



Girlguiding North Yorkshire North East *Virtual Escapades*



Thinking Day window

**Have a go at the following activities,
try at least 4 of the suggested
activities**

World Thinking Day

World Thinking Day is a celebration of ten million girls worldwide that has taken place on every 22 February since 1926. It remains a day for all Guides and Girl Scouts to think of each other and celebrate their sisters all around the world. This particular date was chosen as it was the joint birthday of Lord and Lady Baden Powell.

It is usual for us all to renew our promise on World Thinking Day. This year we are having a virtual county promise renewal ceremony on Monday 22 February 2021 at 7.00 pm and everyone is invited to join us on zoom (maximum 300). Follow the link below to book your place:

<https://www.eventbrite.co.uk/e/special-virtual-promise-renewal-ceremony-registration-138580501009>

World Thinking Day fundraising challenge

In 1932, it was highlighted that birthdays typically involved gifts and perhaps girls could show their thanks on Thinking Day by raising funds for the organisation. In response, Olave Baden-Powell wrote a letter to all Guides and Girl Scouts asking them to donate just a penny – enough to buy a loaf of bread in those days – to help fund guiding around the world. This is now known as the [World Thinking Day Fund](#).

We are challenging you to raise some money and send it to the World Thinking Day fund, even if you only raise enough to buy a loaf of bread these days, it will be greatly appreciated. Perhaps you could do some good turns for your parents or make your walk or sleep away into a sponsored event, what you do is up to you. Follow the link below to see how to make your donation to the fund.

<https://www.girlguiding.org.uk/what-we-do/events-and-opportunities/regular-girlguiding-events/world-thinking-day/the-world-thinking-day-fund/>

WAGGGS (World Association of Girl Guides and Girl Scouts)

The World Association of Girl Guides and Girl Scouts reaches 10 million girls and young women in 150 countries across our five regions – Africa Region, Arab Region, Asia Pacific Region, Europe Region and Western Hemisphere region. The trefoil badge on the right is the world badge which can be worn by any member anywhere in the world (ask your leader about these badges)



We have five world centres:

- [Our Cabaña, Mexico](#)
- [Pax Lodge, UK](#)
- [Our Chalet, Switzerland](#)
- [Kusafiri, Africa](#)
- [Sangam, India](#)



All the world centres are very distinctive, check out the following You Tube videos to learn more about them

<https://www.youtube.com/watch?v=MMpP2Et01-4> - thanks to Girl Guides of Japan
<https://www.youtube.com/watch?v=YecgQzXZEig>

Each world centre (apart from Kusafiri) has its own special song. Check them out here and why not sing along <https://myvirtuallsongbook.wordpress.com/guide/world-center-songs/>

We also have a special world song https://www.youtube.com/watch?v=2_aHL-6Tb0k

Africa Region

The WAGGGS Africa Region represents 33 Member Organisations and a membership of 1,317,020 girls and young women.

Kusafiri - World Centre



Kusafiri World Centre is the product of years of discussion to bring a World Centre experience to the Africa Region. In 2010, at the Africa Regional Conference, it was unanimously agreed that the Africa Committee would explore opportunities to deliver a World Centre experiences in the Region. Kusafiri moves around the African countries.

Ghana Girl Guide Association














Adinkra (ah-DEEN-krah) cloth

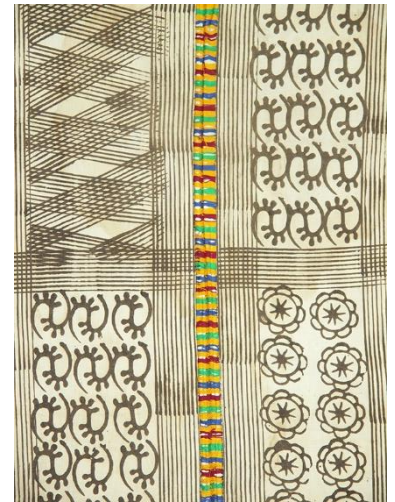
This is a hand-printed fabric made in Ghana. Developed by the Ashanti people, Adinkra cloths were traditionally made for royalty to wear at religious ceremonies. Through the years, people have also decorated the cloths to tell a story or to express their thoughts or feelings.



Adinkra cloth is stamped and patterned with traditional Ashanti symbols. Each symbol has its own meaning. People in Ghana decorate the cloth by using a black dye made of bark. This dye is called Adinkera aduru, and it is what gives the cloth its name. Using the dye, they draw lines on the cloth to divide it into squares. Next, they carve symbols into calabash gourds (a type of squash), press the gourds into the dye and stamp the symbols onto the fabric.

You can make an Adrinkra cloth using paint and potatoes instead of gourds to carve your symbols.

Symbol	Name	Meaning	Description
	Adinkrahene	Chief of Adinkra symbols	Greatness, charisma, leadership
	Akoben	War Horn	Vigilance, Wariness
	Akofena	Sword of war	Courage, valor
	Akokonan	The leg of a hen	Mercy, nurturing
	Akoma	The heart	Patience and tolerance
	Akoma Ntoso	Linked hearts	Understanding, agreement
	Denkyem	Crocodile	Adaptability
	Ananse Ntontan	Spider's web	Wisdom, creativity
	Asase Ye Duru	The earth has weight	Divinity of mother earth
	Aya	Fern	Endurance, resourcefulness
	Bese Saka	Sack of cola nuts	Affluence, abundance, unity
	Bi Nka Bi	No one should bite the other	Peace, harmony
	Boa Me Na Me Mmoa Wo	Help me and let me help you	Cooperation, interdependence



Nkate cake and Kube cake

Growing up in Ghana, your childhood wasn't complete if you never had some nkate cake once in a while. Groundnut cake is one of the most universally loved treats in Ghana, and it's also easy to prepare.

Ingredients:

Peeled and slightly crushed groundnuts (peanuts)

Sugar

Greased tray or baking sheet

Method:

1. Put sugar into the saucepan and heat evenly till it turns brown and sticky.
2. Add groundnuts into mixture and stir well.
3. Pour mixture onto greased tray and spread out evenly.
4. Wait for it to cool, then cut up into any size and shape you desire.

You now have groundnut cake to eat as you desire!



Kube cake is very similar to nkate cake in the Ghanaian food culture. It's a tasty option for those who want some variety or perhaps aren't too fond of groundnuts.

Ingredients:

Shredded coconut

Sugar

Method:



1. Heat sugar in a saucepan till you get brown caramel.
2. Add shredded coconut to it and mix till all the coconut is evenly coated.
3. Scoop spoonfuls of the mixture and shape into balls. It may be hot, so use a spoon instead of your hand.
4. Once you form the balls, wait for it to cool and your coconut cake is ready.

Uganda Girl Guide Association

Paper beads

In Uganda women and children make paper beads to either sell or to make into their own jewellery to sell. Why not have a go at making some yourself?

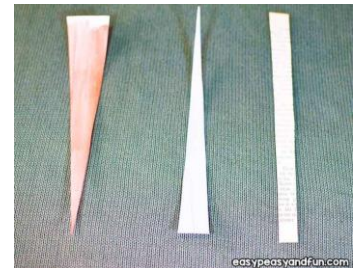


- Newspaper, book pages, paper painted with watercolours or coloured paper
- Scissors
- Pencil
- Ruler
- Glue
- stretch yarn (thin elastic)
- Toothpick



Method:

1. On the chosen paper, draw and cut out some isosceles triangles and rectangles as shown in the picture. Make sure that the paper strips are at least 20 cm. (To make larger beads use longer strips of paper).
2. Put some glue down one side of the paper strip and roll it around the toothpick. When the strip completely glues on itself, take it out of the toothpick and place it aside to dry. Repeat this step with each of the paper strips, until you have enough beads to thread on the yarn.
3. Apply some glue over the beads and let them dry.
4. Measure the yarn (thin elastic) around your wrist so the bracelet is the correct size.
5. Start threading the beads on the yarn and finish with a firm knot.



Matooke Katogo – A Ugandan Breakfast

Ingredients:

- 15-20 Green bananas
- 10 Medium sized tomatoes
- 1 Large onion
- 2 spring onions
- 1 tsp. oil and an additional ½ tsp. oil
- Salt and pepper



Observations:

1. Putting oil on your hands before peeling the bananas prevents the sap from staining and sticking to your hands.
2. The amount of water you add to the katogo will determine the consistency, more water will make it soupy and vice versa.
3. Sometimes lots of tomatoes can make it tart, this can be reduced by adding a little bit of sugar.

Method:

1. Put ½ teaspoon of oil on your hands and the knife you will be using. Peel the green bananas and put in water to avoid excessive oxidation.
2. Dice the tomatoes and onions and set aside.
3. Place a clean pan on the hob and add 1 teaspoon of oil. Add the onions and let them cook till translucent. Then add the tomatoes and cook till tender and paste-like.
4. Add the bananas and enough water to almost submerge them. Boil until the bananas are almost tender. Add salt and pepper to taste.
5. Once the bananas are tender, reduce the heat and let the katogo simmer. Remove from the heat and let cool. Serve with ghee, a side of greens and tea.

Arab Region

The WAGGGS Arab Region represents 15 Member Organisations and a membership of 168,820 girls and young women. There is no world centre in the Arab region.

The Jordanin Association of Boy Scouts and Girl Guides

Limonana – Jordan's national drink

Ingredients

- 1 lemon
- 8-10 fresh mint leaves
- 2 tsp sugar (or to taste)
- 225 ml cold water
- Ice cubes
- Sprig of mint to garnish (optional)



Method:

1. Remove the peel and pith from the lemon and separate the flesh from the membranes. Discard membranes and pips and put the flesh into a blender.
2. Add the mint and sugar and pulse a few times until the mint leaves are well chopped. Add the water and pulse again to mix. Taste and add more sugar if necessary.
3. Put plenty of ice cubes into a tall glass and pour the lemon-mint-water mixture over. Garnish with the mint sprig and serve at once.

Girl Guides Association of Kuwait

Basbousa

Ingredients:

- 64g plus 2 tbsp unsalted butter
- 128g sugar
- 235ml plain yogurt
- 128g cup fine semolina and 1 cup coarse semolina (or 2 cups of any semolina)
- 80ml cup milk
- 1 tsp baking powder
- 32g cup sweetened shredded coconut or coconut chips
- 32g cup shaved almonds

Cinnamon Simple Syrup:

- 300g cup sugar
- 420ml cup water
- 1 short cinnamon stick
- ¼ tsp lemon juice

Method:

1. Preheat the oven to 180°C/fan 160°C or gas mark 4.
2. Place the butter in a small bowl and melt in the microwave. Set aside.
3. In a large mixing bowl, combine together the sugar and yogurt. Now add in the semolina, baking powder and milk. Finally stir in the melted butter, and let the mixture sit briefly so that the butter is absorbed.
4. Transfer the semolina mixture into a lightly greased 20 cm round cake tin or baking dish. Bake in the oven for about 40-45 minutes. If necessary, briefly grill so that the top of the basbousa gains colour. When ready, remove from oven.
5. While the cake is baking, prepare the cinnamon simple syrup. In a small saucepan combine the sugar, water and cinnamon stick. Bring to a boil on high heat, stirring until the sugar dissolves. Turn heat to low and let cook for a few minutes until the syrup thickens. Remove from heat and stir in the lemon juice. Let it cool completely, then remove the cinnamon stick.
6. As soon as the basbousa is removed from the oven, pour the cool syrup on the hot basbousa. Let cool completely; syrup must be absorbed into the cake. For best result, let it sit for 1 hour before serving.
7. When ready to serve, top the cake with the coconut chips and the coconut and shaved almonds.



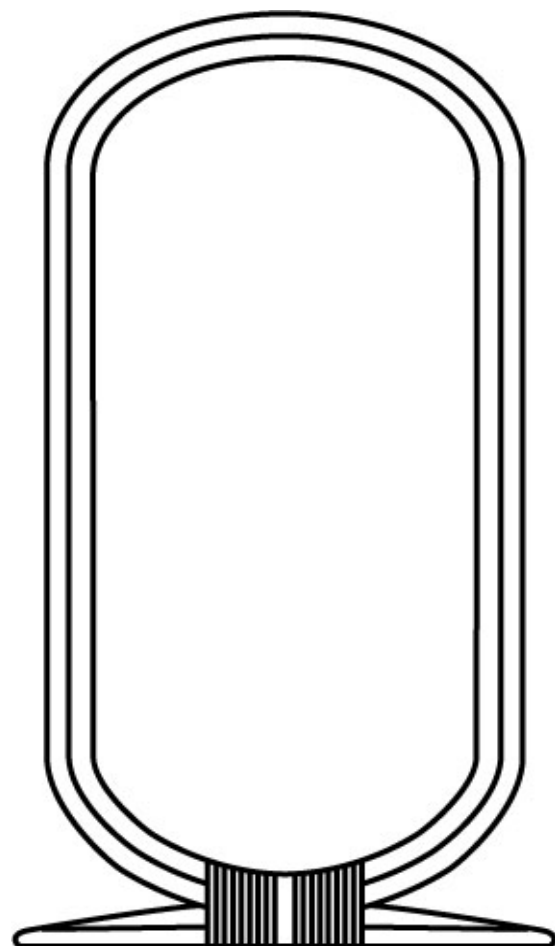
Egyptian Federation for Scouts and Girl Guides – Hieroglyphics

When Girl Scout Juniors earn their *Playing the Past* badge, they explore ancient Egypt, learning about hieroglyphics, cartouches (name plates) and amulets (a good luck charm).

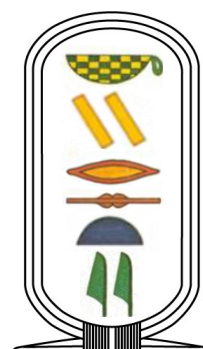
Use the hieroglyphs to create your own cartouche.



A	B	C	D	E	F
G	H	I	J	K	L
M	N	O	P	Q	R
S	T	U	V	W	X
Y	Z	KH	SH	CH	MS
NH	HPR	[HOUSE]	[MAN]	[WOMAN]	[GOD]



The ancient Egyptians wore amulets. Amulets are small objects carried or worn because they are believed to give the owner magical powers and protection. Try making your own using salt dough. dough (1 part salt, 2 parts plain flour, 1 part water, mixed together to make a dough) leave to dry then decorate with paints or pens.



Asia Pacific Region

The WAGGGS Asia Pacific Region supports 26 national Girl Guide and Girl Scout organisations and reaches 3.8 million girls and young women across the region.

Sangam - World Centre



India is home to Sangam, the fourth World Centre to be built in 1966. Sangam means 'coming together' in the ancient language of Sanskrit. There is a swimming pool at Sangam and it is a great place to explore India and its culture, you might even learn how to wear a sari if you visit!

Make a Curry

India is famous for curry, there are many types some of which are very spicy and others not, different central ingredients range from chicken, lamb and goat to chickpea, lentils and more. Have a go at making this curry recipe or if you prefer make your favourite curry or experiment and make your own recipe!

Butter Chicken

This curry was accidentally made in 1947 when leftover chicken was mixed in tomato gravy, rich in butter and cream and has been a popular ever since.

Ingredients:

- 1 tbs olive oil
- 6 Chicken Thighs (bone in, skin on)
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 4cm piece (20g) ginger, finely grated
- 50g unsalted butter
- 1 tbs tandoori paste
- 2 tbs tomato paste
- 2 cups (500ml) liquid chicken stock
- 400g can chopped tomatoes
- 1/2 cup (125ml) coconut cream

Spice Mix

- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp dried mint
- 1 tsp caraway seeds, toasted, ground
- 1 tsp fenugreek, toasted, ground
- 1/4 tsp ground cloves
- 1/4 tsp ground cardamom

Method:

1. Heat oil in a large flameproof casserole over high heat. Season chicken and cook, skin-side down, for 6 minutes or until golden, then turn and cook for a further 4 minutes or until sealed. Remove from pan and set aside.
2. For the spice mix, combine all spices in the casserole dish. Add onion, garlic, ginger and butter, and reduce heat to low. Cook for 5 minutes or until onion has softened.
3. Add tandoori and tomato pastes then cook for a further minute. Add the stock and chopped tomatoes.
4. Return the chicken to pan, increase heat to high and bring to the boil.
5. Reduce heat to medium-low and cook for 1 hour or until tender and sauce has reduced by half.
6. Stir in the coconut cream and serve with rice and your favourite curry accompaniments.



Naan Bread

Indian flatbreads or naan breads are usually used to mop up left over curry.

Ingredients:

- 500g strong white flour
- 2 tsp salt
- 7g sachet fast-action yeast
- 3 tbsp olive oil
- 300ml water



Method:

1. In a large bowl mix the flour, salt, yeast and oil. Slowly add water to make a soft dough.
2. Knead the dough well then leave to rest for 1 hour in a lightly oiled bowl until it has doubled in size.
3. Divide the dough into 8 pieces. Using a rolling pin flatten into a circles about 15cm in diameter and 1cm thick.
4. Leave them on a lightly floured baking tray to prove for 5 minutes.
5. Cook in a large frying pan on medium heat until browned on both sides (approximately five minutes in total). Allow to cool slightly before serving.

Make a Model Elephant

For centuries, India has regarded the majestic royal beast, the elephant, as its cultural symbol.

You will need:

- Washed out milk bottle
- Scissors
- Tissue paper cut into equal size and shape squares (if you want to make a rainbow elephant use different coloured paper squares)
- PVA/white glue and brushes
- Card
- Googly eyes



Method:

1. Stand the milk bottle up and cut it just below the handle. This will form the elephant's trunk. Then cut off the entire bottom half of the bottle and cut four legs into it, as well as a little tail.
2. Stick the tissue paper onto the milk bottle using the PVA glue; make sure no white bits are showing through. Once covered in tissue paper put extra glue over it so it will dry hard and shiny. Leave to dry.
3. To make ears cut two semi circles the same size out of card with a tab at the bottom so it can be bent to glue onto the body. Add some coloured squares before sticking them on.
4. Stick the googly eyes on.

Bollywood Dancing

Bollywood dancing is the dancing featuring in Indian films, they mainly use the style of Bhangra and Garba mixed with dance from around the world. Brightly coloured costumes and hand gestures are essential. Have a go at Bollywood dancing, here are a few dance moves, but it might be easier to follow a video tutorial which you will find easily on you tube.

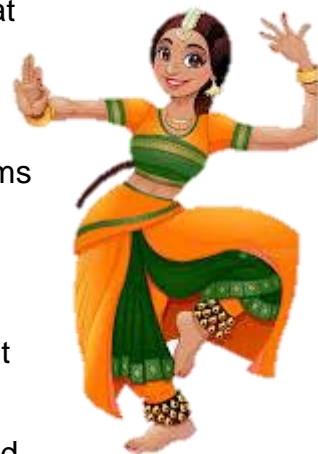
Put one hand on your hip and the other one on your head. Move hips and head at the same time while pivoting your foot, then swap sides.

Do two big waves above your head then two facing down. Repeat eight times.

Put your hands in a fist and out in front of you with your arms bent move your arms around in a circle. Do this pointing down at your left side then to the side of your head on your right side. Repeat eight times.

Put your left hand up in front of you and your right arm across in front with your right hand under your left elbow. Twist your left hand like you are changing a light bulb. Swap arms. Repeat eight times.

Take one step to the right at the same time raise your right hand above your head. Step back and lower your hand so it goes behind your back. Repeat eight times then swap to your left.



Europe Region

The WAGGGS Europe Region supports 64 national Girl Guide and Girl Scout organisations in 41 countries and reaches more than 1.2 million young people.

SWITZERLAND

Our Chalet – World Centre



Our Chalet, the first WAGGGS World Centre, established in 1932 in Adelboden, Switzerland, was formally opened by the first World Chief Guide, Olave Baden-Powell, and Mrs Helen Storrow. Our Chalet has welcomed many Girl Guides and Girl Scouts and even helped to reunite refugees who arrived in Switzerland during the Second World War. You can do skiing and snow activities in the winter and hiking, rock climbing and rafting in the summer at Our Chalet.

Rösti

Many Swiss people consider rösti their national dish. It is made from grated potatoes which are fried in a pan. It was traditionally eaten for breakfast but is enjoyed at all times of day.

Ingredients:

- 2-3 potatoes (about 400g), peeled and coarsely grated
- 1 medium egg, beaten
- 1 tsp plain flour
- ¼ tsp baking powder
- ½ small onion, finely chopped
- 2 tbsp vegetable oil



Method:

1. Squeeze any excess water out of the grated potatoes.
2. Put grated potatoes in a bowl and mix well with the egg, flour, baking powder and onion.
3. Heat the oil in a large non-stick frying pan over a medium heat. Spoon the mixture in to make 4 röstis, flattening them down with the back of a spoon to form discs.
4. Cook for 5 minutes each side until golden brown and crisp. Drain on kitchen paper and serve.

Fondue

Switzerland is famous for fondue; the classic one features melted cheese and was a method of using up stale bread as a family meal. Dipping fruit, biscuits and marshmallows into melted chocolate is also very tasty (although not very traditional)! Have a cheese or chocolate fondue.

Cheese fondue ingredients:

- 1 cup milk
- 1 tbsp. Worcestershire sauce
- 1 1/2 tbsp. fresh lemon juice
- 225g Grated gruyere cheese
- 225g Grated mature cheddar cheese
- 1 tbsp. cornflour
- 1/2 tsp. garlic powder
- 1/2 tsp. dry mustard
- 1/4 tsp. nutmeg



Method:

1. Whisk together milk, Worcestershire sauce and lemon juice in a saucepan over medium heat until mixture reaches a low simmer.
2. In a bowl toss the grated cheeses with the cornflour.
3. Pour cheese into milk mixture a handful at a time while stirring. Cook until melted.
4. Add garlic powder, dry mustard, nutmeg and whisk until smooth.
5. Continue cooking over medium heat until warmed through and the consistency you'd like. Remove from heat and move to a fondue pot over a flame to keep warm.
6. Serve with sliced vegetables, bread and anything else you enjoy.

Alpine Skier

Switzerland is a mountainous Central European country, home to numerous lakes, villages and the high peaks of the Alps. It is the perfect place for skiing in the winter.

- Pipe cleaners
- Lolly sticks
- Toothpicks or wire
- Wooden bead (for the head)
- Pens
- Pom poms and scrap of wool/string (optional)
- Craft glue or double sided tape
- Scissors

Method:

1. Cut a pipe cleaner in half to make the body for your skier.
2. Fold one pipe cleaner half like an upside down V to make the legs. Fold the other pipe cleaner half around it to form arms.
3. Using a thin tipped pen draw eyes, a nose and a mouth on your bead or use a round piece of card.
4. Stick the head to the body, and the feet to two lolly sticks.
5. Fold each pipe cleaner hand around a toothpick to create ski poles.
6. You can add a scarf by tying a little wool/string around the skier and a hat by adding pom poms to the head. Be inventive!



Edelweiss Flower Craft

The Edelweiss Flower is typically found in the Alps and is the national flower of Switzerland. It is part of the daisy or sunflower family. Make a picture of the edelweiss.

- White paper
- Yellow paper
- Green paper/pen
- Different coloured paper for the background



Method:

1. Cut five large white petals.
2. Cut five small white petals.
3. Stick the larger petals in a ring then add the five smaller ones in between.
4. Cut a large yellow circle and stick in the centre of the flower.
5. Add five small yellow circles.
6. Cut/draw a green stem.



UNITED KINGDOM

Pax Lodge – World Centre



There have been three World Centres in London: Our Ark at 11-13 Palace Street, opened in 1939, then Olave House, which had been a small Victorian hotel at Earl's Court in 1959 and finally Pax Lodge which opened in 1991. Pax Lodge is based in Hampstead next door to the World Bureau and is perfect for exploring London.

Afternoon tea

Afternoon tea is a typically English tradition that spread around the world with the British Empire. Some say the idea was first introduced to Queen Victoria by one of her ladies in waiting. She thought that a late afternoon meal of tea, thin sandwiches and small cakes would be the perfect remedy to overcome the "sinking feeling" often felt at this time of the day.

Make afternoon tea for your family, you could make one of the following:

Victoria sponge cake

This was named after Queen Victoria, who ate a slice of sponge cake with her afternoon tea. The jam and cream are between two sponge cakes; the top of the cake is not iced or decorated.

Ingredients

- 4 eggs
- 225g/8oz caster sugar, plus a little extra for dusting the finished cake
- 225g/8oz self-raising flour
- 2 tsp baking powder
- 225g/8oz butter at room temperature, plus a little extra to grease the tins



To serve

- strawberry or raspberry jam
- whipped double cream (optional)

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Grease and line two 20cm sandwich tins.
3. Break the eggs into a large mixing bowl and add the sugar, flour, baking powder and butter. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), but be careful not to over mix. The finished mixture should fall off a spoon easily.
4. Divide the mixture evenly between the tins and gently smooth the surface of the cakes.
5. Bake on the middle shelf for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. To check, gently press them, if they are done they should spring back.
6. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
7. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too. Top with the second cake, top-side up and sprinkle the caster sugar on top.

Traditional Scones

Ingredients:

- 350g self-raising flour, plus more for dusting
- ¼ tsp salt
- 1 tsp baking powder
- 85g butter, cut into cubes
- 3 tbsp caster sugar
- 175ml milk
- 1 tsp vanilla extract
- squeeze lemon juice (see tips below)
- beaten egg, to glaze
- jam and clotted cream, to serve



Method:

1. Heat the oven to 220C/200C fan/gas 7.
2. Put the self-raising flour, salt and the baking powder into a large bowl and mix. Rub in the butter until the mix looks like fine crumbs. Stir in the caster sugar.
3. Put the milk into a jug and heat in the microwave for about 30 secs until warm, but not hot. Add the vanilla extract and a squeeze of lemon juice, set aside for a moment.
4. Put a baking tray in the oven.
5. Make a well in the dry mix, then add the liquid and combine it quickly with a cutlery knife – it will seem pretty wet at first.
6. Put some flour onto the work surface and tip the dough out. Put some flour on the dough and your hands. Fold the dough over 2-3 times until it is a little smoother.
7. Pat the dough until it is about 4cm deep. Dip a 5cm cutter into some flour then cut four scones. You may need to press what's left of the dough back together to cut out another four.
8. Brush the tops with a beaten egg and place on the hot baking tray. Bake for 10 minutes until risen and golden on the top.
9. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.

Make a teacup and saucer

Traditional afternoon tea consists of a selection of dainty sandwiches (including of course thinly sliced cucumber sandwiches), scones served with clotted cream and preserves. Cakes and pastries are also served. Tea grown in India or Ceylon is poured from silver tea pots into delicate bone china cups.



Have a go at making your own teacup and saucer (for decoration purpose only), you could make these out of playdough, air dry clay if you have it or salt dough (1 part salt, 2 parts plain flour, 1 part water, mixed together to make a dough) leave to dry then decorate with paints or pens. Be adventurous with your shapes and designs.



Golf

The origins of golf are unclear and much debated. However, it is generally accepted that modern golf developed in Scotland from the Middle Ages onwards. The game did not find international popularity until the late 19th century, when it spread into the rest of the United Kingdom and then to the British Empire and the United States.

Why not use your imagination and make your own indoor miniature golf course.

- Old newspaper
- Sticky tape
- Plant pots
- Thin card or paper
- Heavy duty dustbin liner
- Sand, potting compost or soil
- Tennis ball



Method:

1. Roll the newspaper up into a long, tight tube and secure with sticky tape. This will be your golf club.
2. Use the plant pots, laid on their sides to form "holes". Roll the card or paper then allow it to unwind and create a ramp up which the ball will roll. If your card or paper will not lie flat enough against the ground, fasten it down with sticky tape.
3. Lay the dustbin liner on the ground and using the sand, compost or soil to create an obstacle.
4. Have a go at hitting your tennis ball into the pots.

Be imaginative and make as many holes and obstacles as you like, invite your family to play with you. Think of other items you could make holes with – boxes, paper plates, plastic bottles – be inventive.

Western Hemisphere

The WAGGGS Western Hemisphere Region supports 35 national Girl Guide and Girl Scout organisations in 35 countries and reaches more than 2.7 million young people.

Our Cabana – World Centre



Since opening in 1957 Our Cabana have been welcoming guests from all around the world and offering a range of activities and programmes for all our visitors and participants to engage with and enjoy!

Mini Pinata

A **piñata** is a container often made of papier-mâché, pottery, or cloth; it is decorated, and filled with sweets and then broken as part of a celebration. **Piñatas** are commonly associated with **Mexico**.

- Paper cups
- Colourful napkins or tissue paper
- Tape (double-sided is the most convenient)
- Ribbon
- Sweets and small toys to fill the pinatas with
- Rubber band



Method:

1. Poke a small hole in the bottom of each cup and thread a ribbon through. Tie a knot in the ribbon to prevent it from slipping out.
2. Take your paper cup and trace it on a piece of tissue paper, cut it out about 2.5cm bigger.
3. Fill the cup with sweets/small toys and cover with a piece of tissue paper, using a rubber band to hold it in place.
4. Measure how long your strips of tissue paper need to be to fit around the cup. Cut strips about 6 cm tall for each colour.
5. Fold your rectangles in half and cut slits in each strip.
6. Wrap strips around the cup, using tape to keep them in place. To keep them straight is to stick the middle of the strips on the top. The top of the strips can be squashed to flatten it to the cup which will be covered by the next colour. Attach strips all the way up and around the cup.
7. To cover the top piece of tissue paper, tape some ribbon around the top.
8. Carefully attach a piece of ribbon to the tissue paper on the bottom of the piñata.
9. When it's time to break open the piñata, allow the recipient to pull the taped ribbon, causing the tissue paper to rip and the goodies to come spilling out!



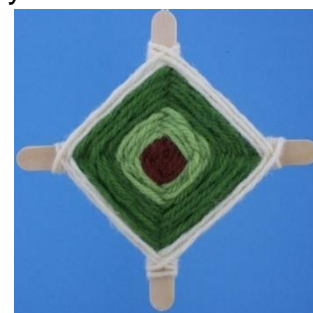
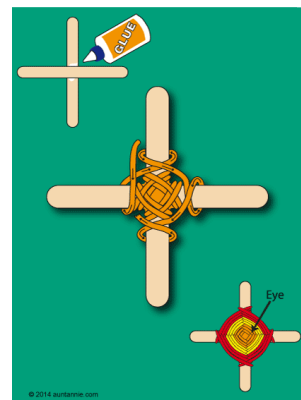
Mexican God's Eye

God's Eyes originate from the Huichol Indians of Mexico's Sierra Madre. The Huichol bring flowers, arrows, feathers, prayer bowls, god's eye (tsikuri), and other symbolic gifts to deities in sacred caves in the hope of the return of favour and protection.

- Yarn in 3 or 4 colours (try and include some light and dark colours)
- 2 Lolly pop sticks or small twigs (about 15cm long and 0.5cm in diameter with loose bark removed)
- Scissors
- PVA Glue
- Optional: Variegated yarn, beads or feathers

Method:

1. Glue two sticks together in a cross. Let glue dry (this may take several minutes). Alternatively you could tie the sticks together with some yarn.
2. Take one colour of yarn and wrap it over and around one stick, then on a diagonal to the next stick and over and around it, on the diagonal to the next stick and over and around it, and so on. Continue for four or more turns around the cross, until the eye is as large as you want. Catch the tail of the yarn as you wrap, so it is held in place.
3. Tie a length of another colour of yarn onto the first one with a tight knot. Wrap the yarn around the arms of the cross as before. Make as many turns around the cross as you like to form a narrow or wide band of this colour. Repeat for each additional colour until finished.
4. Glue the final yarn end to the back of the cross to hold it in place.
5. Make a hanger for the God's Eye with a length of yarn glued or tied to the sticks.



You might also add some decorations—tie on some feathers, add a tassel made from yarn, or attach a string of beads. Use your imagination!

Guacamole

Ingredients:

- 2 avocados
- 3 tablespoons coriander chopped
- 3 tablespoons onion, finely chopped
- $\frac{3}{4}$ cup tomato, chopped
- Salt and pepper
- Vinegar

Method:

1. In a bowl mash the avocados with a fork, add the onion and coriander and mix well.
2. Add the tomatoes, salt and pepper and a few drops of vinegar.
3. Enjoy!



Huevos Rancheros (Mexican style eggs)

Ingredients:

- 500g tomatoes
- 1 sliced onion
- 1 clove garlic
- 10 corn tortillas
- 10 eggs

Method:

1. To make the sauce, blend the tomatoes, onion, garlic and some salt. Then fry and keep it warm.
2. Fry the tortillas slightly and place on paper towel to drain the oil.
3. Fry the eggs.
4. On a plate place two tortillas, two eggs and top with the sauce. A serving suggestion is to enjoy with refried beans.



Sleep Away

As we are still not able to have residential events with our units, for this element of the badge you need to “**sleep anywhere but in your own bed**”. This could be something as simple as sleeping on your bedroom floor, sleeping in another room in the house or perhaps making a den somewhere in the house if you are allowed to. Let your imagination go wild and see what you can come up with!

Don't forget to apply for the Girlguiding NEE Sleep Away badge or add this to your record for the next badge you can apply for. Check with your leader if you are not sure which badge you are due.



Get Active and step out

Get out there and get active - plan a walk with your family or friends and then check the weather. Dress appropriately and off you go - remember to log how far you walk as it will count towards a region Step Out badge. If you are old enough to go with friends, make sure you tell someone where you are going and always stay safe. Encourage your family to get out and walk with you.

Post your findings on our Facebook page: <https://www.facebook.com/Virtual-Escapades-NYNE-107827974322951/> and don't forget to total the distance you have walked and apply for your step out badges.

Check out the information on the county website about the region step out badges <https://girlguidingnyne.org.uk/virtual-escapades/>



Competition

The WAGGGS countries have lots of different uniforms but there are also some similarities such as many have neckerchiefs and blue features in quite a lot of them. Research a uniform from a different country and create it. It could be made out of your own clothes, paper, bin bags, a collage or anything else you fancy! It doesn't have to be the uniform for your section.

To enter get an adult to email a photograph of your entry with a description of the country and section you have made to VirtualEscapes@gmail.com. With parental permission your entry might feature on our Facebook page – Virtual Escapes NYNE.

And finally, we have an amazing word search for you to complete – good luck!

150 countries make up WAGGGS. Can you find the 80 of them hidden in this word search?

A	U	S	T	R	A	L	I	A	I	N	A	B	L	A	O	M	A	N	B
Z	P	M	A	L	A	Y	S	I	A	K	U	A	I	L	H	B	T	O	R
E	T	N	I	A	P	S	B	E	S	S	S	H	B	R	T	A	U	R	A
R	Y	F	I	T	A	L	Y	I	F	O	T	A	E	O	O	S	N	E	Z
B	A	R	B	A	D	O	S	W	L	U	R	M	R	M	S	F	I	J	I
A	Q	A	L	E	Y	G	P	T	A	T	I	A	I	A	E	G	S	A	L
I	F	N	I	O	L	K	X	V	C	H	A	S	A	N	L	I	I	M	D
J	A	C	E	H	J	G	E	R	M	A	N	Y	H	I	J	C	A	A	A
A	Y	E	M	E	N	M	I	S	J	F	R	D	N	A	L	E	R	I	D
N	E	M	Y	C	Y	P	R	U	S	R	D	G	E	E	K	N	A	C	N
A	K	N	A	L	I	R	S	Y	M	I	T	U	W	A	K	T	S	A	A
K	R	M	N	Q	I	A	W	B	E	C	H	Y	Z	I	P	R	O	L	G
L	U	V	M	A	L	T	I	L	X	A	A	A	E	R	A	A	E	G	U
O	T	Z	A	T	L	A	T	V	I	A	I	N	L	E	K	L	L	E	O
R	S	E	R	P	I	Q	Z	S	C	L	L	A	A	G	I	A	I	O	T
A	R	M	E	N	I	A	E	R	O	P	A	G	N	I	S	F	H	R	W
J	A	P	A	N	P	E	R	U	Y	Q	N	H	D	N	T	R	C	G	O
S	U	D	A	N	L	S	L	D	U	S	D	A	I	B	A	I	L	I	H
E	T	O	N	G	A	B	A	H	R	A	I	N	A	S	N	C	H	A	D
N	O	R	W	A	Y	O	N	A	B	U	R	A	H	M	M	A	L	A	T
I	T	I	A	H	Y	L	D	O	M	I	N	I	C	A	L	N	C	L	N
P	V	E	N	E	Z	U	E	L	A	Y	T	E	C	E	E	R	G	K	X
P	O	R	T	U	G	A	L	M	O	N	A	C	O	P	A	E	A	A	Q
I	R	C	V	K	U	W	A	I	T	V	U	D	O	M	R	P	I	D	G
L	R	U	K	R	A	I	N	E	S	X	I	L	X	Z	S	U	B	N	J
I	U	M	M	A	D	A	G	A	S	C	A	R	W	L	I	B	M	A	A
H	S	L	G	M	P	L	A	P	E	N	S	C	L	M	A	L	A	W	I
P	S	B	E	N	I	N	E	M	D	E	W	B	A	B	M	I	Z	R	D
R	I	B	S	E	C	M	L	G	N	O	K	G	N	O	H	C	R	M	N
C	A	N	A	D	A	M	O	D	G	N	I	K	D	E	T	I	N	U	I

Albania	Chad	Haiti	Libya	Pakistan	Sudan
Armenia	Chile	Hong Kong	Madagascar	Peru	Switzerland
Aruba	Cyprus	India	Malawi	Philippines	Thailand
Australia	Denmark	Ireland	Malaysia	Poland	Togo
Austria	Dominica	Israel	Malta	Portugal	Tonga
Azerbaijan	Egypt	Italy	Mexico	Qatar	Tunisia
Bahamas	Fiji	Jamaica	Monaco	Romania	Turkey
Bahrain	France	Japan	Myanmar	Russia	Uganda
Barbados	Georgia	Kenya	Nepal	Rwanda	Ukraine
Belgium	Germany	Kuwait	New Zealand	Singapore	United Kingdom
Benin	Ghana	Latvia	Nigeria	South Africa	Venezuela
Brazil	Greece	Lesotho	Norway	Spain	Yemen
Canada	Guyana	Liberia	Oman	Sri Lanka	Zambia
Central African Republic					Zimbabwe



Girlguiding North Yorkshire North East *Virtual Escapades* **BADGE ORDER FORM**

Name of member:

Unit:.....

Please send the following badges:

Badges – all 50p each	Number/distance	total
House		
Camp and holiday window		
Bonfire night window		
Christmas Fun window		
Thinking Day window		
NEE Region Sleep away badge (please state night required)		
NEE Region Step Out badge (please state distance required)		

I enclose a stamped addressed envelope and the amount of: securely taped inside a piece of cardboard or a cheque payable to Girlguiding NYNE.

Check the initial information document for details of the region badges
<https://girlguidingnyne.org.uk/wp-content/uploads/2020/07/Virtual-Escapades-initial-information.pdf>

Contact email address:.....

Parent/guardian/leader signature:.....

Send order form to **Virtual Escapades, Rigg House, Sutton, Thirsk YO7 2QE**