



Be Well - Feel Good Stage 6 Skills Builder

Push the Pace

It's cold outside but you can stay warm by trying this skill builder:

https://www.girlguiding.org.uk/globalassets/docs-and-resources/programme-and-activities/adventuresathome/rangers_push-the-pace.pdf

Rememberance

Whilst Armistice Day has now passed, we can still take time to learn about our history.

Ena Collymore-Woodstock is Britain's oldest female WW2 veteran. She travelled from her home in Jamaica to service during the war. She was the first black female radar operator AND she's a Girl Guide! You can read more about this incredible woman here:

<https://tinyurl.com/enatheguide>



Interest badge - Protesting

Part 3 - Make your own protest

When you think of a typical protest, it probably involves marching, placard waving and chanting. However, there are many other ways you can show your support for a cause - some without even leaving your own home.

Pick an issue that's important to you, and use alternative protesting methods to protest in as many creative ways as you can. For example, letter writing, going on strike, through social media, wearing symbols or making displays. You can protest inside or outside - including from your house, unit, an outside space in your local area or school.

Look at historical protests for ideas:

- Ban the bomb
- Civil rights movements
- Black Lives Matter
- Women's suffrage movements
- Refugees Welcome
- Girlguiding's sexual harassment in schools campaign
- Birth of guiding at Crystal Palace in 1909
- Boy band break-up protests

If you've completed parts 1, 2, and 3, congratulations! You've earned your Protesting badge!

Missed one? Visit the Badge Finder on Girlguiding's website and search 'Protesting' to finish the badge!