

# Discover-a-Challenge Badge



## Jade

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: 11 years.

	Start Date:	Completed
Physical	Set yourself a health or fitness challenge and keep it for three weeks.	
	Participate in a Unit meeting with one hand behind your back for the whole meeting. Discuss with your Unit the difficulties you encountered.	
	Take part in Clean Up Australia Day or a similar event and take note of the rubbish you are collecting OR Present to your Patrol or Unit how rubbish affects the environment.	
	Show your Patrol or Unit how to stay safe when riding a bike OR With your Patrol, practice how to cope in an emergency situation. Demonstrate how you would deal with this situation and consider what else you could do.	
People	Collect thoughts, sayings, songs or prayers that could be used at a Guides' Own OR Put together some "What if" situations that demonstrate the Promise and Law in action. Use them in a game or panel discussion with another Patrol.	
	Choose a favourite Guiding activity & consider how it could be adapted for a person with special needs.	
	Find out about Guides in another country. Share this information with members of your Patrol or Unit by running a game or activity.	
	With your Patrol, identify and carry out a service activity.	
	Try some team initiative challenges.	
Practical	Take part in planning part of a camp; eg, the menu, Guides' Own or campfire OR With your Patrol, plan and lead a campfire. The campfire could be held at a camp or during your Unit meeting.	
	Make a camp gadget using at least two knots OR Learn how to apply a sling, splint support and ankle compression bandage.	
	Show that you can make your bed and keep your room tidy for a month OR Cook a dish outdoors and discuss safety issues with your Leader.	
	Plan and run Patrol time for a meeting.	
	Make a friendship bracelet.	

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Self	Choose three songs or poems that are special to you and explain why to your Patrol.	
	With your Leader, discuss what 'do your best' means to you.	
	Plan and create a Unit resource, such as a prayer book, games book or campfire book.	
	Exchange a peace message with a Girl Guide or Girl Scout living in another country OR Choose a developing country & find out about education for a girl your age. Share these differences with your Unit.	