

Guiding Granny Outdoor Activity Challenge

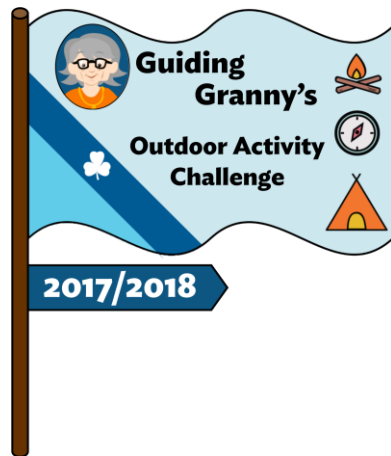
To complete this challenge, members must complete the appropriate number of challenges for their branch. These challenges can be done with a unit, group, or individually.

- Sparks - **8**
- Embers - **10**
- Guides - **15**
- Pathfinders, Rangers, Link Members, and any adult member not registered in a unit - **20**
- Unit Guiders are challenged to do the same number as their girls, plus 1, to a maximum of **20**

You may select the challenges of greatest interest to you; however, you must complete at least one challenge from each of the five categories listed below. Activities may be altered to suit the age and needs of the participant.

- Have Fun Being Healthy
- Have Fun Learning about Your Environment
- Have Fun Camping
- Have Fun in Your Community
- Just For Fun

Crests: When the required number of challenges are completed, crests can be ordered through the online crest order form on our [Provincial Challenges](#) page.





Have Fun Being Healthy

1. Learn to skip outdoors.
2. Make a kite - and fly it!
3. Invite another branch to join you in an outdoor bridging activity.
4. Play an outdoor-wide game such as softball, hide-and-seek, survival, or stalking games.
5. Demonstrate how to dress for outdoor activities for different weather scenarios, including sturdy shoes, socks, hat, scarf, pants, shorts, etc. Demonstrate how to dress in layers for all types of weather and activities.
6. Create an obstacle course to jump over, crawl under or go around. Then have a race to see who runs the fastest.
7. Take a hike (length according to age and ability).
8. Play two outdoor games, one in summer, one in winter.
9. Plan a camp menu using Canada's Food Guide.
10. Use Canada's Food Guide to prepare and cook a complete meal in one pot. For the more experienced camper, cook it over an open fire.
11. Go rock-climbing (check and follow Safe Guide regulations).
12. Plan a "Meatless Monday" (vegetarian meals for a day) at a camp - it's good for you and the planet!
13. Assemble a personal first aid kit to carry on a hike.
14. Do any program challenge that fits in this category.



Have Fun Learning About Your Environment

1. Spend five minutes cloud watching at camp.
2. Learn about the provincial plants of Newfoundland and Labrador.
3. Identify animal tracks.
4. Create an outdoor craft using only material you discover outdoors - without disturbing the environment.
5. Make a bark or leaf rubbing. Know the name of the tree it comes from.
6. Catalogue the different trees you find while exploring a small wood.
7. Plant at least one tree to help reduce our carbon footprint.
8. Walk along a trail blindfolded with a non-blindfolded partner; identify as many natural objects as you can by touch or smell.
9. Observe Earth Hour (on the last Saturday in March, at 8:30 p.m.) by living without electricity for an hour; see <http://www.earthhour.org/> No batteries either!
10. Learn about conservation areas - visit one if there are any in your community!
11. On a clear night, using a star chart, identify three constellations and one planet.
12. Make a birdfeeder and keep a written record of the birds visiting it.
13. Using recycled materials, make a pair of snowshoes and try them out.
14. On a hike, photograph or sketch five different flowers and paste the resulting prints in a scrapbook with interesting information about each.
15. On an outdoor activity, demonstrate the meaning of the saying "a Guide leaves a place better than she finds it".
16. Perform a real "Act of Green" outdoors.
17. Do any program challenge that fits in this category.



Have Fun Camping

1. Learn a new camp skill.
2. Do a good deed at camp.
3. Using a kit list learn how to pack your own bag and how to take care of your gear at camp.
4. Go home from a hike or camp without losing anything.
5. Participate in a day camp, indoor camp/sleepover, tent camp or adventure camp.
6. Make two different types of fire starters and test them by building a fire.
7. Participate in or help lead an outdoor campfire and/or sing-along.
8. Participate in a Guides' Own.
9. Have a challenge to see who can build a fire and boil water in a can the fastest.
10. Learn a new knot; learn its name and what it is used for.
11. Outdoors, make two camping gadgets that require lashing; name the knots you use.
12. Storm lash a tent. Learn the skill and demonstrate it outdoors or at camp.
13. Find north without a compass. Then find west without a compass.
14. Do an orienteering course.
15. Learn how to use a GPS.
16. Put together a personal wilderness survival kit.
17. Learn how to properly set up and light a camp stove.
18. Learn about dehydrating food and sample some dehydrated foods.
19. Cook hotdogs in a milk carton.
20. Make a piece of cooking equipment such as a box oven or tin-can stove/buddy burner, then use it to cook a meal.
21. Wash your dishes at camp using the three-pan method and learn why it's important to do your dishes this way at camp.
22. Make a sundial and check it for accuracy.
23. Get up early and watch the sunrise.
24. Take part in a race to build a shelter, using only 1 plastic sheet, 4 poles and some string before a storm comes (A Guider with a bucket of water is the storm).
25. Be able to put up a tent either blindfolded or unassisted.
26. Build and sleep in a lean-to at camp.
27. In the winter, build a snow-house or quinzee; go inside and get comfortable.
28. Plan a winter camp and sleep in tents (Ensure you get proper training beforehand and follow Safe Guide).
29. Take part in a water activity: swimming, canoeing or other. (Check and follow Safe Guide regulations.)
30. Go on a backpacking camp using your dehydrated food in your meal plan.
31. During an adventure camp, sleep under the stars.
32. Record your camp in a diary/journal/scrapbook. Add photos or drawings.
33. Do any program challenge that fits in this category.



Have Fun in Your Community

1. Take part in a community Cookie Blitz.
2. Go on a city or town hike or scavenger hunt.
3. Make a map of your Guiding community. Include important areas like your meeting place, fun places you've visited as a unit, places you'd like to go, etc.
4. Visit a local farm or garden.
5. Visit your local food bank and do a food drive.
6. Carry out a community service project that benefits the people within your local community.
7. On a clear night, using a star-chart, identify three constellations and one planet.
8. Chart the phases of the moon each night for at least one week. Note how much of the moon is visible and at what time each night.
9. Organize, or take part in, a community clean up and encourage public participation.
10. Collect recyclable material and make a sculpture from it outdoors. Don't forget to clean up afterwards and leave the space as you found it (or better)!
11. Think of something you could do outdoors to make your community look more beautiful such as planting and maintaining a flower box. Then do it.
12. Plant a small flower garden and grow flowers to give as gifts from your unit, or plant seeds in starter cups to take home to grow.
13. Find out about Geocaching at www.geocaching.com. Locate a cache near your home.
14. Make sure your bike is in safe working order. Ask a police officer to come to an outdoor unit meeting to inspect bikes and talk about bike safety.
15. Arrange to help maintain a hiking trail in your community - or even a part of it.
16. Carry out an outdoor service project to help the environment within your community.
17. Do any program challenge that fits in this category.



Just For Fun

1. Wear your rain gear, splash in a puddle, and have fun!
2. Make your own bubble solution and blow some bubbles.
3. On a nature walk, hear, touch or smell objects that begin with the letters in your name.
4. Take a hike at night and make a list of all the sounds you hear.
5. Learn to whistle by placing a blade of grass between your thumbs and blowing through the gap between your thumbs.
6. Hide and Go Beep: in the dark locate one another by sound; hidden players beep every thirty seconds or so. Or another similar outdoor hide and seek game like spotlight/sardines, etc.
7. Play any other night game.
8. Play an outdoor wide game in winter (e.g., snow golf, baseball on snowshoes, etc.).
9. Make a container from natural materials that will hold 3 tablespoons of water. Do not destroy any living things and do not actually drink the water!
10. When it rains, collect enough water to boil to make some hot chocolate.
11. Roast a marshmallow, golden-brown, over a fire without letting it burn!
12. Recycle an item into something useful for camp.
13. Build a bird-friendly snowman, e.g. use a carrot for a nose, toast for hands, etc. If allergies are not a concern, give the birds a special treat by spreading peanut butter on the toast and sprinkling bird seed on top.
14. Place a crystal of snow or some snowflakes on a piece of black paper, using a magnifying lens to view the flakes and observe the different shapes.
15. Do any program challenge that fits in this category.