



Girlguiding

North Yorkshire North East

Virtual Escapades



Camp and Holiday window

Have a go at the following activities,
try at least 3 of the suggested
activities:

Sleep Away

We all know that the main part of a Girlguiding residential event is the opportunity to sleep away from home, perhaps in a holiday home, sharing a room with friends, in a tent, on an international trip or even perhaps sleeping outside under the stars.

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 or even sleeping in a tent in the garden if you are able to. Let your imagination go wild and see what you can come up with!



Pack an overnight bag

If you are going on a residential then it is important to take an overnight bag with you. Pack your overnight bag for your sleep away, if you forget to pack anything, try and manage without it and just remember next time. Don't forget to pack your favorite teddy! Think about where you are going to be sleeping, will you need a torch, a sleeping bag etc.

Make a sitter

If you are tired from all that packing or you want to sit down at camp but not on the damp ground then you will need to make a sitter.

For a woven sitter there are instructions on line:

<https://www.instructables.com/id/Newspaper-Sit-upon/>



For a simple sitter get a newspaper and fold it in half - around the edges put some thick sellotape or packing tape to hold the sides together and then you have a 'pad' of thick newspaper. Then you can either put this inside a plastic bag , making sure there aren't any holes and tape the bag around the newspaper to make it water tight or you could even use one of those very strong shopping bags from the supermarket and use thick tape to put that around it , you could even sew these type of bags to make a sort of outside cushion with newspaper inside! Make sure you test your sitter outside.

Festival time!

Summertime usually brings lots of festival fun. Wellies and Wristbands, our Girlguiding iconic festival, would usually be running in the summer for Rangers and Guides, whilst Rainbows and Brownies have Little Giggle. When you go to Wellies and Wristbands you would expect; live bands, pamper zones, hot tubs and most importantly, the full festival experience. At Little Giggle there is just that ...lots of giggles! So in this section you are challenged to create your own festival at home. Complete all our activities but why not take this one step further and get your family involved and have a family festival at home.

Make a playlist or list of music

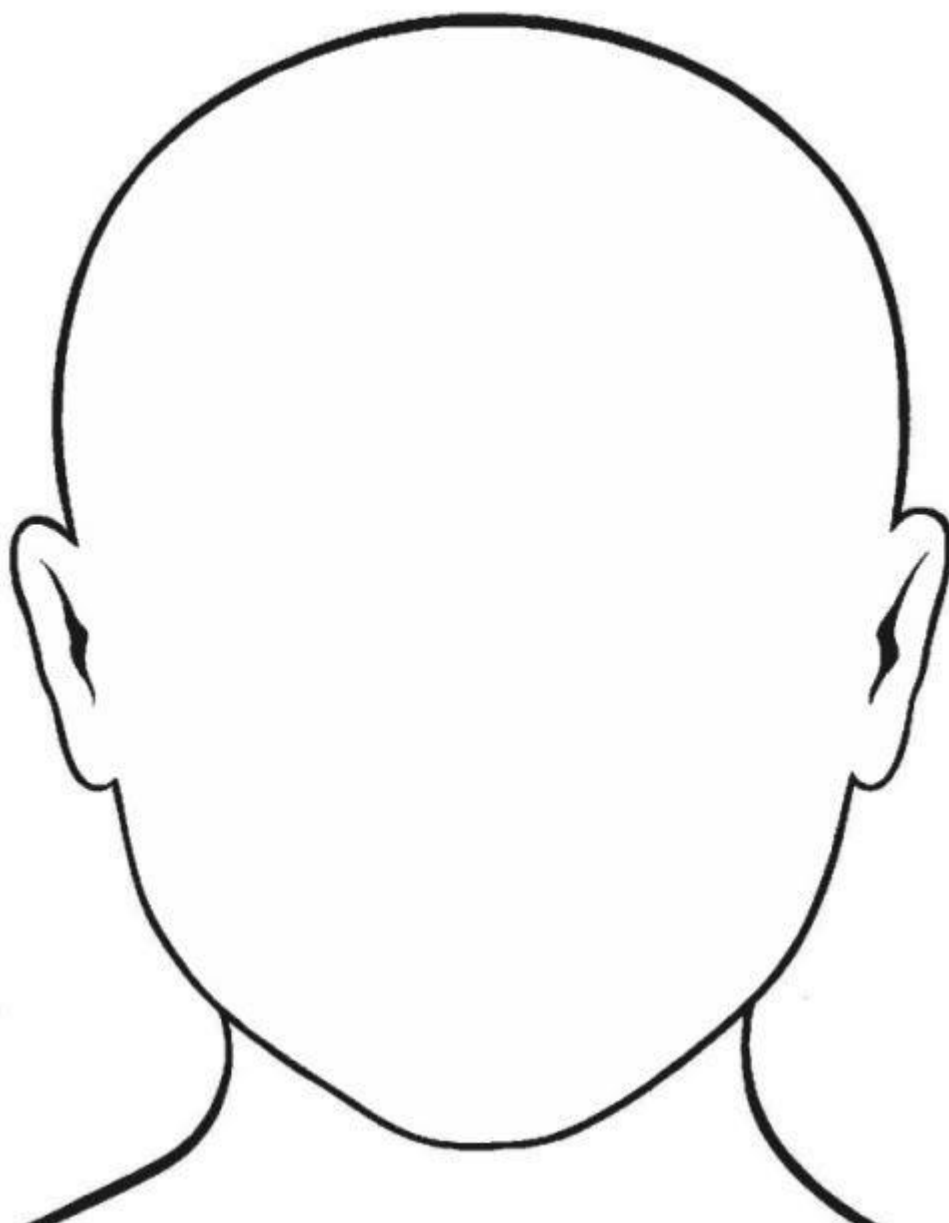
Music is a major part in a successful festival. Can you create your own playlist including all the songs you are going to play? What are your favourite songs at the moment, the ones that you like to dance to or sing at the top of your voice? Use the template below and write in and draw your favourite songs and singers or share your online playlist for your festival. Remember to be safe online and ask permission from an adult first if you are going to share it on line.



Once you have made your playlist enjoy listening to it and singing along with your family at your festival at home.

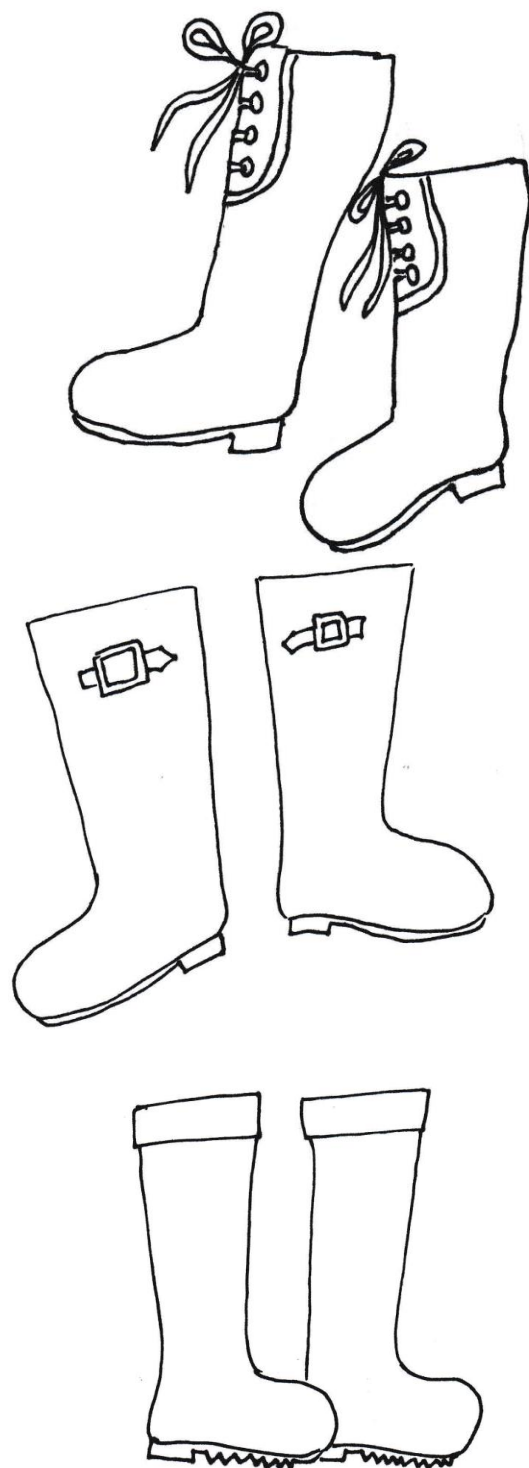
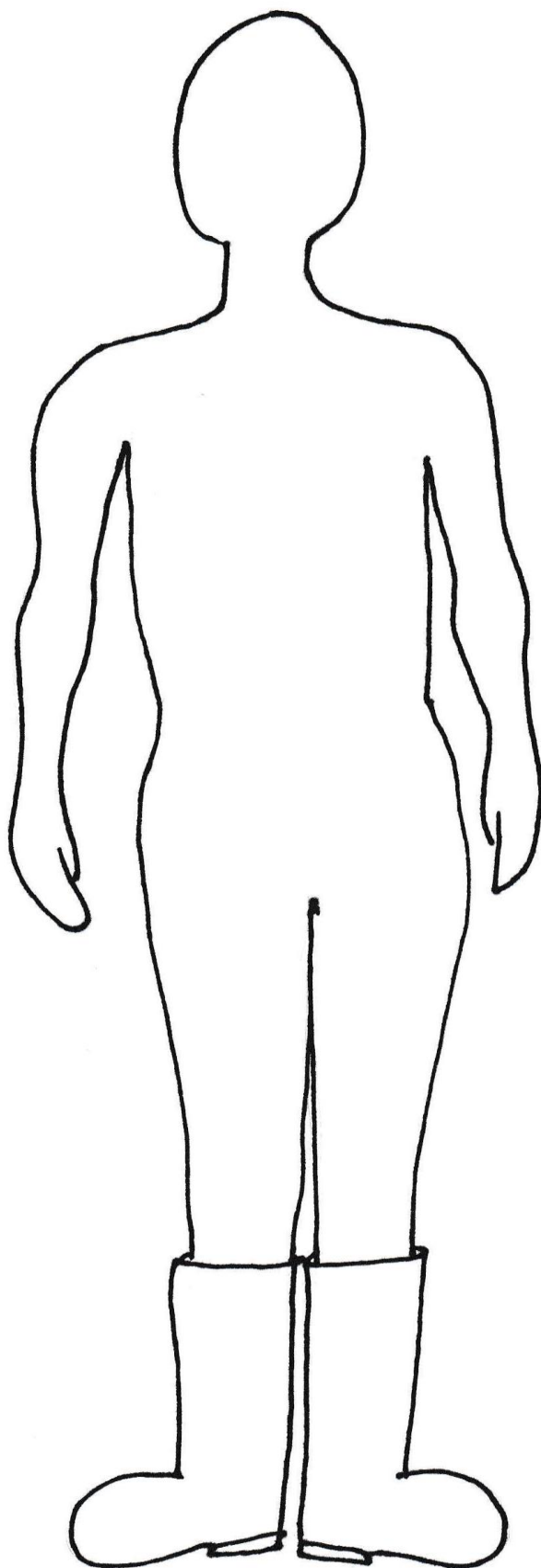
Get festival ready with hair and makeup

When at a festival, hair and makeup can be very bright and funky. Therefore, can you create a hair and makeup look fit for a festival: it can be as crazy as you like. Use the template below or create it on yourself but ask permission to use any makeup first.



Design your outfit or jazz up your wellies!

Reinvent yourself. We don't make the rules – you do! So find your unique look for your festival outfit. From mesh to animal prints, these looks do all the talking with zero fuss. A festival isn't a festival without some sparkle. Choose from dresses, jumpsuits and sequin festival tops then mix and match with wellies! Your imagination is the only limitation—draw your design or make it from recycled items, get creative.



Tidy your tent

No one wants to wake up with someone else's stinky socks in their sleeping bag or sweet wrappers stuck to their face! Your challenge is to spend 30 minutes tidying your bedroom, no excuses now :-)



Hungry Campers

Having fun and tidying your tent is hungry work so you will need a snack, here are a few ideas to get you in the kitchen and cooking. Don't forget to be safe in the kitchen, ask for help if you need it and if you make a mess then clean it up!! If you have a food allergy please substitute ingredients for suitable alternatives accordingly. If required have an adult on hand to take things in/out of the oven/microwave and help when needed. Always be careful around the kitchen.

Chocolate Cake in a Mug

Ingredients

- 4 tbsp self raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder (omit if you do not like chocolate)
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable or sunflower oil
- A few drops of essence (i.e orange/vanilla peppermint) (optional)
- 2 tbsp chocolate chips (optional)

Before We Begin:

Wash your hands and put your apron on and if you have long hair remember to tie your hair back.

Method:

Add the self raising flour, caster sugar and cocoa powder to the mug and mix, then add the egg and mix again

Put in the milk, oil and a few drops of essence and mix until smooth, before adding chocolate chips and mix again.

Microwave: Centre your mug in the middle of the microwave oven and cook on high for 1.5 - 2 minutes or until it has stopped rising and firm to the touch. Remember it will be hot!

Oven: Bake for 15 - 25 minutes until it has stopped rising and is firm to the touch.



S'mores

Suitable for ALL SECTIONS

S'mores can be made many different ways and they are great around a barbecue, camp fire or over tea lights. Please choose which option suits you best.

Please ensure to keep safe when undertaking this activity and remember fire safety.

Rainbows/Brownies/Guides: Please ensure to have an adult with you and if you are using a barbecue/camp fire to have a bucket of water to hand to safely dispose of the fire. For tea lights please remember to blow them out.

Ingredients

- 4 Rich Tea Biscuits and/or
- 4 Digestive Biscuits
- Large Marshmallows of your choice
- Chocolate buttons or pieces of chocolate

Method:



Take a marshmallow and place it at the end of a skewer.

Toast the marshmallow over your chosen heat method.

Keep turning the marshmallow. Be careful not to get too close to the heat so you don't set the marshmallow on fire. When the marshmallow looks squidgy and toasted place it between a rich tea and/or digestive biscuit and add some chocolate buttons or pieces of chocolate between the biscuits as well.

Squash the biscuits down, so the gooey marshmallow sticks to the biscuits. Remember marshmallows get hot!!

Enjoy and you are then bound to want some more!

Chocolate Baked Bananas

Before We Begin:

Wash your hands.

Please ensure to keep safe when undertaking this activity and remember fire safety.

Rainbows/Brownies/Guides: Please ensure to have an adult with you and if you are using a barbecue have a bucket of water to hand to safely dispose of the fire.

Ingredients

4 Bananas

4 x Chocolate bars of your choice

Mini marshmallows (optional)

Vanilla ice cream to serve (optional)

If you have a food allergy please substitute ingredients for suitable alternatives accordingly.

Method

Heat oven to 200 degrees centigrade (or light a barbecue. Make a slit through the skin of the bananas along one side - making sure you do not cut all the way through to the other side.

Poke in the chocolate along the cut line and marshmallows if using, put each banana onto a sheet of foil and crimp the edges to seal into a parcel. Transfer to a baking sheet and cook for 25 minutes until the bananas have turned black (or pop straight onto the barbecue for 15 minutes.

Serve with a scoop of ice cream (optional).

Other Ideas:

Have you thought about cooking a meal for your family! You can cook absolutely anything you like but think about the type of food you may have at a festival.

Happy Cooking!



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. Perhaps there is a town trail, a blue plaque walk, a nature trail in a local park or something similar you could follow or plan your own route. If not, why not go for a penny hike – take a coin with you, heads is right and tails is left (or which ever way you wish), every time you come to any sort of junction, you toss the coin to decide which direction to head next – even if it means walking round in circles!





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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) 1, 3, 5, 10, 15, 25, 50, 75, 100, 150, 200 nights		
NEE Region Step Out badge (please state distance required) 1 km, 2km, 5km, 10km, 15km, 20km, 25km, 50km, 75km, 100km, 125km, 150km, 175km, 200km and 250km		

I enclose a stamped addressed envelope and the amount of: securely taped inside a piece of cardboard or a cheque payable to Guide Association 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**