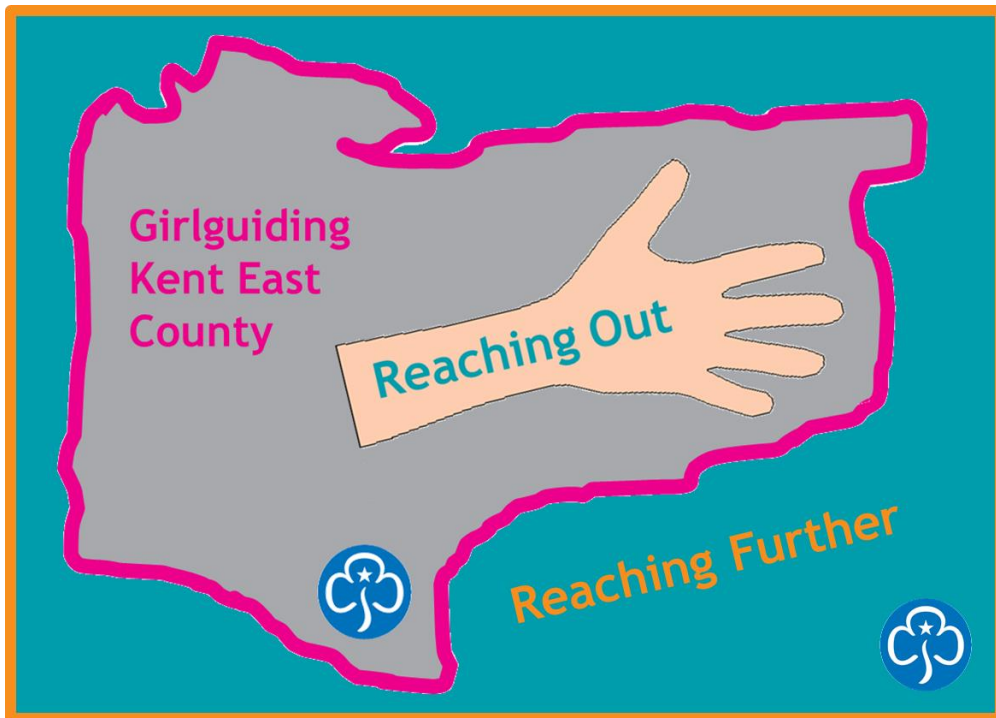




Reaching Out

&

Reaching Further



UPDATED 2022

Girlguiding Kent East County

Reaching Out & Reaching Further

Welcome to **Reaching Out**, a County challenge badge.

This challenge was originally designed and produced by members of The Senior Section in Kent East ahead of The Senior Section Spectacular in 2016. Regions across the UK hosted centenary activities. Recently it has been updated.

The challenge is for everyone, from Rainbows to adults and there is not just one badge available but two!

As the name suggests we want you to **Reach Out** and explore your area of the county and **Reach Further** to explore the rest of the county and beyond. The challenge will be available until badge stocks run out.

There are 16 sections - one themed around each division in Kent East. To achieve the first badge, **Reaching Out**, you need to complete activities from **4 sections**. If you would like to take it further and achieve the second badge, **Reaching Further**, you need to complete activities from a further 6 sections, 10 in total. This can be from 10 separate sections or multiple activities from 1 section where applicable. The second badge can only be achieved once the first one has been achieved.

If you are a leader / young leader running the badge with your unit you can obtain the badge at the same time.

If you don't work with a unit do 4 or 10 activities from any sections and you can still complete the challenge!

An activity sheet has been put together for each section, however you can be flexible and **use activities from other sections** if they would be better suited to your unit. If you have a different activity that fits the theme you can use that too!

Remember to use your local Rangers members, could you invite them to help run one of the activities for you?

Badges will be while stocks last. For ordering, prices and postage see the order sheet included at the end of this pack.

We'd love to know how you get on with the challenge and see your photos! Can you help Sfida gain clauses with your unit?? Add photos to the Girlguiding Kent East County Facebook page

Division Themes

Ashford Crown - **ROYALTY** - In Ashford Crown you will find the village of Wye and a short way above the village is the Wye crown. The Wye crown was cut into the chalk hillside to commemorate the coronation of Edward VII in 1902.

Ashford Knoll - **INTERNATIONAL** - Ashford Knoll is home to Ashford International, a railway station on the London-Paris Eurostar line, one of Kent East's links to Europe. It aids business links with the continent, and most importantly is the quickest route to Disneyland Paris to meet Mickey Mouse!

Canterbury - **DRAMA** - From the Canterbury Tales to the newly refurbished Marlowe Theatre, Canterbury has always had dramatic links. The Gulbenkian theatre and annual Canterbury festival add to the scene.

Faversham - **DRINK** - The fertile countryside around Faversham lends itself to many crops, especially hops and a large variety of fruits in orchards. The hops were supplied to the breweries, Shepherd-Neame and Whitbread Fremlins, which lead to the start of an annual Hop Festival. Fruit from the orchards were used to make drinks such as cider, perry and apple juice. Nearby, at Brogdale, are the National Fruit Trials.

Folkestone - **SPORT** - Folkestone has the only racecourse in Kent East, holding both flat and National Hunt horseracing events.

Herne Bay - **WILDLIFE** - Herne Bay is a wonderful place for Wildlife. From sea-life to bird watching to Wildwood wildlife park, there is something out there for all animal lovers.

Sandwich - **FOOD** - The 4th Earl of Sandwich, John Montagu is credited with being the inventor of the modern Sandwich. The exact reasons are unclear but it is thought, being too busy to eat a meal, he would ask to be served meat between two slices of bread, a sandwich as we know it today.

Sheppey - **LAW** - Sheppey has many connections with laws. The most obvious being the laws of Great Britain through the 3 prisons, Elmley, Standford Hill and Swaleside. But there are other ways too. Sheppey has a large history of aviation, utilising the laws of Physics, and Elmley National Nature Reserve and the laws of conservation.

Sittingbourne - **TRADE** - After Sittingbourne moved away from being a coaching town many industries grew in their place. Brickworks supplied the bricks to build much of London, taken up there by the barges via the creek. Papermills supplied paper to National newspapers like the Daily Chronicle and many more since.

South Foreland - HISTORY - South Foreland holds history from many eras. A museum to commemorate Roman heritage, Dover castle and the maze of war time tunnels within the white cliffs. The docks provide evidence of how our links with Europe have developed over time.

South Goodwin - TRAVEL - Hovercraft ran on the English channel from 1981 until 2005. They used air pressure to lift up the craft and allow them to glide over land or water. Hovercraft trips would also run to Goodwin Sands.

Tenterden - RAILWAY - Tenterden Town station is the first station on the Kent side of the Kent and East Sussex Light Railway. Steam trains still run regularly to Bodiam in East Sussex.

Thanet East - SCIENCE - Just off the coast of Broadstairs is the Thanet Offshore Wind farm. When commissioned it was the world's largest Offshore windfarm. There are 100 Wind Turbines, each up to 115 metres tall, linked to the power station by underwater cable.

Thanet North - ART - The artist Turner had links with Margate from a young age and in honour of this, the Turner Contemporary art gallery was opened in Margate in 2011.

Thanet South - VOLUNTEERING - All around Kent East there are volunteers in action, none more so than those that man the RNLI lifeboat based at Ramsgate in Thanet South. Both inshore and offshore lifeboats are stationed at Ramsgate, ready to spring into action whenever needed.

Whitstable - OUTDOORS - All along the coastline Kent boasts some wonderful beaches, and Whitstable is no exception. Traditional pebble beaches divided up by wooden groins and looked upon by coloured wooden beach huts, what better way to enjoy the outdoors.



Ashford Crown - ROYALTY

Princesses

Use the template on page 23 to cut out and colour in your very own crown. Why not hold a parade or have a party fit for a Princess.

Ashford Knoll - INTERNATIONAL

Magic carpet ride

Take a piece of newspaper or material and sit in a space on the floor. Close your eyes, imagine yourself floating up into the sky. Imagine floating to any place you can think of, you can go anywhere you like! Use the template on page 24 to write a postcard home.

Canterbury - DRAMA

Charades

Play a game of charades, act out a short play or put on a mini talent show in your unit.

Faversham - DRINK

Smoothies

Buy or make some different smoothies and taste test them. Was one more popular than the others? Was there a particular ingredient that everybody loved? Can girls guess what ingredients have been used in a mystery smoothie? Design your own unit smoothie recipe.

Folkestone - SPORT

Drop the Penny

Mark off a starting line and a turn-around line. Halfway between them, place one open egg carton for each team. Place a bowl with enough pennies for each player at the turn-around line. One player from each team races to the bowl and picks up a penny. Run to the egg carton and, from waist height, drop the penny into one of the cups. Decide in advance whether second chances are allowed. The game ends when one team has a penny in each cup in their egg carton.

Balloon Relay

Each team stands one behind the other, the first person holds a balloon. Pass the balloon under and over to the last person in the line who runs to the front. When the person who started off at the front gets back to the front the team sits down on the floor. The first team to sit down are the winners.

Herne Bay - WILDLIFE

Animal Corners

Label 4 corners Seagull, Fox, Bison, Jelly fish. Rainbows choose and run to a corner. A leader or young leader counts down from 10 then calls out one of the animals, anyone in that corner is out. Once there are 4 or less Rainbows left, they should each go to a different corner until there is only 1 player left who is the winner.

Sandwich - FOOD

Make a Sandwich

Challenge every Rainbow to make their own sandwich from scratch, whose is the neatest? Does anyone like strange combinations in their sandwiches?

Sheppey - LAW

Silly rules

Set some silly rules for everyone to follow during the meeting. E.g. For the next 5 minutes everyone must hop instead of walk, only people with names beginning with A, B or C can talk for the next 5 minutes. Afterwards discuss what is fair and not fair.



Sittingbourne - TRADE

Junk Modelling

You may not have any bricks to hand but there are many other things you can build with. Do some Junk modelling to make a building out of whatever materials you have to hand.

South Foreland - HISTORY

Local History

Visit a local museum or historical site near to you, what does it tell you about where you live?

Hopscotch

The White Cliffs are not only a landmark but a supply of chalk. Chalk has many uses, why not find yourself some chalk and use it to draw out a Hop scotch grid and challenge your friends to a game.

South Goodwin - TRAVEL

Boat Race

Hovercraft can travel across land and water without touching the surface. Use the template on page 25 to make a paper boat on your own or as a team and fan them to see whose gets to the finish line first.

Tenterden - RAILWAY

Railways

Has everyone in your unit been on a train? Have you seen a steam train before? Go on a train journey or visit your local station. Is there a footbridge near your meeting place where you can watch trains go by?

Thanet East - SCIENCE

Oil & water lava lamp

You will need: Plastic bottle, water, vegetable oil, food colouring, Alka-Seltzer (or other fizzy tablet):

What to do: Fill the bottle $\frac{1}{4}$ water and $\frac{3}{4}$ vegetable oil, wait for the 2 to separate out into layers. Add the food colouring to colour the water. Break the Alka-Seltzer into approx. 4-5 pieces and add one to the bottle, watch as the water bubbles through the oil. When the bubbling stops add another piece.

Balloon science

Air always takes up the same amount of space, doesn't it? Let's investigate!

You will need: Plastic bottle (500ml size), 2x Washing up bowl/buckets, balloon

What to do: Stretch the neck of the balloon over the top of a drinks bottle and stand it on the table. Next fill one of the containers with hot water (not boiling), place the drinks bottle in the container so the water comes about $\frac{3}{4}$ of the way up the bottle, what happens to the balloon? Now remove the bottle and stand it on the table, what happens to the balloon now? When the bottle is placed in the hot water, the air inside the balloon expands and the balloon should inflate. When you remove the bottle from the water the air contracts and the balloon should go down. If you want to take it further try comparing a small bottle to a bigger bottle, or also try putting the bottle in the fridge first.



Thanet North - ART

Sunsets

If we in Kent East look to the West in the early evening we will all see the setting of the sun. In our diverse county we all see the same sunset but over many different scenes. Have a look at the sunsets where you live and draw pictures of them. Send us photos of your pictures and we can make a big collage of all of the sunsets of Kent East. Remember not to look directly into the sun.

Thanet South - VOLUNTEERING

Water Safety

Visit a local RNLI lifeboat centre, Arrange a talk from an RNLI volunteer or lifeguard. Make a poster about water safety, learn how to use an emergency lifebelt.

Whitstable - OUTDOORS

Nature Pictures

Collect natural objects and make a picture from them, shells or stones from the beach, leaves and twigs from the woods.



Ashford Crown - ROYALTY

National Anthem

Each country has a national anthem, do you know the national anthem of Great Britain? Learn the words and sing it at the end of your Brownie meeting.

Ashford Knoll - INTERNATIONAL

Holiday Time

Imagine you are going on a journey, what do you need to take with you? It could be a brownie trip or a family holiday, list what you might take with you. You could use the suitcase template on page 27 to write your lists on. Design a passport, what information would you need on it? Have a look at the example of page 26

Canterbury - DRAMA

Brownies Got Talent

Hold a 'Brownies Got Talent' competition in your pack, or maybe challenge another brownie pack. Brownies can enter as individuals or groups and explore any form of drama and performance.

Faversham - DRINK

Mocktails

Buy or make some different Mocktails and taste test them. Was one more popular than the others, was there a particular ingredient that everybody loved? Can girls guess what ingredients have been used in a mystery Mocktail? Design your own pack or six Mocktail recipe or menu.

Folkestone - SPORT

Team Building

It doesn't matter what kind of race you are taking part in you need a team. A racing driver has mechanics, a jockey has a horse, if they didn't work together, they would never win a race. Try out your teamwork skills by holding some team races in your sixes. Up and over race, egg and spoon, steppingstones, popcorn relay.

Herne Bay - WILDLIFE

Animal Fruit Salad

Everyone sits in a circle. Pick 3 animal names, e.g. dog, cat and mouse. Go around the circle and give everyone a name: dog, cat, mouse, dog, cat, mouse etc. Choose one person to stand in the middle, remove the spare chair and close up the circle. Whoever is in the centre calls out a name, all who are that animal get up and have to find another chair, the person in the middle also tries to get a seat. Whoever doesn't get a seat is the next person in the middle.

Octopus

1 Brownie stands in the middle of the playing area (mummy octopus). Everyone else (baby octopus') lines up against one wall (safe area). When the leader/young leader says so they try and run from one side of the room to the other without being caught by mummy octopus. If they are caught they have to hold hands with mummy octopus and help catch the other baby octopus, whoever is the last to be caught is the winner.



Sandwich

Tea Party

Make some sandwiches that could be served up at a party. Think about the presentation of them. Why not hold a Mother's Day tea in your pack, prepare some sandwiches and invite all of your mum's in to try one with a cup of tea!

Sheppey - LAW

Unfair rules

How many times have you been told something is against the rules and thought it was unfair? Unfair you can't stay up late, unfair you can't wear whatever you like to school, are they really unfair? Play this game and then decide. Split the pack into 4 groups.

Sittingbourne - TRADE

Trade Game

Explore trade by playing through this scenario for building a house.

Choose 1 brownie to play each of the following roles: Customer, Builder, Barge owner, Brick maker.

The customer wants the builder to build a house for her, to do that the brick maker needs to make the bricks and the barge owner needs to transport the bricks to the builder.

1 brick maker can make 50 bricks a day

1 barge owner can transport 100 bricks a day

Each house needs 500 bricks to be built

1 builder will take a minimum of 5 days to build a house

Play through the scenario with 1 brownie playing each role, how many days does it take to build the house? Pick 1 more brownie to join in, ask the other girls' which job she should have to make the process quicker. When it works well you can always add in other customers too.

South Foreland - HISTORY

Local History

Visit a local museum or historical site near to you, what does it tell you about where you live?

Chalk

The White Cliffs are not only a landmark but a supply of chalk. Chalk has many uses, chalk pictures, castle, cliffs, rubbing

South Goodwin - TRAVEL

Floating Boats

Hovercraft are unique in that they use a layer of air to move across water. Most other boats float on water and are powered by many methods. Can you make a boat that will float on water?

Tenterden - RAILWAY

Visit a Railway

Has everyone in your unit been on a train? Have you seen a steam train before? Go on a train journey or visit your local station. Is there a model or miniature railway you could visit? Is there a footbridge near your meeting place where you can watch trains go by?

Railway Safety

Think about safety around railways, standing behind the yellow line on a platform, following instructions at level crossings.



Thanet East - SCIENCE

Water Compass

What you need: A needle, a magnet, Bowl of water, polystyrene

What to do: Stroke all the way along the needle with the magnet 5-6 times in the same direction. Cut a piece of foam large enough for the needle to sit on comfortably. Fill the bowl with enough water that there is plenty of space for the foam to float without touching the sides. Place the needle in the centre of the foam and float it in the bowl.

Wait for a few seconds until the needle stops turning - which direction is it pointing in?

pH meter

What you need: Red Cabbage, Boiling Water, Various solutions to test (vinegar, lemon juice, mouthwash, bicarbonate soda, etc.), small pots

What to do: Cut up the red cabbage and place in a bowl, boil water and pour onto the cabbage, after a while drain and keep the liquid, allow to cool - this can be prepared in advance. Place a small amount of each solution to be testing in a separate pot. Pour a small amount of the cabbage water over onto the solutions, what colour do they go?

Red - strongly acidic, Pink - weakly acidic, Purple - neutral, Blue - weakly alkaline, Green - strongly alkaline.

Thanet North - ART

Sunsets

If we in Kent East look to the West in the early evening we will all see the setting of the sun. In our diverse county we all see the same sunset but over many different scenes. Have a look at the sunsets where you live and draw pictures of them. Send us photos of your pictures and we can make a big collage of all of the sunsets of Kent East. Remember not to look directly into the sun.

Thanet South - VOLUNTEERING

Water Safety

Visit a local RNLI lifeboat centre, Arrange a talk from an RNLI volunteer or lifeguard. Make a poster about water safety, learn how to use an emergency lifebelt.

Whitstable - OUTDOORS

Go Outside

Visit your local beach, go for a walk in your local woodland or even just explore an open area around your meeting place. What types of surface are there? Grass, sand, concrete. Can you see any plants, is there lots of litter, what could this area be used for?

Ashford Crown - ROYALTY

National Anthem

Do you know the national anthem of Great Britain? Find the words and learn them. Can you rewrite the national anthem? Does it reflect Britain today? Does it need to be modernised? Write an anthem for your unit. What things would you include? What would it sound like?

Ashford Knoll - INTERNATIONAL

London - Switzerland

The Eurostar runs from St. Pancras in London, via Ashford International, to Gare Du Nord in Paris. Two of the Guiding World Centres can be found in Hampstead, London and Adelboden, Switzerland. Plan how you would travel, using Eurostar, from one world centre to the other. Think of the transport you would need for the different stages of the journey, what other places you would pass through on the way and what other activities you could do as part of your trip.

Canterbury - DRAMA

Famous Events

In patrols act out and guess famous historical and fictional events. One patrol acts out the event whilst the others guess what it is.

Some suggestions are below:

Santa Claus delivering presents
Surprise Birthday party
Goldilocks being discovered by the 3 bears
Guy Fawkes Night
Shrove Tuesday
The Boat Race

Sinking of the Titanic
Queen's coronation
New Year's Eve in Scotland
Winning the Wimbledon final
The Plague

Faversham - DRINK

Mocktail Menu

Can you create your own unit mocktail menu? Why not come up with a range of different mocktails, vote for your favourites and then try making them. If you wanted to be even more adventurous, why not try mixing some smoothies in too.

Folkestone - SPORT

Vegetable/Fun Olympics

Each patrol chooses a country to represent at your unit Olympics, they could be real or made up. Either hold a vegetable Olympics - cabbage shot put, carrot javelin etc. or fun Olympics - 3 legged race, backwards race etc. Why not make medals to be awarded for each event.

Herne Bay - WILDLIFE

Animal Ladders

Play the animal themed ladders story in the resources section

Sandwich - FOOD

Jam Sandwiches

Resources: pens, paper, sliced bread, jam, butter, bread board, plate, knife

Activity

Work in patrols or small groups.

Ask participants to write out the instructions for making a jam sandwich (using sliced bread).

Ask participants to swap instructions and have a read through.

Randomly select one group to demonstrate the instructions that they have, one person reads and one person does (somewhere that everyone can see).

Make them follow the instructions to the letter, i.e. picking up the knife, putting it into the jam jar, scooping out some jam.

Sheppey - LAW

Breaking the Rules

Breaking the rules can sometimes seem exciting but is it always the case? Does it depend whether you are the rule breaker or it's your rules that are broken? If you already have them take a look again at your unit guidelines, or write a list of rules that everyone in the unit has to abide by for the meeting. Select 2 or 3 Guides to be 'rule-breakers', they must try to break the rules whenever they can without the rest of the unit suspecting they have been put up to it. After a while gather everyone together and see how they felt about rules being broken.

Sittingbourne - TRADE

Fair Trade

Try playing the CAFOD banana split game either as a unit or in patrols to demonstrate how the money you spend to buy something gets split between everyone that plays a part in the production chain. The game can be found here

<http://www.cafod.org.uk/Education/Secondary-schools/Fair-trade>

South Foreland - HISTORY

Local History

Visit a local museum or historical site near to you, what does it tell you about where you live?

Salt Pots

Materials: Paper, Coloured Chalk, Salt, Small Jars

Pour salt on a piece of paper, enough to make a layer about 1cm thick in your chosen container.

Take your chosen chalk colour and rub the chalk back and forth across the salt until you get the desired colour saturation.



Carefully, pour layer of coloured salt into container.

Use the opposite side or a new piece of the paper for a new colour

Pour layers at angles and around the jar to get interesting strata. You can rotate the jar while pouring to achieve this.

Repeat process with new colours until jar is completely full. Take care not to shake the jar as this will mix the layers up - brown salt, no fun. Add lid and Voila!

South Goodwin - TRAVEL

Patrol Balancing Game

We can't quite make a person hoover but we can use balance to come close. In patrols work together to balance in the following ways:

1. Everyone to have 1 foot off of the floor
 2. 1 member of the patrol to be completely off the floor
 3. 2 members of the patrol can have their feet on the floor, everyone else can only have their hands on the floor
 4. Everyone to have 1 hand and 1 foot on the floor
- Any other ways you can think of!

Tenterden - RAILWAY

Railways

How many different types of railway are there? How many can you think of and what are the differences between them? Can you visit some of them?

Railway Children

Have a think about the work done by the charity Railway Children. Take a look at the Make the Invisible Visible Girls in Action pack on the Girlguiding website and carry out some of the activities. Could your unit hold a charity evening to raise money for them?

Thanet East - SCIENCE

Wind Turbine Challenge

In patrols or small groups, challenge Guides to make a wind turbine to investigate wind power.

What you need (per group): Pencil, sellotape, cardboard, string, paper/plastic cup, pennies

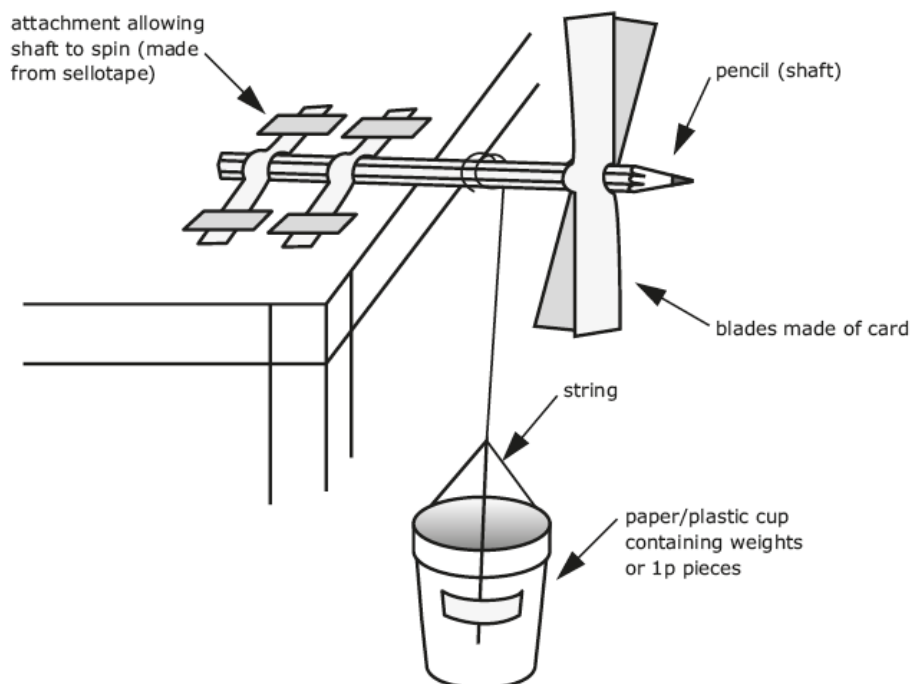
What you need (group): hairdryer

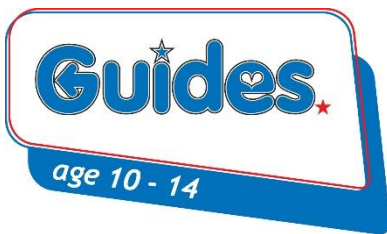
What to do: Give each group the materials listed above.

Attach the pencil to the table using the sellotape, making sure it can still turn. Use the card to make sails to attach to the pencil, Guides can investigate what shapes and sizes work best.

Attach the string half way along the pencil and attach the other end of the string to the plastic cup.

To test out the turbine start by blowing on the sails, does it move? What about if more people joined in, or if you use a sheet of card to fan it, does it move further? Finally use a hairdryer and see how well it works then. Challenge each group to see how many pennies their wind turbine will lift.





Thanet North - ART

Sunsets

If we in Kent East look to the West in the early evening we will all see the setting of the sun. In our diverse county we all see the same sunset but over many different scenes. Have a look at the sunsets where you live and create pictures of them. What unusual things could you use to make you pictures? Send us photos of your pictures and we can make a big collage of all of the sunsets of Kent East. Remember not to look directly into the sun.

Sunrise and Sunset

Did you wake up this morning and it was still dark outside, or was it still daylight when you went to sleep last night? Look up when the sun will rise and set tomorrow, when are the longest and shortest days of the year? Why do we have to put the clocks forward and back?

Thanet South - VOLUNTEERING

Water Safety

Visit a local RNLI lifeboat centre, Arrange a talk from an RNLI volunteer or lifeguard. Make a poster about water safety, learn how to use an emergency lifebelt. Have a look at the rules at your local swimming pool, or the signs up at your local beach.

Whitstable - OUTDOORS

Pebble painting

Collect pebbles from a beach and pick a design to paint onto them.

Litter picking

Does the area around your meeting place need a tidy up? Speak to your local council and find a public area you could help to tidy for your community.

Ashford Crown - ROYALTY

National Anthem

If you don't already know them learn 2 verses

Succession

Who is 4th in line to the throne? Who is 10th? Why not put together a family tree for the current royal family, how far can you go? Do you know how the order of succession works?

Royal Houses

Hold a quiz about the royal houses. Put up picture on the wall, print out the names and facts about them, who lives there, where are they etc, can anyone match them up correctly?

Ashford Knoll - INTERNATIONAL

World foods

The Eurostar takes you from London to Paris, explore the differences in food tastes between the two ends of the line. Take the journey further to the World centre in Switzerland, or even further afield to the other centres in Mexico and India. Try out some delicacies or new recipes.

Canterbury - DRAMA

Song Parody

Take a popular song and write your own Guiding lyrics to it. Perform your song, why not make your own instruments to accompany your new song.

Faversham - DRINK

Hops

Find out about hops, how they are grown, why Kent is perfect for growing them. Find out what they are used for

Alcohol

Have a discussion in your unit about alcohol. How much do you know, are there any common misconceptions? What are your thoughts on drinking and driving? Should there be limits to how much people can drink? Why not get a Peer Educator to come in and run a session with your unit.

Folkestone - SPORT

Paralympic games

Hold your own mini Paralympic games. Lead each other through an obstacle course blindfolded, compete in a hoping race, etc.

Herne Bay - WILDLIFE

Evolution Game

Participants turn to a partner and play a game of Rock, Paper, Scissors (Hands behind backs, on the count of three, both players make a symbol. At this stage they are both Amoeba - depending on winner (Paper wraps rock, Rock makes scissors blunt and Scissors cuts paper), this player progresses onto the next stage of evolution and moves on to find another organism of the same level of development to play a further game of Rock, Paper, Scissors. This continues, with players at different levels of development as below:

Stages of Evolution : □ Amoeba (arms held in a circle), □ Rabbit (hands held to mouth □ Gnome (crouch down), □ Elf (pointy hat made of hands) , □ Moose (thumbs in ears and fingers spread out to make moose horns) , □ Giant (both arms in the air)

Adaptations for different situations: Add in or take away stages depending on the group, how about choosing different evolution stages and signs, how about Rainbows, Brownies, Guides, Rangers, Adult Leader, Trefoil Guild etc.



Sandwich - FOOD

Epic Sandwich

Challenge your unit to make not just a sandwich but an epic sandwich! How many layers would you include? What ingredients would you include? How would you present it? Why not hold a taste test and see what people think of your creations. You could choose your favourite and challenge other Rangers groups as well. You could think about making an inside out sandwich, or a sweet version.

Anyone for a Subway?

Organise a visit to your local Subway or other bakery or sandwich shop. You might be able to get a tour behind the scenes.

Sheppey - LAW

Debate

Hold a House of Commons style debate. Nominate a leader or member of the unit to be speaker, split the rest of the unit into 2 sides. Come up with a list of topics to be debated, a mix of serious and fun topics. The speaker introduces each topic and sets a time limit of 5 minutes for the debate. Some example topics are below:

Age limit for drinking alcohol

Age limit for voting

Should leaders/over 18s drink alcohol at Guiding events

Propose a new law

One Direction to be banned from performing

Sittingbourne - TRADE

Trading Trainers

Why not have a go at the Trading Trainers role playing exercise, or one of the other trading games, found here - <http://learn.christianaid.org.uk/YouthLeaderResources/trainers.aspx>

Local Trades

How much do you know about trades in your area, or even in your family? In the past trades tended to 'run in the family', do you know what trades members of your family used to do?

What trades did there used to be in your area? Are they still present today, if not what was the reason for their decline? Discuss them in your unit or create a poster

South Foreland - HISTORY

Local History

Visit a local museum or historical site near to you, what does it tell you about where you live?

Chalk Make-Up

What you need: coloured chalk, water, shea butter/lotion (optional), hard object to crush chalk, plastic bag/sheet of paper, pot.

What to do: Place the chalk in the plastic bag or sheet of paper and crush using the hard object, make sure all chalk is powdered. Tip the chalk into the pot. Add a few drops of water or lotion and mix until a creamy texture is formed. If you wish add a small amount of shea butter to the cream.

Note: Make sure there are no lumps in the mixture. Be cautious in using the product, test out on a small area of skin on your forearm etc. first, if you experience any reaction wash off with plenty of water and stop use.



South Goodwin - TRAVEL

Enjoy the Water

Why not try your hand at canoeing, sailing or other forms of water sports? How about going on a boat ride?

Tenterden - RAILWAY

Go on a Train Journey

Where can you travel to by train from your division? The next town, across the county, further afield?

Plan and go on a journey by train. Do you want to go somewhere for a unit meeting? Or a day trip? Look up the times, check the prices and any discounts available to you. Plan your activities and think of anything you need to take with you. Ask your leaders to complete the relevant forms.

Thanet East - SCIENCE

Coke and Mentos

Investigate the differences between solids, liquids and gases in an explosive way. Find a large open space. Any Cola can be used (cheaper brands don't always work so well), be careful not to shake the bottle. Stand in a space on the ground and remove the lid. Take 1 Mento from the packet and hold above the bottle, when ready drop into the bottle and run away.

Water Power

What you need: large plastic bottle, pencil, straws, tape, string, water

What to do: Cut off the top of the plastic bottle. Use the pencil to make 6 holes in the base of the bottle. Cut a straw into 6 even pieces and insert them into the holes in the bottle, secure them with tape. Make 3 holes at the top of the bottle and put a string through each one. Tie the three strings to a fourth piece of string. Over a sink or outside, pour a jug of water in the bottle. When the water is pouring out of the straws the bottle should spin, powered by the energy of the water pouring out.

Thanet North - ART

Sunsets

If we in Kent East look to the West in the early evening we will all see the setting of the sun. In our diverse county we all see the same sunset but over many different scenes. Have a look at the sunsets where you live, can you create an unusual picture of it, or learn how to photograph a sunset safely. Send us photos of your pictures and we can make a big collage of all of the sunsets of Kent East. Remember not to look directly into the sun.

Thanet South - VOLUNTEERING

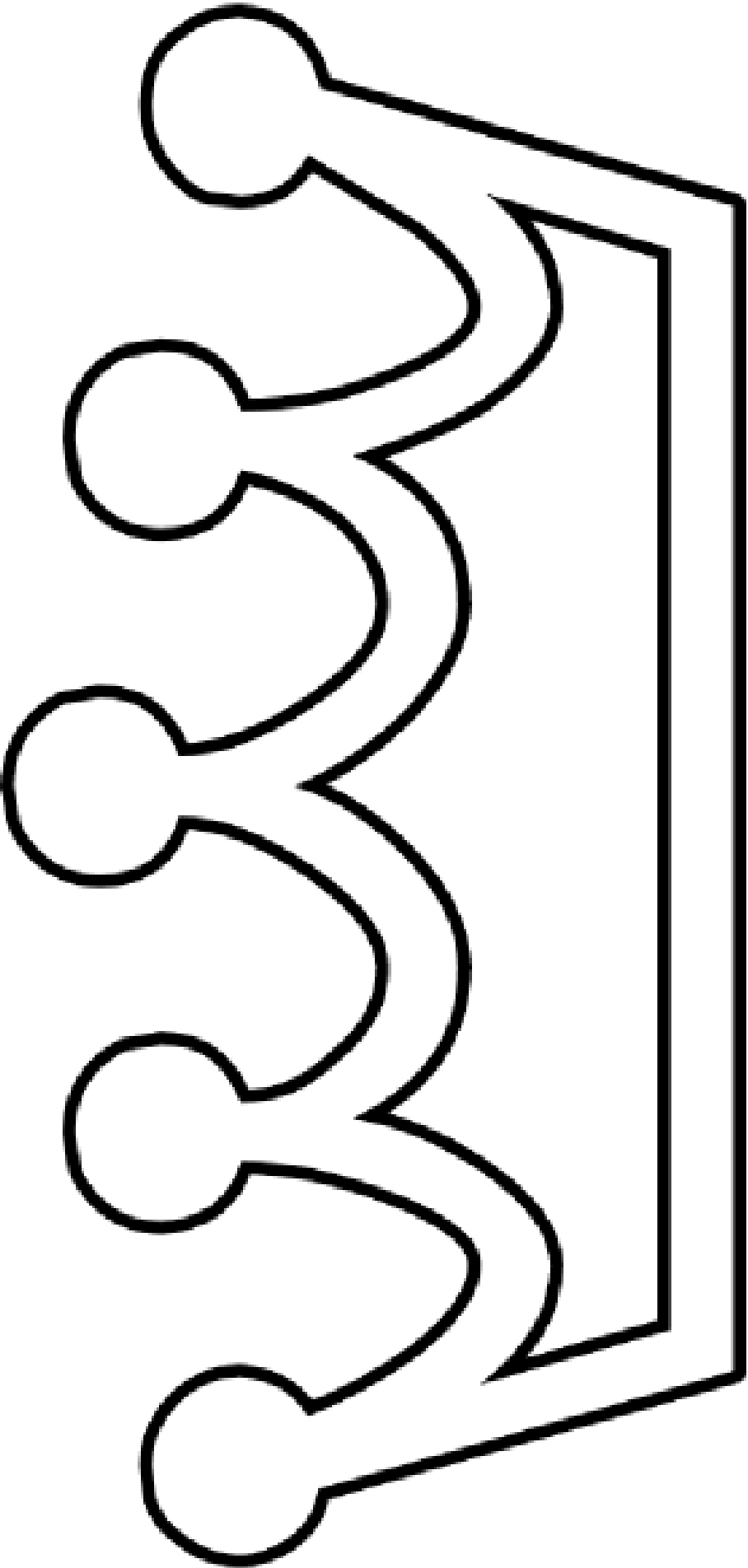
Water Safety

Visit a local RNLI lifeboat centre, Arrange a talk from an RNLI volunteer or lifeguard. Make a poster about water safety, learn how to use an emergency lifebelt.

Whitstable - OUTDOORS

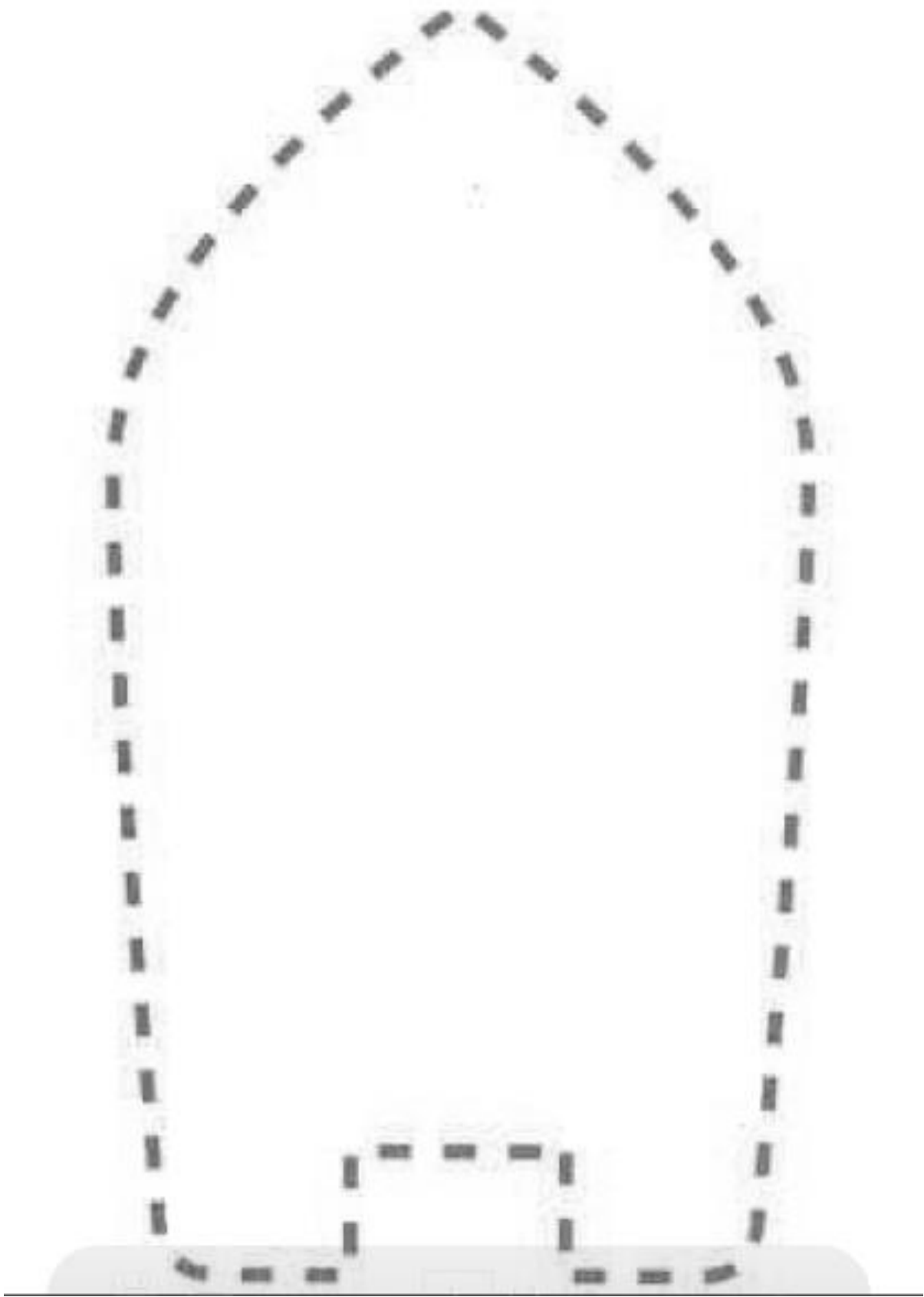
Penny Hike

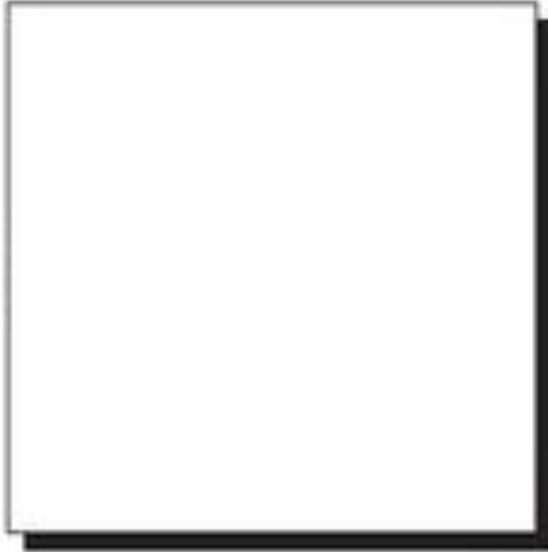
Take part in a penny hike. Decide if heads and tails are left or right and then flip the coin at every junction to decide which was to go. You could start from your meeting place and see where you get to, or go out in two teams and walk for a set amount of time. Make sure to decide on your boundaries beforehand, and what to do at crossroads etc.



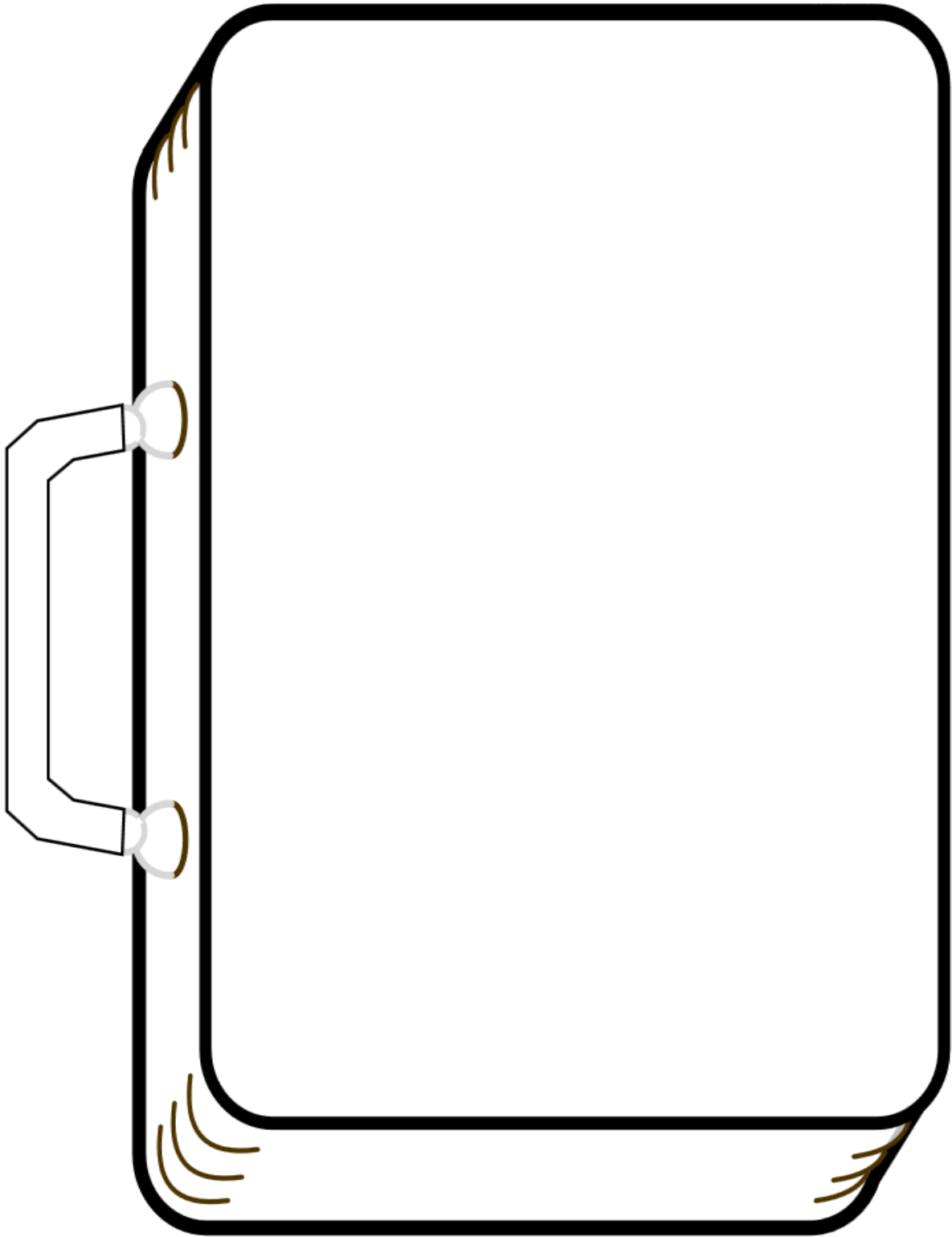
A rectangular box containing a vertical line on the left side, a horizontal line at the top, and a small empty square in the top right corner. Below the vertical line are five horizontal lines.

A rectangular box containing a vertical line on the left side, a horizontal line at the top, and a small empty square in the top right corner. Below the vertical line are five horizontal lines.



<p>My birthday</p> <hr/> <hr/>	<p>Where I live</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Me</p> 	<p>My name</p> <hr/> <hr/>

FOLD



Animal Ladders

Wildwood	Wolves	Lizard
Otters	Bats	Ducks
Wild boar	Reculver	Crab
Red deer	Kestrel	Sea gulls
Owls	Swallow	

It was the first day of the school holidays, Granddad was taking us on a trip to Herne Bay for the day! It was a lovely sunny day so we got up early and went to Reculver. We walked around the Reculver towers looking out for Kestrels and Swallows. I thought I saw a Kestrel up on one of the towers but I wasn't sure. The board in the county park said that Swallows were often seen flying about in the area between April and October. I looked at the description of a Kestrel to see if it was the bird I had spotted. The sign also said we might be able to see Lizards! Apparently, the common Lizard is the UK's most widespread reptile. We walked around the rest of the Reculver visitor centre then heading back towards the car. We were still looking out for the lizards but didn't see any, but a swallow flew past us just as we got back to the car park. We went into Herne Bay to the Memorial park to have a look at the duck pond. We then walked down to the sea front. There were lots of sea gulls flying about. Along the front there were lots of children trying to catch crabs. We'd never done that before so asked Granddad if we could have a go at catching crabs too. Granddad went and spoke to someone and got us the things we needed and we joined the other children. There were still lots of sea gulls flying about around us. Just before we had to go and get lunch my brother caught a crab! Granddad brought us fish and chips and we sat on the beach to eat them. It was lovely, although one of the sea gulls tried to steal Granddad's chips! After lunch we walked back through the park. Granddad has got us some bird food to feed the ducks. We threw some in, they all came swimming over, there was one particular duck that tried to take all the seeds. We then went to Wildwood. My brother and I looked at the map and decided where we wanted to go. I wanted to see the otters, owls and bats. My brother wanted to see the wild boar, red deer and wolves. We went in through the entrance. The otters were right in front of us so we went to see them first. We followed the path round to the left past the wallabies and pine martins until we got to the wild boar. They had just been fed so were all gathered together near to the fence, I counted 6 wild boar in total. Past the bison were the red deer, they were hidden amongst the trees so we had to look carefully for them. I looked at the map, the next animals we were going to visit were the first of the owls! We got there and realised my brother was missing, he was still looking at the red deer. The wolves were next. There were 4 of them in a group together, 2 were sleeping whilst 2 were wondering about. I decided I liked the wolves too. Before we got to the bat centre there were some more owls. We went into the bat centre and nocturnal house, it was very dark inside but really fun too. After seeing the bats, we looked round the Wildwood shop and then went home.

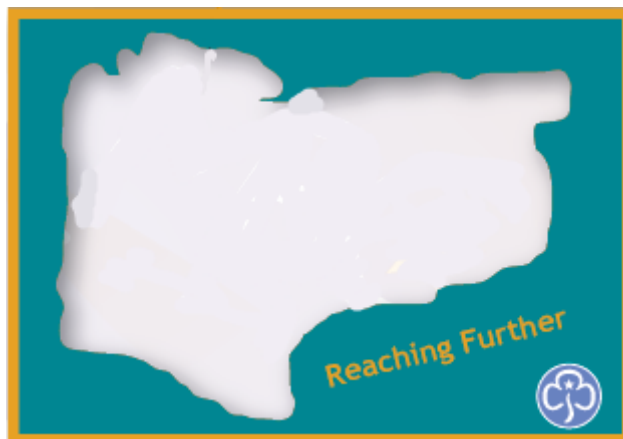
Badge Order Form

Thank you for taking part in the Reaching Out challenge

There are 2 badges available for this challenge. Badge 1 - Reaching Out and Badge 2 - Reaching Further. Reaching Out can be achieved and used on its own. Reaching Further can only be achieved and used in addition to Reaching Out, the badge must be sewn on around the first badge.



Reaching Out



Reaching Further

Both Badges cost 50p each

Postage costs are as follows:

1-30 badges £1

31-50 badges £2

Over 50 badges - please contact Kate Leech

kenteastprogramme@gmail.com

Payments by cheque or BACS

Please fill in the form on the following page and post along with your payment to receive your well-earned badges!

The address to send order forms to is:

Kate Leech, Cobbers, Approach Rd, Shepherdswell, Kent, CT15 7NZ

Or if BACS email to: kenteastprogramme@gmail.com

Any questions please contact me on the email address above, quoting Reaching Out Challenge in the subject.

Contact Name	
Unit	
Address to send badges too	
Email Address	

I would like to order ____ Reaching Out Badges @ 50p each, Total £____
 I would like to order ____ Reaching Further Badges @ 50p each, Total £____
 And include a total postage cost of £____

Postage Costs:
 1-30 badges - £1
 31-50 badges - £2
 51+ - contact kenteastprogramme@gmail.com

Total Cost (Badges + postage)	£____
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Please make BACS payments to:
 Account name: Guides of Kent - Kent East
 Account number:678387
 Sort code:60-14-05

Please put reference in as follows <name><unit> <GD24> .
 In this way your payment can be identified.

Cheques to be made payable to: Guides of Kent- Kent East
 with <name><unit> <GD24> written on reverse