

# Discover-a-Challenge Badge



## Agate

Guides need to complete 10 challenges, at least 2 from each section (Physical, Practical People and Self) and then 2 extra from any section. Minimum age to commence challenge: 9 years.

	Start Date:	Completed
Physical	Help to plan a menu for your next special event, for example a sleepover or camp. Make sure that your menu provides a healthy, balanced diet.	
	Make a presentation about your State or National flower, animal and bird emblems.	
	Make up a new game that includes running and jumping, Teach it to your Unit or Patrol OR Plan and go on a nature walk, taking an adult with you and know the safety rules, including what to do if you get lost.	
	Find out about online safety and what you can do to stay safe when using the internet.	
People	Help a younger Guide with one of her challenges.	
	Make up a game about the Symbols of the Movement to play with your Patrol.	
	Learn a new skill and show how it can be used to help others.	
	Learn a game of activity from another Guiding country and play it with your Unit or Patrol.	
	Go to an event or activity with at least one other Guide Unit (not including your usual weekly meeting).	
Practical	Learn basic tracking signs and lay a trail for others to follow.	
	Make a personal first aid kit and discuss with your Patrol how you would use the supplies OR Teach a younger Guide one of the knots you have learnt.	
	Learn how to make your bed with clean sheets OR Cook a new recipe and show basic kitchen safety.	
	Learn and then teach your Unit an action song OR Participate in a Wide Game.	
Self	Know the names of your Unit Leader, Unit, District and Region.	
	Discuss what the Promise means to you with your Leader.	
	Help a younger Guide put the Promise and Law into action.	
	Choose an endangered animal species and find out what is being done to help protect it.	