



## Jarman Centre Virtual Challenge

# ***Wish you were here!***



This challenge can be completed on your own or with family members.






Unit leaders may wish to organise local events and can add to or adapt the activities for weekly meetings.







Badges (£1.50 each) can be purchased for both members and non-members using the [order form on page 14](#) or using the [Jarman Centre online shop](#) form.

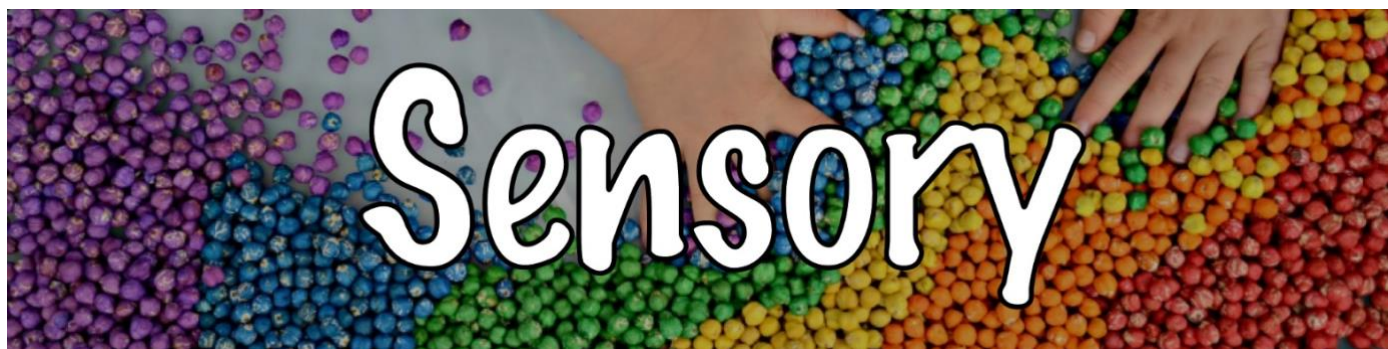
The challenge consists of six themes, each based on activities you can do at the Jarman Centre or remotely. To earn the badge we suggest you complete at least one activity from each theme.

If you have any questions about the activities please email  
[campadviser@cambseastguides.org.uk](mailto:campadviser@cambseastguides.org.uk)  
or  
[brownieholiday@cambseastguides.org.uk](mailto:brownieholiday@cambseastguides.org.uk)

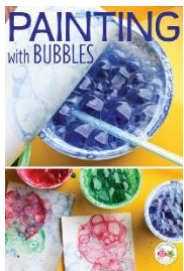




Activity	Picture	Link for instructions	Resources needed
Make a catapult		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• 7 lolly sticks,</li> <li>• 3 elastic bands</li> <li>• Milk bottle cap</li> <li>• Cotton buds (or other objects to launch)</li> </ul>
Make a bow and arrow		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Sticks</li> <li>• Wool</li> <li>• Felt</li> <li>• Feather</li> </ul>
Make your own archery target		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Wood/Card</li> <li>• Paints/felt tip pens</li> <li>• Scissors</li> </ul>
Make some fruit kebabs in the shape of an arrow		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Kebab sticks or straws,</li> <li>• Paper to make feather end of arrow</li> </ul>
Make an arrowhead friendship bracelet		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Embroidery thread</li> </ul>



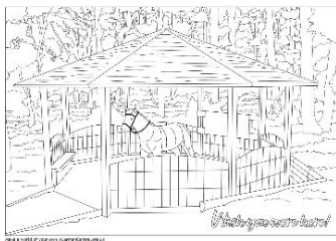


Activity	Picture	Link for instructions	Resources needed
Decorate cupcakes or biscuit as an archery target			<ul style="list-style-type: none"> <li>Cupcakes or biscuits</li> <li>Fondant Icing (multiple colours)</li> </ul>
Make a cup mat			<ul style="list-style-type: none"> <li>Hama Beads</li> <li>Circle peg board</li> <li>Grease proof paper</li> <li>Iron</li> </ul>
Make a Robin Hood hat		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Large sheet of paper</li> <li>Pencil</li> <li>Ruler</li> <li>Scissors</li> <li>Glue</li> </ul>
Create an archery target pin board		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>7'' Cork trivet</li> <li>3 Wooden skewers</li> <li>Paint</li> <li>Duck tape</li> <li>Pins</li> <li>Scissors</li> <li>Hot glue</li> <li>Pencil</li> <li>.</li> </ul>
Make a wigwam den	<b>WIGWAM</b> 	<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Blankets</li> <li>Pillows</li> <li>Cushions</li> <li>Pegs</li> </ul>
Archery wordsearch		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Print out of wordsearch</li> </ul>









Activity	Picture	Link for instructions	Resources needed
Make your own sensory box		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Scissors</li> <li>Glue or sellotape</li> <li>Print out page 5 of the linked file</li> </ul>
Create a touch and feel sensory box		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Cardboard box at least 250 x 250mm</li> <li>Scissors</li> <li>Objects to place in box</li> <li>See link for additional resources</li> </ul>
Find items of different senses to spell out <b>JARMAN CENTRE</b>			<ul style="list-style-type: none"> <li>Imagination!</li> </ul>
Animal yoga Create these animal yoga poses		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>A safe space</li> </ul>
Create your own paintbrushes		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Pegs</li> <li>Nature items</li> <li>Paper</li> <li>Paint</li> </ul>
Make a sensory walk		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>Boxes or trays</li> <li>Selection of items to put in boxes</li> </ul>
Make an obstacle course either indoors or in the garden		<a href="#">Click here</a>	Selection of: <ul style="list-style-type: none"> <li>Balls</li> <li>Hoops</li> <li>Skipping ropes</li> <li>Cones</li> <li>Bean bags etc</li> </ul>

Activity	Picture	Link for instructions	Resources needed
Make your own bubble wand		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Pipe cleaners</li> <li>• Sticks</li> <li>• Beads</li> </ul>
Painting with bubbles		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Small container</li> <li>• Paint</li> <li>• Washing up liquid</li> <li>• Water</li> <li>• Straws</li> <li>• Paper</li> <li>• Drawing pin</li> </ul>
Create a sensory bag		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Strong sandwich bags</li> <li>• Tape</li> <li>• Filling - Old craft items/ cereal/glitter</li> <li>• Water</li> <li>• Oil</li> </ul>
Make your own lava lamp		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Vegetable oil</li> <li>• Food colouring</li> <li>• Alka Selzer tablets</li> <li>• Jug</li> <li>• Bottle, jar or glass</li> </ul>
Make your own bath bomb		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Baking soda</li> <li>• Citric acid</li> <li>• Corn flour</li> <li>• Sea salt</li> <li>• Coconut oil</li> <li>• Water</li> <li>• Food colouring</li> <li>• Bath bomb mould</li> </ul>
Make a mosaic		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Base - card/wood</li> <li>• Rocks</li> <li>• Tiles</li> <li>• Seeds</li> <li>• Glue</li> </ul>









# Ned the Horse

Activity	Picture	Link for instructions	Resources needed
Make your own Ned the horse		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Toilet roll tubes</li> <li>• Pens</li> <li>• Craft items</li> </ul>
Learn how to draw a horse		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Pen</li> <li>• Paper</li> </ul>
Colour in the picture		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Print out the colouring sheet</li> <li>• Colouring pens/crayons</li> </ul>
Make a hobby horse		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Pool noodle, foam or cardboard tube</li> <li>• Wool, ribbon, string</li> <li>• Felt</li> <li>• Other decorations</li> </ul>
Design your own horseshoe		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Card/ Funky Foam</li> <li>• Decorations</li> </ul>


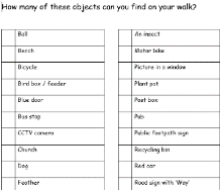




Activity	Picture	Link for instructions	Resources needed
Make a rosette		<a href="#">Click here</a>  <a href="#">Cupcake rosette</a>	<ul style="list-style-type: none"> <li>• Card</li> <li>• Ribbon</li> <li>• Felt tip pens</li> <li>• Cupcake cases for the cupcake rosette</li> </ul>
Make some horse biscuits		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Wafer biscuit</li> <li>• Icing pens</li> <li>• Frosting</li> <li>• Chocolate chips</li> <li>• Laces</li> </ul>
Make a horse finger puppet		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Brown and black felt</li> <li>• Black embroidery thread</li> <li>• Needle</li> <li>• Wiggle eyes</li> </ul>
Make a horse bookmark		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Scissors</li> <li>• Pen</li> </ul>
Make a horse mask		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Thick card</li> <li>• Felt for mane</li> <li>• Scissors</li> <li>• String</li> <li>• Glue</li> <li>• Stapler</li> <li>• Pens</li> </ul>
Make a horse sculpture with natural materials		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Sticks, branches, twigs</li> <li>• Natural fibres</li> </ul>






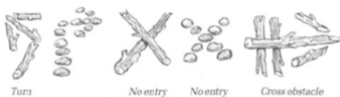

# Stargazing

Activity	Picture	Link for instructions	Resources needed
Make a star constellation box		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Printout of box</li> <li>• Scissors</li> <li>• Tape or glue</li> <li>• Needle or pin</li> <li>• LED light or small torch</li> </ul>
Decorate some biscuits as constellations		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Biscuits</li> <li>• Icing</li> <li>• Cake decorations</li> </ul>
Make a constellation viewer		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Toilet roll tube,</li> <li>• Elastic band</li> <li>• Print out of constellation</li> <li>• Black paper</li> <li>• Pin</li> <li>• Scissors</li> </ul>
Make a space fortune teller		Click for links: <a href="#">Fortune Teller</a> <a href="#">Blank template</a> <a href="#">Link for folding instructions</a>	<ul style="list-style-type: none"> <li>• Print out the fortune teller or use the blank template to design your own</li> <li>• Scissors</li> <li>• Pens and pencils</li> </ul>
Make a planet		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Old CD</li> <li>• Polystyrene ball</li> <li>• Paint or felt tips</li> <li>• Glue</li> </ul>
Make a planet necklace		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Cord/ shoelace/ ribbon</li> <li>• Beads - different colours</li> </ul>

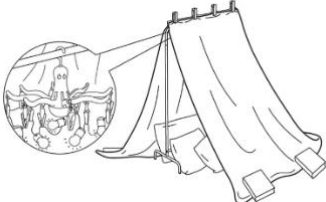




Activity	Picture	Link for instructions	Resources needed
Edible planets		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Plate</li> <li>• Fruit</li> </ul>
Edible phases of the Moon		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Phase of the moon sheet</li> <li>• Oreos or similar biscuit</li> <li>• Knife</li> <li>• Plate</li> </ul>
Act out the story behind the name of one of the constellations, or come up with your own		<a href="#">Click here for stories</a>	Imagination!
Marshmallow constellations		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Cocktail Sticks</li> <li>• Marshmallow or mini gem sweets</li> </ul>
Create some chalk pictures			<ul style="list-style-type: none"> <li>• Permission to draw outside - or use black display paper</li> <li>• Chalk</li> </ul>
Make some straw rockets		<a href="#">click here</a>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Felt tip pens</li> <li>• Straw</li> </ul>
Design a game of planet bingo		<a href="#">Design your own boards for your family</a>	<ul style="list-style-type: none"> <li>• Paper</li> <li>• Felt tip pens</li> <li>• Scissors</li> </ul>
Make a flying rocket		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Rocket template</li> <li>• Card/side of old cereal box</li> <li>• Paint/felt tip pens</li> <li>• Tissue paper/ribbon</li> <li>• Scissors</li> <li>• Glue</li> <li>• Hole punch</li> <li>• String and stick</li> </ul>
Make a junk model space rocket		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Cans, yoghurt pots, empty cereal boxes, crisp packets etc</li> <li>• Tape or glue to stick things together</li> </ul>







# Outdoors

Activity	Picture	Link for instructions	Resources needed
Learn about the 'what3words' coordinates system with a quiz		<a href="#">Link to what3words website</a>  <a href="#">Quiz sheet</a>	<ul style="list-style-type: none"> <li>• Access to what3words website or app</li> <li>• What 3 words quiz sheet</li> </ul>
Go for a walk with family, how many objects can you find on this list		<a href="#">Link to list of items to find</a>	<ul style="list-style-type: none"> <li>• Scavenger hunt printout</li> </ul>
Penny hike Go for a walk in your local area. When you come to a junction toss a coin. If it lands on heads turn right, if it lands on tails turn left (or go straight on if it is a crossroads junction)			<ul style="list-style-type: none"> <li>• Coin</li> </ul>
Go Geocaching in your local area		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Geocaching app</li> </ul>
Plant a sunflower and watch it grow		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Plastic cup</li> <li>• Compost</li> <li>• Garden sunflower seeds</li> </ul>
Make a dream catcher using natural materials		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Scissors</li> <li>• Long bendy stick</li> <li>• Wool/string</li> <li>• Natural objects e.g. feathers</li> </ul>
Make some wind chimes		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Stick</li> <li>• Wool</li> <li>• Beads</li> </ul>

Activity	Picture	Link for instructions	Resources needed
Paint some stones		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Stone</li> <li>• Paints</li> <li>• Permanent pens</li> <li>• Varnish</li> </ul>
Build a bird house		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Lollypop sticks</li> <li>• Glue</li> <li>• Felt tip pens</li> </ul>
Make a bird feeder		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Pipe cleaners</li> <li>• Ribbon/twine</li> </ul>
Build a photo frame		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Sticks</li> <li>• String</li> <li>• Ribbon</li> <li>• Photo</li> <li>• Scissors</li> </ul>
Make a mud picture or sculpture		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Mud</li> <li>• Water</li> <li>• Tools</li> <li>• Nature items</li> </ul>
Make a track for others to follow.		<a href="#">Click here for tracking signs</a>	<ul style="list-style-type: none"> <li>• Twigs</li> <li>• Stones or similar</li> </ul>
Make a mud face mask		<a href="#">Click here</a>	<ul style="list-style-type: none"> <li>• Finely ground coffee</li> <li>• Cocoa powder</li> <li>• Bentonite clay</li> </ul>
Try orienteering: you can either try a permanent course where there are markers on the ground or a virtual course where you use a smartphone app to check you've visited the correct place		<a href="#">Permanent courses</a> <a href="#">Virtual courses</a>	<ul style="list-style-type: none"> <li>• Printed map or a device you can read a map on</li> <li>• Smartphone for virtual courses</li> </ul>

# Staying overnight

Activity	Photo	Link for instructions	Resources needed
Make a den and sleep in it. Look at the link for some ideas.		<a href="#">Click here for some design ideas</a>	<ul style="list-style-type: none"> <li>Blankets</li> <li>Pillows</li> <li>Cushions</li> <li>Pegs</li> </ul>
Make or help make a meal for the family. Do not forget the tidying up!		Look at recipe books for some ideas, such as the <a href="#">Jarman Centre Campfire Cookbook</a>	<ul style="list-style-type: none"> <li>Food and utensils for chosen meal</li> </ul>
Make some treats for a campfire		Look at recipe books for some ideas, such as the <a href="#">Jarman Centre Campfire Cookbook</a>	<ul style="list-style-type: none"> <li>Food for treats</li> </ul>
Make an edible campsite or campfire			<p>Sweet:</p> <ul style="list-style-type: none"> <li>Biscuit or cakes.</li> <li>Icing, selection of decorations</li> </ul> <p>Savoury:</p> <ul style="list-style-type: none"> <li>Cracker, cream cheese, grated cheese, pepper, celery</li> <li>Twiglets</li> </ul>
Take part in an online campfire		<a href="#">Online Campfire Saturday 27 March, 6pm</a>  <a href="#">Girlguiding Knaresborough virtual campfire (15 mins)</a>	<ul style="list-style-type: none"> <li>County online campfire Saturday 27 March 2021 at 6pm on YouTube (<a href="#">subscribe first</a>)</li> <li>Another example</li> </ul>

Activity	Photo	Link for instructions	Resources needed
Decorate a pillowcase			<ul style="list-style-type: none"><li>• Pillowcase</li><li>• Sharpies/fabric pens</li><li>• Newspaper to slip inside pillowcase to keep design from bleeding through to the back</li></ul>
Have an indoor scavenger hunt		<a href="#">Click here</a>	<ul style="list-style-type: none"><li>• Print out of list</li></ul>
Make some hot chocolate		<a href="#">Click here</a>	<ul style="list-style-type: none"><li>• Milk</li><li>• Chocolate powder</li><li>• Favourite toppings, e.g marshmallows, sprinkles</li></ul> <p>Optional:</p> <ul style="list-style-type: none"><li>• Maple syrup</li><li>• Vanilla extract</li><li>• Cinnamon</li></ul>
Make an eye mask		<a href="#">Click here</a>	<ul style="list-style-type: none"><li>• Material</li><li>• Elastic</li><li>• Card</li><li>• Scissors</li><li>• Pen</li><li>• Glue</li></ul>
Weave a placemat		<a href="#">Click here</a>	<ul style="list-style-type: none"><li>• Paper/old material</li><li>• Scissors</li><li>• Glue</li></ul>
Make a lantern		<a href="#">Click here</a>	<ul style="list-style-type: none"><li>• Glass jar</li><li>• Tissue paper</li><li>• Wire</li><li>• Beads</li><li>• Glue</li><li>• Candle</li></ul>



## Badge Order Form

You can place an order and pay using one of these methods:

- 1 Online payments** may be made to CAF Bank for the credit of 'Cambs East Guides Jarman Centre' (Sort Code: 40-52-40, Account no: 00017752), stating 'Shop' and your name or unit.  
Then complete and email this form to: [estate@jarmancentre.org.uk](mailto:estate@jarmancentre.org.uk)
- 2 For PayPal** individuals and units with an account may pay using this email address: [jarmancentre@cambsseastguides.org.uk](mailto:jarmancentre@cambsseastguides.org.uk) stating 'Shop' and your name or unit.  
Then complete and email this form to: [estate@jarmancentre.org.uk](mailto:estate@jarmancentre.org.uk)
- 3 For cheque payments** complete this form and send it with the payment due, to the Shop Manager (email [estate@jarmancentre.org.uk](mailto:estate@jarmancentre.org.uk) for the postal address).  
Make your cheque payable to 'Cambs East Guides Jarman Centre'

NB: Girlguiding leaders should only make payments using their unit's bank account facilities when ordering for the unit.

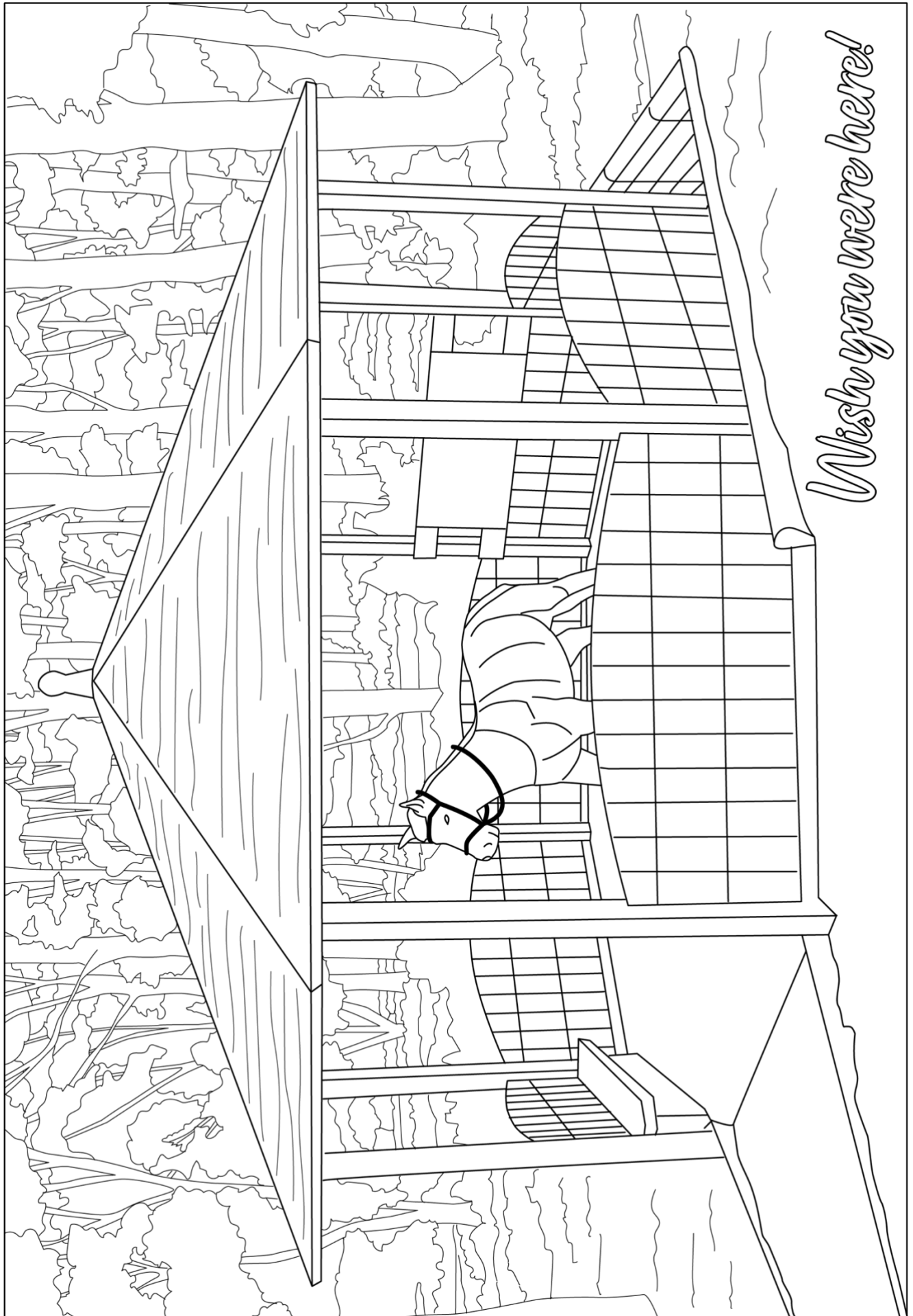
Contact Name
Unit (if applicable)
Email address
Postal address for delivery including postcode

Description	Quantity	£ Each	£ Total
		£1.50	
For post and packing (P&P) please add: <b>£1</b> for order up to £5; <b>£2</b> for order up to £10; <b>£3.25</b> for order over £10 Please state how you have paid: Cheque enclosed / BACS / PayPal		£ Subtotal	
		£ P&P	
		£ TOTAL	

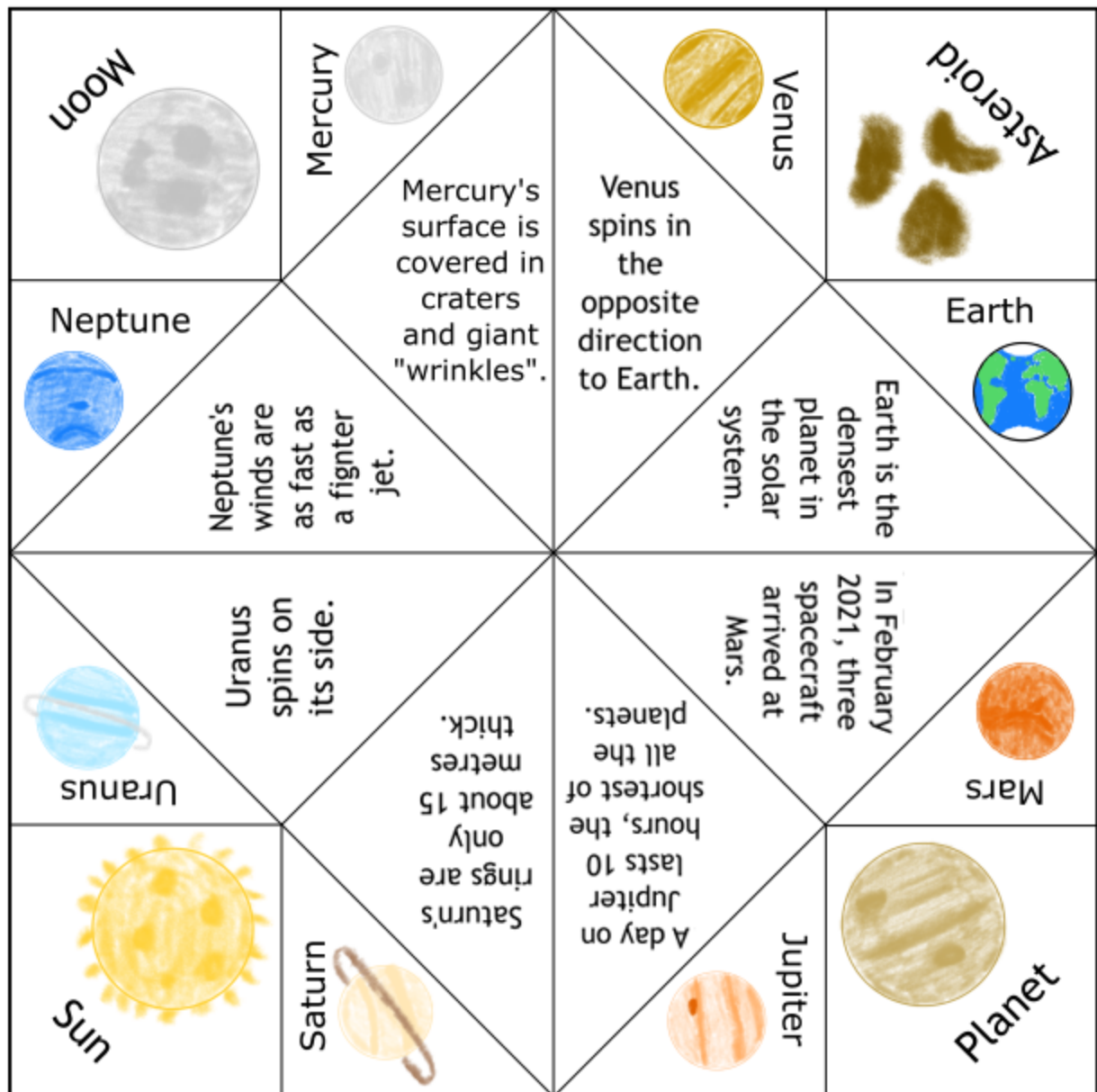
Make a world of your own at the Jarman Centre  
[www.jarmancentre.org.uk](http://www.jarmancentre.org.uk)

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 3 Quay Court, Stow cum Quay, Cambridge CB25 9AU [www.cambsseastguides.org.uk](http://www.cambsseastguides.org.uk)

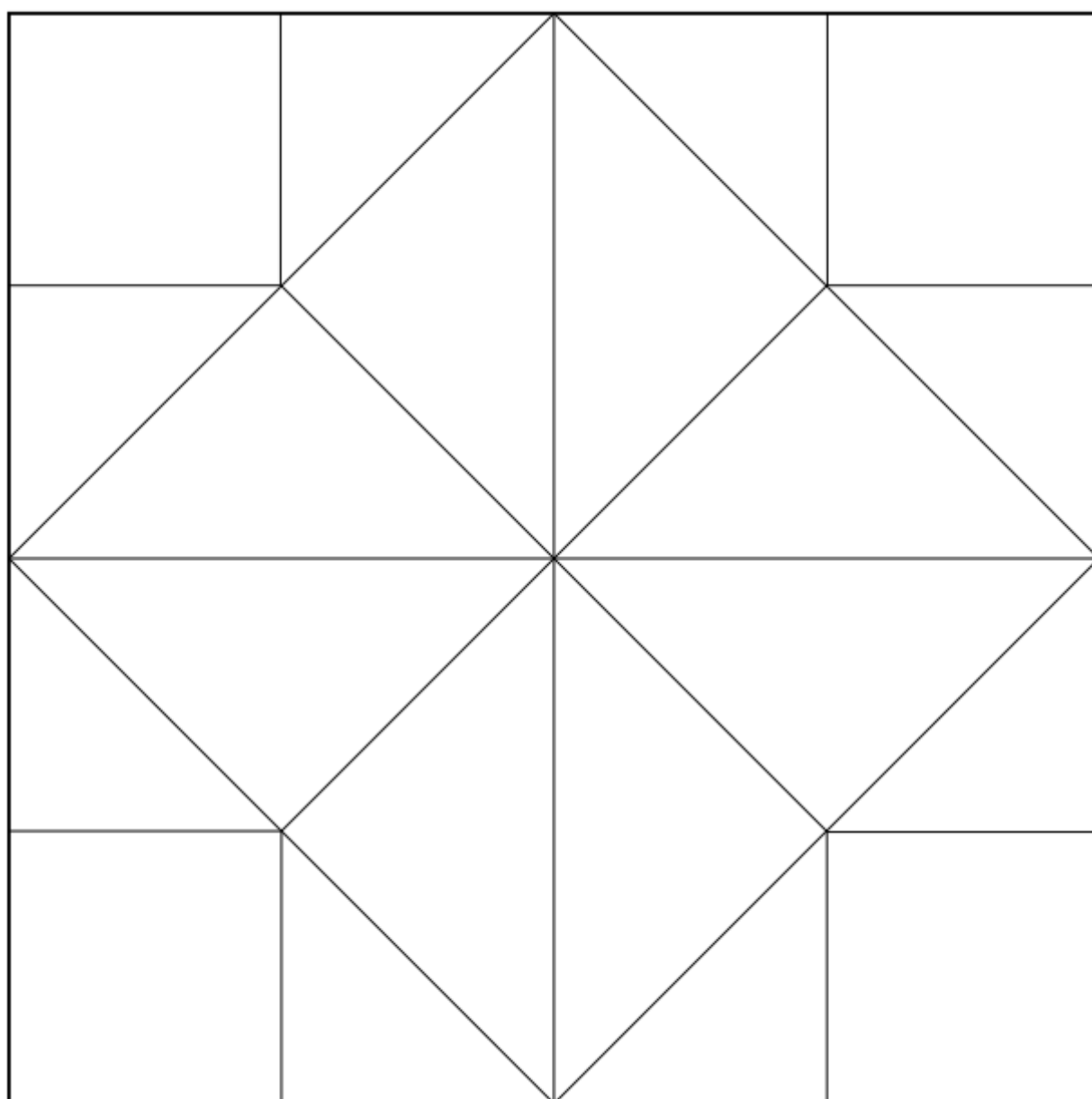
## Ned's Colouring Sheet



# Fortune Teller



## Fortune Teller Template



## What3Words Quiz

What3words is a very useful website and app that splits the world into 3m by 3m squares and assigns each one a unique 3-word phrase to identify it, for instance you could describe the location of the county office as narrowest.against.busy. The emergency services recommend people download this app as it is very useful to locate someone who is stuck up a mountain or in the middle of the countryside.

Use the what3words [website](https://what3words.com) (what3words.com) or app to find the 3-word phrase used to describe these places. You could use places that are close to you or local landmarks:

Places in Cambridgeshire	Your Places
Chatteris Post office	Your house
March Railway station	Your usual unit meeting place
Thorney Abbey	Your school/college
Jarman Centre	Your favourite park
Great St Mary Church, Cambridge	A place of worship
Ely Cathedral	Your local shop
Wicken Fen	

### Challenge

Find the following locations. Write down the first letter of each of the locations to reveal a word associated with our local guiding.

dunk.instincts.prouder

boxer.doors.odds

flotation.linen.mining

quilt.squaring.positives

fence.wisely.treaty

adopters.buildings.access

clenching.manicured.rigid

grow.girder.chap

level.moods.limp

## Scavenger Hunt

How many of these objects can you find on your walk?

	Ball
	Bench
	Bicycle
	Bird box/feeder
	Blue door
	Bus stop
	CCTV camera
	Church
	Dog
	Feather
	'For Sale' sign
	Goal post
	Green fence
	Hanging basket
	Hose pipe

	An insect
	Motor bike
	Picture in a window
	Plant pot
	Post box
	Pub
	Public footpath sign
	Recycling bin
	Red car
	Road sign with 'Way'
	School
	Shed
	Something with the number 30
	Swing or slide
	Yellow flower