

You and the World Challenge

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Crest Design Draft: Created by Anita.

Challenge Description and Objectives

This challenge is designed for Guides to Rangers to dive into friendship, focus on communication, reflect on their past and interact with their community!

Please send any photos, videos, and/or other things that you've done throughout the challenge to ANY-YouthForumGroup@girlguides.ca and/or post them using the hashtags **#youandtheworldchallenge** and **#anyyouthforumchallenge** on Instagram or Facebook, we'd love to hear from you!

To earn this challenge

- **Guides:** Complete 4 activities from Friendship, 2 from Communications and 2 from Growing Up. Then complete the Interactions with Our Community activity.
- **Pathfinders and Rangers:** Complete 6 activities from Friendship, 3 from Communications and 3 from Growing Up. Then complete the Interactions with Our Community activity.

Section One - Friendship

- **The Perfect Friend:**
 - Make a list of some qualities that you think make a perfect friend. Does anyone in your life have all the qualities you listed? Do you think you have all the qualities? Why are these so important?



● **Friendship Bracelets:**

- Let someone know you appreciate their friendship by making friendship bracelets! This is a cute way to show you care. You could do this as a group or alone and give it to a friend later.

● **In Common:**

- Have your unit or a group of friends sit in a circle. Get everyone to come up with a fact about themselves such as their favourite colour, food or song. If you share a favourite with someone you stand up and say something like “me too!” or give them a high five. You could go around the circle three or four times even and become more specific as you go.

● **Craft Sharing:**

- Sit down and make an item to share, such as a friendship bracelet. You can give this to a long-time friend, or to someone who might not expect it, such as a younger Girl Guide member (like a Spark or Ember), or a new girl who’s arrived in your unit.

● **Traders:**

- Choose a trader craft or SWAP camp hat craft that everyone can make and personalize. Everyone in your unit can make a few and trade them with others in the unit.

● **Compliments:**

- Have your unit sit down in a circle and have everyone take a sheet of paper. Write your name on the front and pass the sheets around. Each girl will write an anonymous, personalized compliment for the girl whose name is on the sheet. Continue to pass the sheets around until every girl has written a compliment on each sheet.

● **Bring a Friend Night:**

- Making new friends can be lots of fun! Have a bring a friend night with your unit so that new connections can be made.
- This can also tie in to the Bring a Friend challenge.

● **Bridging Activity:**

- Participate in a bridging event with a different branch and have fun making friends with the girls! Examples of activities include crafts, games, a themed party, or a campfire. If your unit would like to do this activity during COVID-19, schedule a video meeting and organize some games or activities to do together and discuss how the whole group can participate from home.

● **Give a Call:**

- Often, it's difficult to keep in touch with everyone in our life. Reach out to a friend that you haven't talked to in a while to catch up.

● **Toxic Friends:**

- Sadly, not all friendships are good ones. Discuss toxic friendships with your unit. What are some signs of them? How can girls get out of toxic friendships, and how can bystanders help?
- **Note:** Do not single out anyone in particular (especially in your unit!).

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Wise Ones:

- Talk to someone who you'd consider to be wise! This could be a caregiver, relative, leader or coach. Explore various topics and how perceptions of those topics have changed across generations. For example, talk about how going to school has changed, the differences in gender equality in the workplace/school between then and now, the difference in fashion or anything else that comes to mind!

● **Communication Through the Ages:**

- 20 years ago, video calling was a futuristic dream. Talk with your unit about how communication and communication technologies have evolved over time. Talk to adults, especially seniors, about how communicating worked when they were a young person. What is the same? What has changed?

● **World Communications:**

- Smartphone technology has vastly improved communication speed and efficiency. With a click of a button, we can speak to friends halfway across the world! How has this communication affected your life? How can it negatively or positively affect someone? Do you like it?

● **Listen and draw:**

- Communication is a very important skill to have. With a partner, have one person describe a photo or object of their choice while the other draws it out based on the first person's descriptions. Compare the images. Is it difficult to function without proper communication? To make the activity more difficult, try limiting the amount of detail the first person can give, or choose a more complicated photo to recreate!

● **Charades:**

- The voice is an essential part of communications. Play a game of charades, everyone will have a chance to act out something, such as a film title, profession, or character, without using speech. How would you communicate if you couldn't talk, or couldn't speak the same language as the person you are talking to? ● **The Language Barrier:**

Barrier:

- There are over 6000 languages spoken on Earth, however, most people only speak one or two. Try learning a few words ("hello", "goodbye", "girl", etc.) in a different language. See how many languages are spoken in your unit and talk about why languages are important. How can you communicate with someone who doesn't speak any of the same languages as you?

Section Three - Growing Up

● **Take a Look Back:**

- Look up some old photos of you, Guiding-related or not, and recreate them, then compare them with your unit! We'd love to see them so please feel free to send them to us at ANY-YouthForumGroup@girlguides.ca, dm us on Instagram @albertacouncilyouthforum or use the hashtags #youandtheworldchallenge and



#anyyouthforumchallenge. Hashtags can only be viewed by public accounts, so if you'd like us to see them, make sure you dm us as well! Before posting, make

sure all the girls have their image release forms filled out, especially if you would like your posts to be featured on the Youth Forum Instagram account.

- **Stress-Free:**
 - Growing up often comes with an increase in stress! Find 5 or more ways to destress, pick 3 of your favourites and give them a try! If you find any you would like to share, send them to us at ANY-YouthForumGroup@girlguides.ca, dm us on Instagram @albertacouncilyouthforum or use the hashtag #youintheworldchallenge and #anyyouthforumchallenge.
 - Some ideas to get you started are to take a walk, do mindfulness/breathing practice, try something creative such as painting or music, or write in a journal.
 - After trying your activities reflect on how your stress levels and wellbeing has changed.
- **Interests Then and Now:**
 - Think about the interests you had when you were younger. Take a look at what you're wearing and doing in old photos. What has changed? What has stayed the same? How have your past interests affected your life? (i.e., a friend you met through a shared love of a TV series, love of one band led you to another that you still enjoy, etc.). Compare your past interests with other girls in your unit. See if any of you had something in common back then. Are any of you still interested in that thing? Do you have something in common now?
- **In Ten Years:**
 - Write a paragraph of what you see yourself up to in ten years. What type of life do you want to be living? Do you have a career? A family? What have you accomplished?
- **Learning New Things:**
 - When growing up there are so many new things to learn. Go try something new with your unit: attempt a new skill or educate yourself about something you never would otherwise have learned about!
- **Time Capsule:**
 - Find a special trinket, photo, or another meaningful object and tuck it away in a small box or "capsule". Include in the box a short letter to your future self describing why this object is meaningful to you. This may include where you got the object, who gave it to you, the story behind the photo, and anything else you would like to include. Make sure to write down the date the capsule was created and find a special place to store it. Set a date in the future for it to be opened, and don't open it until then.
 - A fun take on this activity would be to make a time-capsule with your unit with the first-year members of your branch, and then to open it at the end of your final year of that branch!
- **Connecting to your Values:**
 - While moving through life and growing up, it's important to stay connected to what's important. Work together with your unit to brainstorm a list of values. Once you've come up with this list, have each girl take a piece of paper and write down your top five values from the list you've just made. Discuss with your unit why

these five are important to you, which one you would like to work on the most, and which one you highly value in a friend. Which one you would like to see the most personal growth in, and which one you highly value in a friend or mentor?

- **Scrapbooking:**
 - Collect photos from your past and try a scrapbooking page. Try to include photos that you look back on with fond memories and loved ones! This is a great keepsake and allows you to treasure good times a little closer.

Section Four - Interactions in Our Community

This part of the challenge focuses on spending time with a person or group and bonding together through discussions, crafts, music, service projects or other activities. Get to know your community members and build new connections.

Interact with people in your community that you wouldn't normally do so with. You could visit a senior's home, a younger Girl Guide unit, a children's organization, a group through your school, such as a club, or any other group in your community and do an activity with them. In order to adapt to COVID-19 rules, one option would be to schedule a zoom meeting with one of these groups and share their stories or make crafts while on a video call with each other. There are lots of ways to get to know others while connecting virtually! What can you learn from the lives and stories of others? Is your life similar to theirs?