

Nova Scotia Trefoil Guild Challenge

Move More!

Keeping the Spirit Alive, our Trefoil Guild motto, is what we do, keep the spirit of Guiding alive, but...are we really looking after our total self? We are a whole package, body, mind, and spirit and as we age, we sometimes neglect that package. This Girl Guides of Canada Trefoil Guild challenge has been created to get us moving, to work on the whole package...to *Move More*.

As an individual or a Trefoil Guild (more fun with your sisters in Guiding) complete two activities from each section and the Personal Challenge. When you have completed the challenge send your "log book", name of Trefoil Guild, and contact person to darleneduggan@eastlink.ca or Darlene Duggan, 36 Alexander Lane, Head Chezzetcook, N.S., B0J 1N0

There will be a Move More Challenge crest. ☺

Creative – New Craft – Try a new craft or refresh an old one. Some ideas might be: knitting, crochet, needlepoint, jewellery making, scrapbooking

The Arts – Do one from a,b,c,d

- a) Attend a play or concert
- b) Learn a new song (or refresh your memory of an old one) and share it.
- c) As a group perform a skit (Guiding related),
- d) Have a Dinner and a Movie night with your trefoil Guild

Puzzles/Games –Do one from a,b,c

- a) If you are computer savvy, do online puzzles or create one for your TG to do.
- b) Make up a Guiding word scramble or word find for your TG or give it to a Unit
- c) Have a game/puzzle night (crosswords, Sudoku, scrabble, bingo, spelling games, word find, Trivial Pursuit, cards, etc.).

Photography – Keep your camera in your purse or car and take pictures of anything that attracts your eye. Share them with a story about each one.

Cooking – Check out healthy, local foods – try some new recipes

Physical – * Must do 'a'

Walk – a) Total the ages of everyone in your TG then each of you walk that many steps in a week. This is a modification of the Heart & Stroke One Step Girl Guide challenge which states that the goal for a small Unit is to log 300,000 steps in a week but that can be modified depending on how many members are in your Trefoil Guild and their ability...there is a crest ☺) Use your Heart & Stroke Tracker to log your steps.

Choose either "b" or "c"

- b) If you are able, park your car one parking space farther away each time you go to the store for 5 trips. (Steps can be counted toward the One Step challenge.)
- c) Try Nordic walking...there are drop in classes.

Swim – Do one from a,b,c

- a) Join a swim class or do a drop in (perhaps with friends)
- b) Join a water aerobics class or drop in (perhaps with friends)
- c) If you are not a swimmer, go to the beach and wade

Adventure – Do one from a,b,c

- a) Go on a beach scavenger hunt and create something with the things you find, take pictures and show them off.
- b) Pack a healthy lunch and join your TG sisters for a hike (your ability) and write down the special things you see in Nature.
- c) Go on a road trip with your TG and explore (wine tour, yard sales, Frenchy's Finds, farm markets, back roads, etc.)

Gardening – Plant a vegetable garden and eat what you grow. If you do not have a yard, there are many things that grow well in patio planters (patio tomatoes are excellent). With a little imagination you can even grow in a window or on a window sill.

Community – Guiding – Do one from a,b,c,d

- a) Offer to be a badge tester in a Unit.
- b) Offer to come to a Unit and teach camp skills, knots, songs...
- c) Offer to mentor a new Unit Guider
- d) Do a Guiding Challenge – national or any provincial

Outreach – There are many organizations that need help, pick one and do what you can (Diabetes, Meals on Wheels, Run for the Cure, shelters, etc.)

Government – look into a political issue at any government level – local, provincial, or federal.

Personal Challenge – We often look back and think “Why didn’t I” or “I wish I had”...this is your own personal challenge to do something you wish you had done in the past (does not have to be long in the past...just something you wish).

Or

We sometimes think “I wonder if I really could”...this is your own personal challenge to try something you have never done, something you would like to try but are not sure of (nothing dangerous, please).

