



## **Lady Baden-Powell Challenge Workbook**

**NAME:** \_\_\_\_\_

## **Are you ready?**

The Lady Baden-Powell Challenge is the highest award you can earn in the Guides program. This award provides you with the opportunity to learn more about Girl Guides and gain a deeper understanding of the sisterhood of Guiding.

If you successfully complete the award requirements, you will earn the award in your final year of Guides. Completing this award usually takes at least two years to complete and requires dedicated effort outside of weekly meetings, as well as participating in your patrol and unit activities.

The challenge has six parts. This workbook is designed to help you complete them. You can use the Lady Baden-Powell Award Tracking Sheet in your blue Guiding Journal to help you keep track of your progress.

**Part A:** Complete all 8 program areas

**Part B:** Participate in a Major Service Project

**Part C:** Take a Leadership Role

**Part D:** Share your Guiding Experiences

**Part E:** Attend 3 Pathfinder meetings

**Part F:** Complete a Reflection

You might also want to keep a separate journal or scrapbook to document what you have completed for the challenge and show all your hard work.

Are you up to the task? The Lady Baden-Powell Award is called a Challenge because it takes a lot of hard work. But completing all the tasks can help you to grow your leadership skills and planning skills to help you be everything you want to be!



## Part A: Complete All 8 Program Areas



By participating in unit activities at your weekly meetings and in your patrols, you will be working to complete the Girl Guide program, called Girls First. In order to complete each program area, you must finish at least two theme badges. You can check off your progress towards each badge on your Badge Tracking Sheet in your blue Guiding journal.

Using the ideas your unit comes up with together, your leaders will help you work towards earning all 8 badges. If you are in your third year of Guides and you are missing some of the program area badges, talk to your unit leader about what you can do to catch up and earn the badges on your own.

# GiRLS FIRST

*Did you know? There's a whole online platform of fun ideas to try and explore! Visit <https://experience.girlguides.ca> and create an account with the help of a trusted adult. Some of the activities there might inspire you when coming up with ideas for your unit meetings, or for planning activities in other parts of this challenge. With Girl Guides, there's always more to explore!*



## Part B: Complete a Major Service Project

Participate in a major community service project. This project is in addition to the service project completed as a unit for the Take Action program area.

In order to complete this part of the challenge, you must plan and do a community service project on your own. It should take at least six hours, including planning time.

*It's okay to ask for help! Just because you have to plan this on your own doesn't mean you can't ask for help if you get stuck. Your parents, your unit leaders, a trusted adult, or even your friends can be people you can ask if you ever need help with any part of this challenge.*



Remember to talk to your Guider about what you want to do before you begin this part of your challenge. It's helpful for your Guider to always know what you're planning. She may even have some suggestions on how to achieve your goal.

Once your project is complete, you need to create a presentation of your service project for your Guiders and your unit. For example, you could create a poster, make a scrapbook page using photos, keep a diary of your project or create anything else that shows what a great job you did.

### *What can you do?*



All great service projects begin by identifying something that can be made better in your community, or somewhere someone needs help.

There are lots of great ways girls can give back to their community such as volunteering at a retirement centre or a food bank. Another idea could be organizing a road or river side clean up with your friends.

Any service project you can think of can count towards this challenge, and you can always check with your Unit Guiders if you're not sure if your idea will count.

### *How do I plan it?*

It might be a good idea to start with "Who, What, Where, When, Why and How". You can use the template on the next page to help you plan your community service project.





## WHO

do you want to help?

## WHAT

are you going to do?

## WHERE

are you going to do it?

## WHEN

are you going to do it?

## WHY

do you want to help?

## HOW...

**Is there anything you need to do before you can start?**

Eg. Visit the food bank and ask how you can help  
Eg. Call up your friends and invite them to join you  
Eg. Look on a map and decide the route you will travel

**Is there anything you need to pack to bring with you?**

Eg. A water bottle  
Eg. Garbage bags and rubber gloves  
Eg. A donation for the food bank

**What will you do during the event?**

Eg. 1. Meet up at the street corner  
2. Hand out clean up materials  
3. Talk about what's safe and isn't safe to pick up  
4. Walk the agreed route and clean up garbage we see  
...

**Total hours spent...**

**Planning:**

**Volunteering:**



## Part C: Take a Leadership Role

Take a leadership role in the delivery of a unit meeting, event, outing or special project (including a camp) for a younger branch. You should be involved in all aspects of this from planning through delivery of the meeting/event/project and its evaluation.

For this part, you will likely want to choose to lead an activity or a few activities for a younger branch on your own. However, there will be leaders around to help you if you need help during the event.

*Units I can run my activity for are:*

### Sparks (Ages 5 & 6)

**584<sup>th</sup> Toronto Spark Unit**  
Mondays  
Arbor Glen Public School

### Embers (Ages 7 & 8)

**21<sup>st</sup> Toronto Embers Unit**  
Tuesdays  
Arbor Glen Public School

*What kind of activity do I lead?*

Think about what kinds of things you really liked when you were that age. What would you most like to do? Here are some tips:

- **Sparks:** They really like running games, simple crafts, and singing silly songs. They prefer working together instead of alone and most of them can't read or write much yet.
- **Embers:** They really like learning and trying new things, such as games they haven't played before. They can do slightly more complicated crafts, and enjoy talking about themselves.

## GIRLS FIRST

You can also search the Girls First website for Spark and Ember activities instead of Guide ones.

All the activities on the website labeled for Sparks and Embers are designed to be age appropriate for them. The website will give you instructions on what you need for that activity as well as instructions on how to run them. There are sometimes even tips for "Guiders" on how to lead the activities! You can use the structure of the activities on Girls First as your template if you want to make your own activity instead. You can also use the template on the next page to help you plan and prepare to lead your activity for younger girls. If you need extra space to answer the questions, you can write them on a separate page instead.



## WHO

do you want to lead your activity for?

## WHEN

are you going to lead your activity?

## WHAT

activity are you going to lead?

## HOW...

**Is there anything you need to get ready before the meeting/event?**

Eg. Make an example craft  
Eg. Ask Sparkles to bring certain materials to Sparks  
Eg. Print out song lyrics in case you forget the words

**Is there anything you need to bring with you to the meeting/event?**

Eg. A ball or skipping rope  
Eg. A print out of instructions  
Eg. A poster with information

**Is there anything you need to check before you go to the meeting/event?**

Eg. Are there enough girls in the unit to play my game?  
Eg. Is it safe to do my activity at the meeting space?  
Eg. Are there any allergies I have to be careful of?

**Are there any instructions girls need before they can do the activity?**

Eg. I need to explain the rules of the game before we can play

**What are the steps to do the activity?**

Eg. 1. Find a buddy  
2. Stand in a circle with your buddy and link arms  
3. When someone links arms with you...

**Is there anything you need to set up/clean up? Have you asked someone to help?**

Eg. Ask Rainbow to help set up a table  
Eg. Stick words or pictures on the wall

**Did I learn anything while leading the activity?**

**Is there anything you would do differently next time?**

**How can you be a better leader next time you lead?**



## Part D: Share your Guiding Experiences

Share your favourite experiences and memories of Guides with your unit, a younger branch, or a group of friends from outside Guiding. Include what the best things are about being a Guide or what you are looking forward to in Pathfinders.

You'll need to create a presentation of your experiences for your Guiders and your audience. For example, you could create a poster, make a scrapbook page using photos, keep a diary of your project or anything else that allows you to reflect on your experiences.

It might be helpful to reflect back on some of your past years as a Guide. Here are some questions you can ask yourself and include when you share your experiences:

- What special experience did you have that year?
- Where did it happen? When did it happen?
- What were you most looking forward to? Did it happen as you expected?
- Did you meet anyone who inspired you?
- What was your favourite memory from the experience/the year?
- What did you learn?
- Was there anything you could change?

## Part E: Attend Three Pathfinder Meetings

In your third year of Guides, you will have the opportunity to attend a Pathfinder meeting. Your unit Guiders will arrange this with a local Pathfinder unit, and let you know when you can attend. For the other two meetings, consider attending events where Pathfinders may be attending, like Thinking Day activities or Cookie Sales.

## Part F: Complete a Reflection

*"I trust you will continue fully to use the system of work and play that our Movement provides, keeping up the fun and friendships made at your meetings and camps, abiding by the Promise and upholding the Laws that you undertook to live by when you joined up. In that way you will not only advance yourself in body, mind and spirit, but you will affect those around you, in doing what is honourable and right and wise, and in giving out kindness of thought and action, thus striving against all ills and helping to make the world a happier and better place in which to live." ~ Lady Baden-Powell*

Reflect on the following quote and find a creative way to express your reflection. For example, you could create a poster, make a scrapbook page using photos, keep a diary of your project or anything else that allows you to reflect.

Here are some things to think about: How does this quote make you feel? What does it make you think about? What does it inspire you to do? How can you use your Guiding experiences to make some of your hopes come true?

