireworks and accompany all celebrations.

Firework Painting



Here are some of our fire work paintings.



Poster paints and cotton buds



toilet roll holder, with the ends cuts (you can also use straws).



Salt Firework painting

Salt Firework Painting

You will need

- Table Salt
- Paper or card (black looks really good)
- Food colouring
- Eye dropper or paint brush
- brushes
- PVA Glue
- Hairspray (optional)

Use the glue to draw out your firework design - if you keep it thick it works better. (If you want you can use a white crayon or coloured pencil to draw your design).

Sprinkle the salt over the wet glue - make sure you get everything covered. Shake off the excess.

Use the eye dropper or paint brush to lightly paint the salt with the food colouring. Don't drag it too much or you will mess up your design.

Let the painting dry completely. If you want you can spray the painting with hairspray it helps make it last longer.

Sausage Rockets



You will need:

Wooden skewers

Cocktail sausages

Red or yellow peppers

Knives and chopping boards

Simply put two or three party sausages on a cocktail stick and then cut triangles out of the peppers to put on the top. Alternatively you could use fruit, such as melons topped with strawberries.

Dynamite Cakes



You will need:

3 Coloured sponge cakes - recipe in appendix

Butter icing

Some liquorish shoelaces

Popping Candy

Simply bake three sponge cakes adding different food colours to each one

Cut each one into small squares and place one of each colour on top of each other - joining them with the icing.

Stick a piece of liquorish on the top to look like the wick.

Adding popping candy between the layers could also give them an extra twist

Firework cookies



Make two different colours of icing using the instructions on the pack. 'Splat' it on the biscuits to look like a mini explosion and then decorate with sprinkles or edible glitter.

Parkin



Traditionally made for bonfire night, this sticky cake will warm you up watching fireworks.

Ingredients

- 200g butter, plus extra for greasing
- 1 large egg
- 4 tbsp milk
- 200g golden syrup
- 85g treacle
- 85g light soft brown sugar
- 100g medium oatmeal
- 250g self-raising flour
- 1 tbsp ground ginger

1. Heat oven to 160C/140C fan/gas 3. Grease a deep 22cm/9in square cake tin and line with baking parchment. Beat the egg and milk together with a fork.
2. Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved. Remove from the heat. Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.
3. Pour the mixture into the tin and bake for 50 mins - 1 hr until the cake feels firm and a little crusty on top. Cool in the tin then wrap in more parchment and foil and keep for 3-5 days before eating if you can - it'll become softer and stickier the longer you leave it, up to 2 weeks.

Cinder Toffee (Honeycomb)



Another firework favourite.

- butter, for greasing
 - 200g caster sugar
 - 5 tbsp golden syrup
 - 2 tsp bicarbonate of soda
1. Grease a 20cm square tin with the butter. Mix the caster sugar and syrup in a deep saucepan and stir over a gentle heat until the sugar has melted. Try not to let the mixture bubble until the sugar grains have disappeared. Once completely melted, turn up the heat a little and simmer until you have an amber coloured caramel (this won't take long), then as quickly as you can turn off the heat, tip in the bicarbonate and beat in with a wooden spoon until it has all

disappeared and the mixture is foaming. Scrape into the tin immediately but be careful as the mixture will be very hot.

2. The mixture will continue bubbling in the tin, simply leave it and in about 1 hr- 1 hr 30mins the honeycomb will be hard and ready to crumble or snap into chunks.

S'mores



Any excuse.

Fire safety



Find out about the emergency fire procedures at your meeting place. Local fire stations often have community outreach officers - why not invite one to a meeting one week?

Role playmaking phone calls to the emergency service. You could think of a scenario to act out in your sixes/groups. Make sure the girls know what information they need to give.

Make a Fire Extinguisher

You will need:

- Spray bottle
- Red and black duct tape
- White sticky labels

Wrap the top and the bottle spray bottle in red duct tape.
Wrap red duct tape around the middle of the spray bottle.
Stick a white label on top of the black tape.
Use felt tips to write "Fire Extinguisher" on it.

Games

Fun with chop sticks



This activity is based on an old Chinese folk tale that is meant to show the girls that having lots of things doesn't mean much / make us happy unless we learn to share

Get the girls to sit in a circle and put a bowl of sweets in the middle. Give each girl one chopstick. Tell them that they can eat as many sweets as they can pick up using the chopsticks but they must not use their fingers. The only other rule is that they are not allowed to damage the sweets before they get to their mouths - i.e. they cannot stab them.

Walk away and leave the girls to puzzle it out. Do they keep trying to pick up the sweets themselves, or do they realise they can share chopsticks so they all get a chance to pick up some sweets?

Snowball Relay



Need a pair of chopsticks per team, two plates and cotton wool balls

This is a team race

Divide the girls into teams of maybe 6 (but smaller numbers will work). Get them to stand in a line behind each other with a plate of 'snow balls' and pair of chopsticks at their feet. Put an empty plate opposite them at

other end of hall. They simply have to pick up a snowball and run to other end of hall and place it on the empty plate, run back to the end of their team and next person repeats. First team with all the balls moved wins.

This game also works well with any sweets --- or we did try it with the guides using small bouncy balls.

Eat with chopsticks



You will need

Cooked noodles (sprinkled with soya sauce)

A pair of chopsticks per child

Plates

Very simple to cook - great fun had by our Brownies as they tried to work out how to eat their noodles!

You could vary this by providing small bowls of chinese sauces and dips and allowing the children to taste using prawn crackers instead of spoons.

Capture the Flag



What you need:

- At least 8 players
- A large space, lots of hiding spots and space is ideal
- **EITHER:** 2 "flags" (cones or hula hoops can be used) **OR:** individual flags for each player which can be tucked into their clothing.

Method 1:

1. Split the players into two teams, preferably with even numbers
2. Within the teams the players should decide on positions, defenders, attackers or scouts.
3. Split the playing space into two using cones or markers. Decide on a certain areas in each team's area which can be used as a "jails".
4. Each team should hide their "flag" and then the game can begin.
5. The aim of the game is for one team to capture the other team's "flag" and bring it back to their own "flag".
6. Once a player crosses the middle border the other team can tag them. If a player is tagged they go to the jail in the opposing team's side and can only be freed when one of their teammates tags them out.
7. The game ends when the flag is captured, teams should then switch sides to start again.

Method 2:

1. This method works well with a much larger space
2. Players are split into two teams, the area is split into two areas
3. Each player is given 2 small flags that they can tuck into their clothing
4. Give the game a time limit, normally 10-15 minutes
5. When the game begins, players aim to capture as many flags from the other players as they can.
6. Players can hide these flags in their area if they want or keep them on their person.
7. If a player loses all their flags then they are disqualified and have to sit out.
8. When the time runs out, the team with the most flags wins. Teams should switch sides and start again.

Obstacle Course



An obstacle course is a great way for girls to keep fit and to understand how to overcome physical obstacles as well as mental ones. There are lots of variations on obstacle course but here are some easy ones to set up:

- Run around a chair 3 times
- Lie on your back and stand back up
- Spin around 5 times
- Hula hoop 10 times
- Jump in and out of the hula hoop
- Skip rope 10 times

You can also add in some physical activities such as:

- Do 10 star jumps
- Do 5 tuck jumps
- Do 10 situps
- Run on the spot for 20 seconds
- Do 5 press ups

Obstacle courses can be done one at a time or in teams as a race and the obstacles can be adapted depending on your groups ages and abilities

Family and ancestors



Family is extremely important in China, and young people have great respect for the elder generations and their ancestors. Unlike in many Western countries, Chinese families are often large and extended. Often there are grandparents, aunts, uncles and cousins living together and supporting each other. It is important that people honour their ancestors and their elders and they often do so by performing small tasks for them and making sure that their behaviour will not embarrass their family. There are lots of small tasks that can be performed in order to honour and show respect for family members. Here are a few examples of some, you should of course choose age appropriate ones for your unit:

- Do the washing up
- Dry the dishes
- Hoover/Sweep
- Ask about your family member's day
- Dust
- Make a cup of tea/coffee
- Cook a meal
- Give a hug
- Smile
- Do the clothes washing
- Do the ironing
- Clean the windows
- Change the beds
- Babysit
- Dogwalk



Make a list of the things that you're going to do and then tick them off as you do them. Have a competition to see who in your unit can do the

most. Maybe these could form part of some brownies pre-promise challenges or could be used towards the Home Skills badge

Family Trees



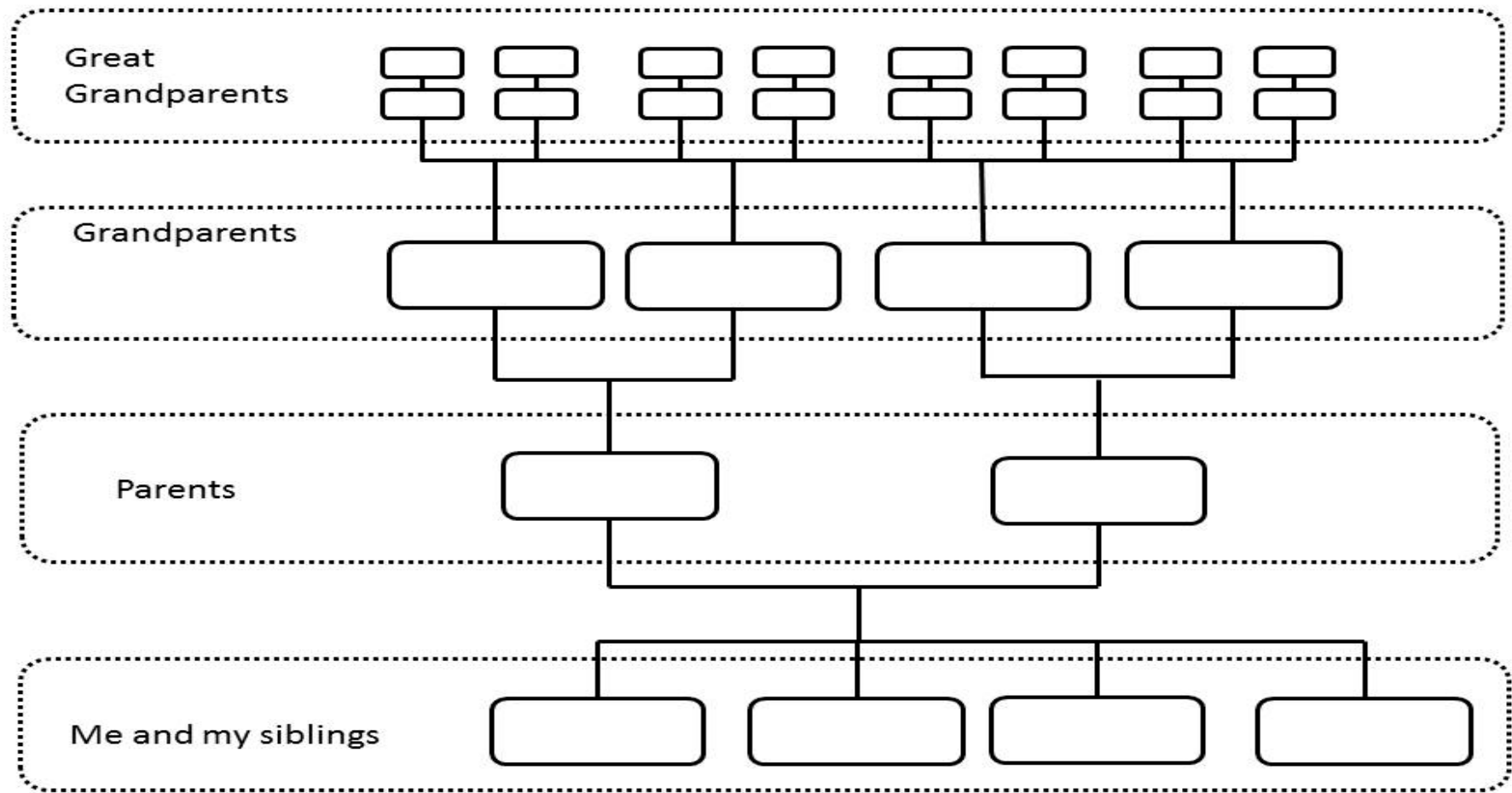
How many of your girls know anything about their family tree?
Challenge them to produce their own family tree.

Alternatively, (because please be sensitive about the possibility of children being adopted etc) get them to research a famous persons family tree

See if they can find out what their ancestors did for a living - I am descended from a rabbit catcher!

Loads of information can be found on the internet, using census information etc. Younger children should restrict their tree to people they can ask about - grans may be able to tell them about great grans etc.

You might find this diagram useful.



Family Tree

Design a family crest



Knowing what you know about your family, design your family crest. You could take inspiration from where you grew up, what your mum or dad does for a living or any hobbies you enjoy as a family.

Visiting the Matchmaker

Mulan is forced by her family to visit a matchmaker, because that is what was expected for girls. But she really didn't want to. Mulan prepares herself by having a make-over.

Moisturiser Bars



Rubbing these bars in your hands will release oils and scent.

You will need:

- Cup of bees wax
- Cup of coconut oil
- Cup of shea/cocoa butter
- A few drops of essential/vitamin E oil
- Molds - we used cupcake molds

Gently heat the ingredients in a bowl over simmering water (bain-marie).
Make sure everything is dissolved.
Pour carefully into molds and wait to set.

Felt soap



Felt soap is great for camp. The soap dries easier, the felt exfoliates while it washes and as it shrinks, the felt makes a soapy wash cloth.

You will need:

- Felted wool (available online)
- Bar of soap
- Grater
- Bowl of water

Grate the soap and with a little bit of water shape or mold the soap to your desired shape.

Wrap the soap with the felted wool. The felt doesn't have to be too thick; you can build up layers of colour.
Gently soak the bar in the bowl of water.
Then turn the soap carefully in your hand, over and over again. Just as though you're washing your hands.
You'll need to do this for about 20 minutes or until the felt doesn't come away from the soap when you pinch it.

Handmade beads and jewelry



To make the beads you will need:

- Coloured Paper - old magazines are ideal
- Wooden skewers or cocktail sticks - one per child
- PVA Glue
- Needle and thread

Start by cutting the paper into tapered strips - about 2cm wide at the start tapering down to almost zero by the time it is about 12 cm long. If you want bigger or chunkier beads widen or lengthen the papers - trial and error until you achieve the shape you want.

Starting with the wide end roll the paper tightly round the skewer. Secure the end with some PVA glue. Then carefully slide it off the skewer and leave to dry.

You can give the beads a varnished effect by painting them all over with a light coat of pva glue but this will take longer to dry - they do end up stronger though.

Once dry thread the beads together to make a bracelet or necklace

Decorated combs



We drew our decorations on paper and with a little glue, stuck them on a comb slide.

Design your new haircut



What do you think you would look like with a new do? In pairs, draw a simplified outline of each other's face - it's the shape you should concentrate on (or print off oval shapes to draw). Design your hair cut - the crazier and more colourful the better!

Perseverance - Being True to yourself

Mulan believed she could do anything she set her mind to, but even so she sometimes had periods of self-doubt. The challenges in this section are about trying something new, or believing in yourself, or encouraging others to do the same.

Being true to yourself - promise challenges



You will need: A pen or pencil and paper

The Promise is a main factor that helps bring everyone in guiding together. Start a conversation about promises to get the girls thinking what a promise is. The girls should be able to discuss promises they can and cannot keep. In small groups or individually, let the girls write, draw or re-enact a promise they feel is appropriate. For example, a small group may perform a role play of children playing with one being left out the one decides to include her. The promise could be to try my best to include friends or people in the class at school.

Try Something New



Sometimes, one of the scariest things you can do is try something new. It takes a lot of courage to get out of your comfort zone but it's always very rewarding. Try and challenge your unit to try something new, they can work their way up from something small to something bigger. Here are some examples:

Level 1:

- Try a new food
- Paint your nails a stand out colour
- Wear your hair differently
- Read a new book or listen to new music
- Take part in a new game or activity

Level 2:

- Talk to someone new
- Try out a different clothing style
- Go to International Selection
- Attend a division event
- Take up a new hobby

Level 3:

- Join a new club
- Spend an evening at a different unit
- Go on a weekend away with your unit (sleepover for rainbows)
- Go on an international guiding trip

All about me



Why not create a collage 'all about me' on paper - could be used as part of the BP challenge. It should clearly state who you are / what you like without actually saying your name!

All about me key rings



Take it one step further and design a key-ring that says something about you. We used shrinkies to create our key-rings.

Kind Words



Ask the girls to imagine that their self-esteem is a bucket of water - full to the top. Every time someone says something 'hurtful' imagine it is like a hole being made in the base of the bucket - the water (i.e. their self-esteem) starts to leak out. How long would it be before the bucket is empty?

Ask the girls to think of the kind of things that would cause 'holes' to be punched - then in reverse ask them to think about what can be done to reverse the trend.

Paper doll



An alternative activity is the 'paper' doll - handled correctly this can give a powerful message. Give each girl a sheet of paper with the outline of a doll drawn on it (the shape of a ginger bread man is ideal). Ask each girl to colour their doll in - take their time - make it look nice.

Then sitting in a circle ask them to pass the doll on to the person on the left - then tell the girls that you are going to read a list of statements - if they are 'hurtful' they should make a small tear in the doll - then pass it to the next person - keep repeating until the dolls are quite crumpled. Statements should be age dependant but could be - I don't want to play with you, I don't like your hair / makeup/clothes, isn't she stupid etc.

Then return the dolls to their original owners - given them some sellotape and ask them to fix their dolls. At the end point out that no matter how hard we try we cannot completely mend the dolls - the same goes for our friends when we say hurtful things.

Kind Thoughts/Kind actions



One Chinese custom is the giving of red envelopes usually containing money. Instead either give the girls an envelope (or make a red one using the template at the back of the pack and ask them to write their name on it. Put them to one side. Then explain to everyone that these envelopes have to contain 'compliments about each person. Everyone should write something they admire about the rest of the group and then put them in their envelopes anonymously. Encourage the girls to think of actions - is kind, is helpful, is a true friend, rather than comments about physical appearance. Send the girls home with their envelopes (if you have any doubts check them first!)

Kind actions

Encourage the girls to do a secret good turn each day and keep a record for a week. Good turns could be doing a house hold chore, helping a sibling, or just trying to smile at people - it cheers them up!

Random Act of Kindness



Doing random acts of kindness for people we may not know very well, or at all, does us good (and them). Why not try some of these suggestions over the course of a week, or even a month:

- Tape change to a vending machine
- Make a card for a member of the emergency services
- pick up some litter in your neighbourhood
- tell someone you're thinking of them
- donate a book to your local library or hospital
- Make a thank you card for someone you don't think gets thanked enough
- Donate some food to a local foodbank
- Smile at everyone you see today
- Take some supplies to an animal shelter
- Pay for a strangers coffee (ask at your local café if they have a 'pay it forward scheme)
- Feed the birds

"I am" poem



I am (two characteristics that make you special)

I wonder (what are curious about?)

I see (an imaginary sight)

I hear (an imaginary sound)

I am (repeat the first line)

I play (what are your hobbies)

I feel (what are you feeling right now?)

I worry (about)

I am (repeat first line)

I understand (something true)

I say (something I believe)

I dream (what do you want to do in the future)

I try (something you will work on)

I hope (for the future)

I am (repeat first line)

Courage

Courage isn't a matter of not being frightened. It's being afraid and doing what you have to do anyway.

When things go wrong or don't go our way, how we bounce back from these situations is important. The following are some exercises to help us increase our 'bounce-back-ability'.

Self-esteem diary



Mulan was often full of self-doubt and had to remind herself that she was important and making a difference. Encourage the girls to keep the Self Esteem diary (appendix) so that they can look back on their week and remember all the positive things.

Stress Balls



You will need:

- balloon
- flour
- an empty water bottle

Fill an empty balloon with flour (using the empty water bottle). Using felt-tip pens, decorate your stress ball with patterns, or your name, or an inspirational quote.

Birthday Party Speech



Imagine you are your best friend and you have been asked to say a few words at your birthday party. What would your friend say about you? What would they say were your best qualities ... and maybe your worst? What story would they tell that best sums you and your attitude up? You could write the speech to read to your group, or keep it sealed in an envelope. You could decorate your envelope with reminders of what is inside, without opening it.

Decision Dice



Feeling blue and don't know what to do? Let the dice decide. Using the template build your dice. For each side of the die discuss with the girls what they could do to help themselves. Here are some suggestions

Be Healthy	Be Active	Be kind
<ul style="list-style-type: none">• Get a good night's sleep• Get a change of scenery• Cook something healthy meal• Drink water• Take a nap• Bake a cake• Sit on park bench and watch the world go by	<ul style="list-style-type: none">• Take a walk in a park• Go to the gym• Dance around your kitchen• Go to a yoga class• Go for a swim• Tidy the house• Do some stretching• Ride a bike• Go to a salsa class	<ul style="list-style-type: none">• Go for a long lavender bubble bath• Volunteer• Write a letter about something that's annoying you - you don't have to send it• Break big tasks into chunks and have the fun of ticking off things you've done.• Put things into perspective• Forgive yourself

Be You	Be Fun	Be Social
<ul style="list-style-type: none"> • Set aside 10 minutes a day to relax and collect your thoughts • Engage with the world by watching a late night current affairs programme • Breathe deeply and concentrate on your breath for a couple of minutes • Get lost in a book 	<ul style="list-style-type: none"> • Listen to relaxing music • Watch a funny movie • paint or draw • Play a musical instrument • Play with a pet • Write a short story • Play • Remember the simple things • Do a crossword 	<ul style="list-style-type: none"> • Meeting a friend for a drink • Vent to a friend • Go to the theatre • Host a dinner party • Find a hobby and join a club • Cheer someone else up who's having a hard time

Women's Rights are Human Rights



Women's Rights are the entitlements and rights of women and girls all around the world. In many countries, these rights are recognised, supported and upheld by laws but in some countries, they are ignored or even suppressed. Women's rights were fought for by Suffragettes and Feminists and most of their progress was made in the 19th and 20th centuries, although many are still fighting for them today.

Women's Rights include:

- The Right to work
- The Right to vote
- The Right to hold public office
- The Right to equal pay
- The Right to education
- The Right to own property
- The Right to bodily autonomy (not to be owned by a man)
- The Right to enter into legal contracts

Throughout history many cultures have been Patriarchal (run by men) and women were treated as property, first owned by their father and then their husband. Unfortunately, this is still the case in certain countries.

Activities

- Research and create a timeline of women's rights
- Make a list of rights that women still need to fight for
- Write a diary entry at different stages of the women's rights movement

- Use activities in the 'Be the Change' Go For It as a catalyst for a community action.

WOW Women



WOW Women is Girl Guiding Scotland's campaign to celebrate female role models and to inspire a new generation of role models. You can find more ideas and information here:

<http://www.girlguidingscotland.org.uk/wow-woman/>

Jobs for the Girls



Questions and issues around gender are sometimes difficult and complex and should be handled sensitively. We have devised these activities to introduce the idea of gender equality (where everyone is respected equally).

Mulan is constantly told how she should behave and what job she should do because she is a woman. But Mulan doesn't let anyone stop her doing what she wants to do for a job.

Girls' things, boys' things



What should girls and boys play with? Are there different toys for boys and girls. Why do you think this is? Think about a range of toys - they could be dolls, action man, i-pods, play kitchens, computer games - think about how they are packaged and aimed at a particular gender. With two hula hoops, one marked girls and one marked boys, place each toy (or a picture of each toy) in the hoop you think it should go in. overlap the loops in the middle for toys which are for all genders.

Jobs for the Girls



At one end of the hall a sign “Only boys can” at the other “Only girls can” the middle is the neutral zone. Shout out the statements below, each girl should run to the side they agree with. Shout out quickly to have them all running around! Explore the reasons for their decisions.

Shout out statements:

Only boys can ...

- Be astronauts
- Be doctors
- Be nurses
- Kick a ball
- Do maths
- Be a pirate

Only girls can ...

- Be secretaries
- Be cleaners
- Dance
- Wear pink
- Wear make up
- Cook

When I'm older I want to be ...



Talk about what jobs you want in the future. Draw a picture of yourself doing that job. What do you think you need to do to make that happen?

What's my line?



Act out jobs based on their description card (doctor, mechanic, writer, artist etc) while the other girls guess. Look at some real job descriptions and talk about the skills that are needed for each one. Or think about a job, say a doctor, list all the qualities and skills you would need for that job - think about whether it matters whether you're a woman or a man.

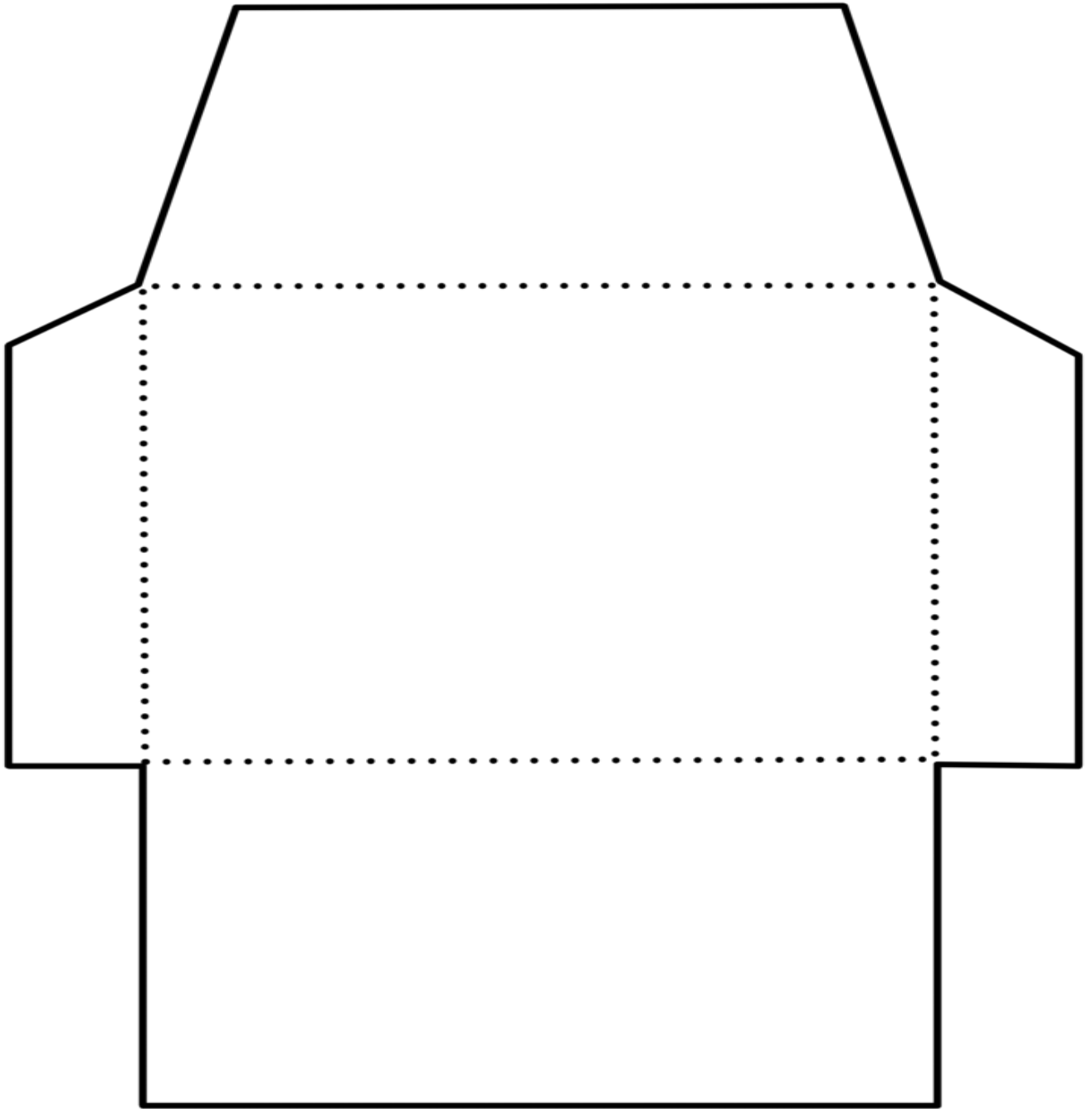
Write yourself a letter



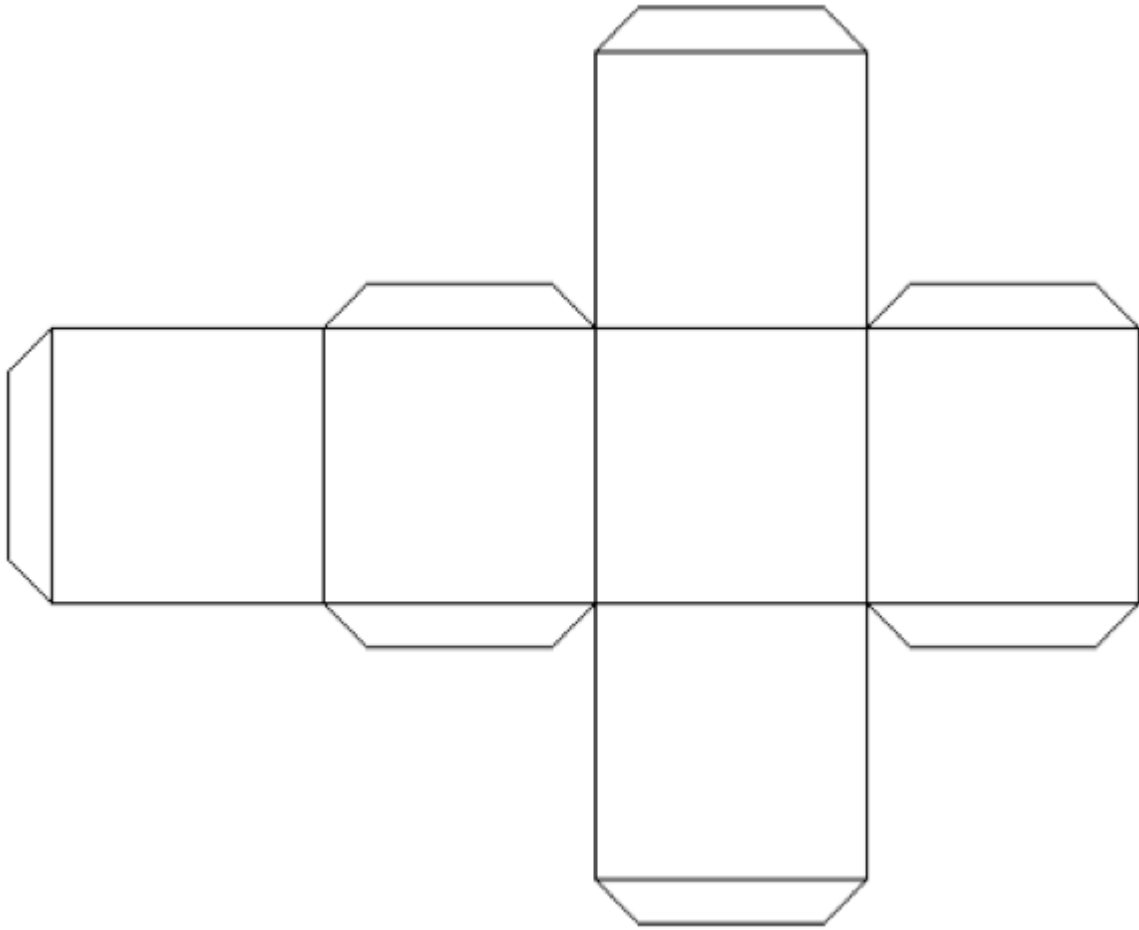
Think about your future, think about what you want to be doing in one-year or five-years' time? Write a letter to yourself talking about your new life. Think about what career you'll have (and think about how you'll get there); what country you might live in. What does being happy and successful mean to you in the future?

Templates

Envelopes



Decision Dice template



Dynamite Cake Mix

225g soften butter
4 large eggs
225g caster sugar
225g self-raising flour
2 level tsp baking powder
Food colouring
2 sandwich tins

Preheat the oven to 189° C/Fan 160° C/gas 6.
Lightly grease the tins, then line with non-stick baking parchment.

Beat all the ingredients (except the food colouring) together in a large bowl using either a wooden spoon or an electric mixer, for about two minutes or until blended.

Divide the mixture and add the food colouring and spread between the two sandwich tins.

Bake for about 25 minutes or until risen and the top of the cakes spring back when pressed lightly.

Tip out on to a wire rack and leave to cool.

Self-esteem Diary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Something I did well.	I did ...	I felt good about myself when ...	I felt proud when...	Something I did well ...	Today I had fun doing ...	A positive thing I saw ...
Today I had a fun time ...	I felt good about ...	I was proud of someone else ...	A positive thing I saw ...	I had a positive experience of ...	Something I did for someone else ...	Today was interesting because ...
I felt proud ...	Something I did for someone else	Today was interesting because ...	Today I accomplished ...	I was proud when someone else ...	I felt good about ...	I felt proud of ...
I am grateful for ...	I am grateful for ...	I am grateful for ...	I am grateful for ...	I am grateful for ...	I am grateful for ...	I am grateful for ...

Branding Confirmation

From: Branding Matters <BrandingMatters@girlguiding.org.uk>

Sent: Thursday, February 23, 2017 10:33:15 AM

To: 'Karen McClounie'

Subject: RE: RE: MBC QUOTE SO17/20767

Hello

Thank you for contacting us. I can confirm that your badge meets the branding guidelines as it contains the correct trefoil, the name of the challenge, and the name of your Unit.

Good luck with the challenge.

Best wishes

Rebecca

[Rebecca Marlow](#)

Communications and PR Administrator

Girlguiding

17-19 Buckingham Palace Road

London

SW1W 0PT

Tel: 020 7834 6242 Ex 2154

Badge Order Form

Thank you for taking part in "Chopsticks and Courage"

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

"Chopsticks and Courage"

88 Merrylee Road

GLASGOW

G43 2QZ

Order forms or general badge enquiries can also be emailed to:

The46thglasgowguides@outlook.com

Contact Name	
Unit	
Contact Address	
Post Code	
Telephone number	
Email address	

Badges Required		At £1 each
Postage and Packing	1-35 badges: £1 36-99 badges: £2	100+ badges: £2.50 International: £4.00
Total (badges + P & P)		

Cheques should be made payable to "46th Guide Holiday Account".

We hold your information on file, don't worry we won't share it with anyone else. We may contact you with news of our other badges. If you do not wish us to contact you in the future please tick