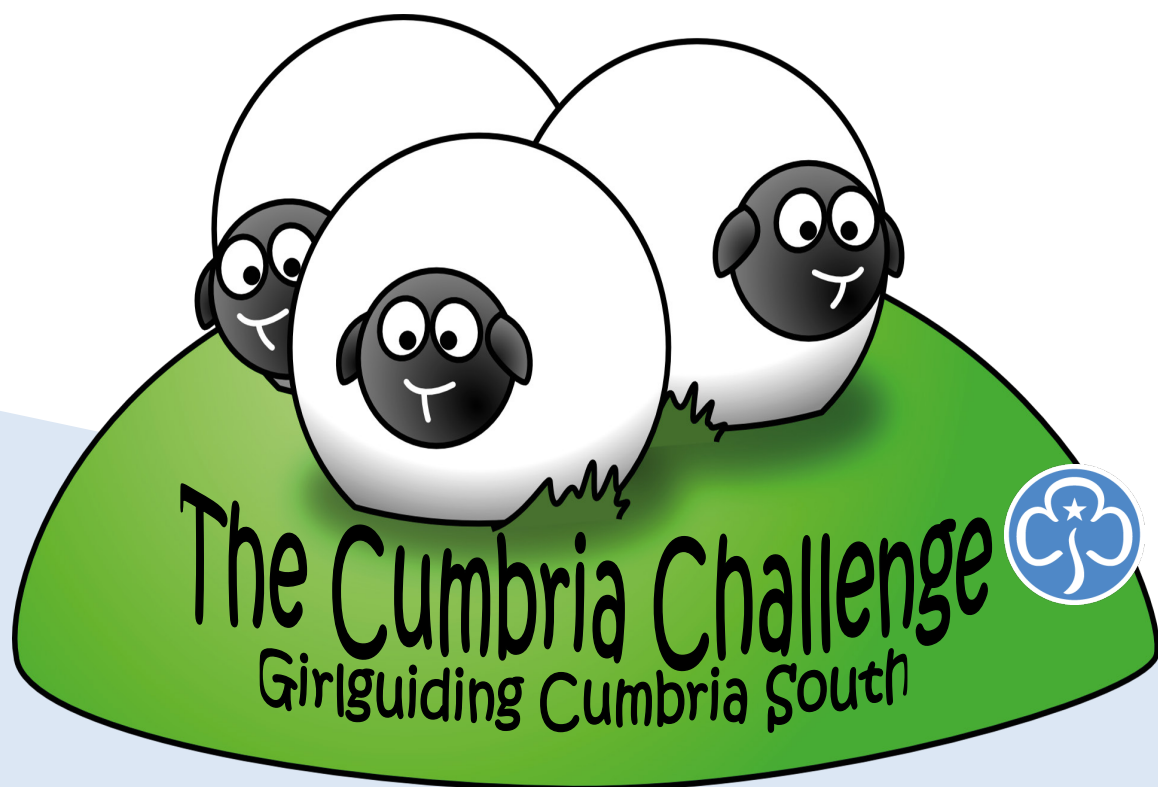


The Cumbria South Challenge

Coast ☆ Lake ☆ Fell



Any profit made from badge sales will be divided between the four charities mentioned in the pack: Mountain Rescue, Bay Search and Rescue, RNLI and WaterAid.



Welcome

to the Cumbria South Challenge!

This version of the badge has been designed with the current Covid-19 guidelines in mind. It is suitable for all sections and contains activities for all ages and abilities which can be done safely during the current period of lockdown.

The original version of this was prepared by Rebecca Daley as part of her Queen's Guides Award.

DON'T GO OUT - STAY SAFE

How to complete

There are three parts to the challenge and for *each part* you need to complete the number of activities listed below for your section.

Each activity suggests which section it is best suited to.

Rainbows 2 activities

Brownies 3 activities

Guides 4 activities

Rangers 4 activities

Young Leaders
and Adults

Coast

The Cumbrian coast stretches for nearly 200 miles, and the area's heritage is closely linked to the sea and coastal landscapes that still influence the daily lives of Cumbrians today.

The Cumbrian coast is dotted with castles of all shapes and sizes. Have a look at some of them on the internet then design and build your own castle from recycled materials.

R B G R

Do pebble/stone painting inspired by your favourite seaside view or something that you find interesting about your area.

R B G R

There are lots of wind farms off the coast of Cumbria. Find out about offshore wind power and make a windmill.

For ideas of how to make a windmill see Appendix A.

R B G R

There are lots of rock pools along the coast with a variety of different creatures and plants in them.

Create a poster about what you could find in a rock pool.

R B G R



Build your own sculpture out of whatever you like to reflect something about your area and culture.

B G R

These are two lighthouses along the coast of Cumbria. Find out about them and create a timeline to show how British lighthouses have changed over time.

<https://www.trinityhouse.co.uk/lighthouses-and-lightvessels>

R B G R

Build a model lighthouse out of whatever you like.

R B G R

Watch part of an episode of Coast - if a TV crew were coming to your area what would you want them to include?

Make a poster of 'Things to see and do'

See episodes of Coast on the BBC iPlayer:

<http://tiny.cc/3d8ynz>

G R

There are several lifeboat stations along the Cumbrian coast to help keep everyone safe at sea.

Visit a lifeboat station online and find out about what goes on there.

Make and send them a thank you card for all they do.

R B G R

Read one of the Lighthouse Keeper stories by David Armitage.

R B

Bay Search and Rescue is the all-terrain transport, rescue and recovery team which covers the Morecambe Bay area.

Look at the fleet of vehicles on their website and make your own vehicle using whatever you like.

R B G R

In the past many goods were smuggled into and out of Cumbria, such as valuable slate from Honister slate mines. Play a smuggler's game. For ideas for smugglers' games see Appendix C.

R B G R

Fells

Cumbria contains three mountainous areas: the Howgills, the Pennines and the Lake District Fells. Not surprisingly, Cumbria is popular with climbers and walkers who come to experience the amazing scenery and dramatic landscape, which is also vital to the sheep-farming heritage of the area.

Collect natural materials from your garden to create a 'jam jar collage'.

For instructions of how to make a 'jam jar collage' see Appendix C.

R B G R

Have a go at bobbin knitting (also known as French knitting or spool knitting).

There are plenty of video instructions on the internet, just do a search.

R B G R

Make a sheep, life size if you can - and display it somewhere prominent at home.

Be imaginative with materials and designs; it doesn't have to be realistic!

R B G R

Find out what local fells and mountain names mean, or any history about what has happened there.

R B G R

Visit a Roman site or museum/exhibition online and learn about life in Roman Britain. There are lots of things to explore on the Hadrian's Wall website -

<https://hadrianswallcountry.co.uk/history>

R B G R

Try finger knitting, have a look at www.how-to-knit-guide.com and click on 'Knitting for Kids' or there are plenty of other video instructions on the internet if you do a search.

B G R



Remind yourself of the Countryside Code at GOV.UK <http://tiny.cc/6a8ynz> and think of an interesting way to remember it e.g. a rhyme, poem or song.

R B G R

In Cumbria there are 12 different Mountain Rescue teams.

Find out about your local Mountain Rescue team. Make and send them a thank you card for all they do.

R B G R

Wool from sheep is very useful for lots of things.

Learn to knit/crochet or enhance your skills. Maybe someone can help you or there are plenty of video instructions on the internet.

B G R

Make a collage using only different colours of wool.

R B G R

Make a natural dye and use it; you could tie-dye T-shirts, socks or neckers. For Ideas of how to make natural dyes see Appendix B

B G R



Lakes

There are nearly 100 bodies of water in Cumbria, which has led to the county being known nationwide as 'The Lake District'; however only one of these bodies is actually a lake (Bassenthwaite Lake), with the others named as 'meres' (Windermere), 'waters', (Coniston water) or 'tarns' (Tarn Hows).

Use stepping stones to get from one side of a room to another.

For details of what you need - see Appendix C

R B G R

Learn how to play "Row, Row, Row Your Boat" on a musical instrument or sing it as a round with someone else at home.

R B G R

We are all very lucky to have fresh water directly into our homes. Find out where the water you use comes from originally. It might be surprisingly far away!

R B G R

Find out about WaterAid or a different water charity which helps provide clean water or sanitation facilities in other countries.

R B G R



There are many countries who have a shortage of water.

Think of one way you could save some water every day (e.g. taking a shower instead of a bath) and keep a water use diary.

R B G R

On a map or online find the source and the course of a local river. Draw a picture or map to show its route.

R B G R

Arthur Ransome wrote a series of books about the adventures of some children sailing in the Lake District, the first one being 'Swallows and Amazons'. Write a short story about the adventures you could have on the lakes in Cumbria.

B G R

Make and race paper boats at home.

R B G R



There is a huge amount of different wildlife living in and around the lakes in the Lake District.

Find out about a local lake's wildlife and put what you find on a poster.

R B G R

Lots of watersports take place on and in the lakes.

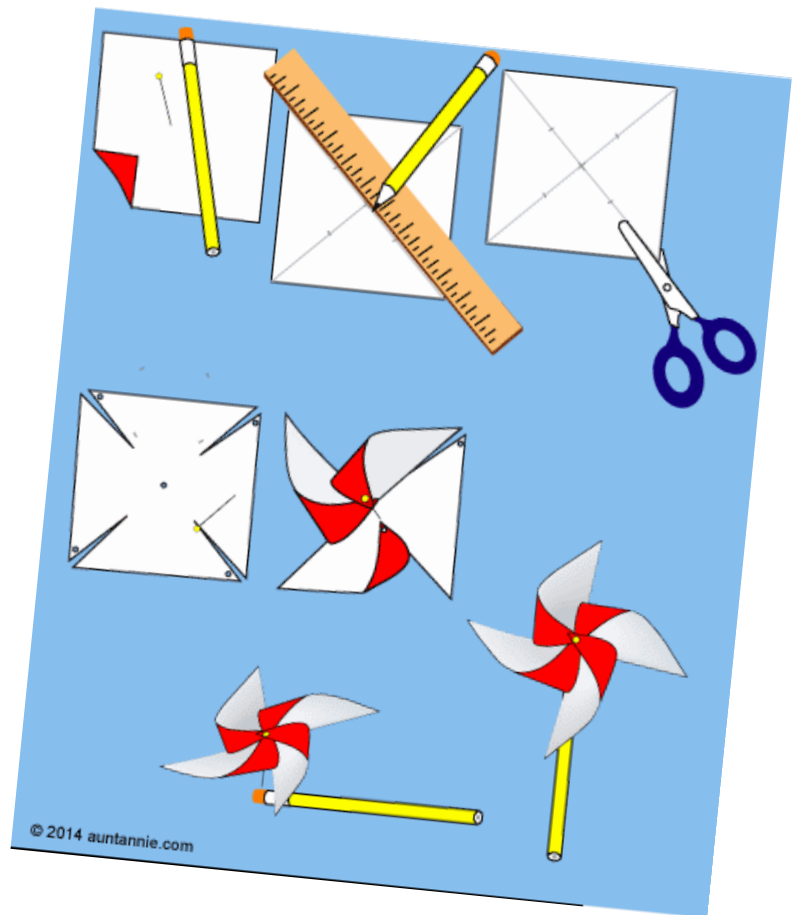
Mime wind-surfing, zorbing, wild swimming or water skiing.

Can you dress appropriately for each activity whilst doing your mime?

R B G R

Appendix A

Windmills



1. Cut a 15 cm square of paper.
2. Use a pencil and ruler to draw two diagonal lines, corner-to-corner, that cross the square's centre.
3. Mark the centre point and mark a point 7 cm from each corner on the diagonal lines.
4. Using the straight pin, punch a hole in the centre and at every other point about 0.5 cm from the tip.
5. Poke the pin through one of the point holes and curl the point toward the centre. (Don't fold!)
6. Curl each pierced point, in turn, toward the centre and poke the pin through the holes.
7. Push the pin through the centre hole of the pinwheel.
8. Holding the straw on a flat surface, push the pin through the straw.
9. Put a small piece of blu tack on the pointy end of the pin to hold it in place.

Appendix B

Natural dyes

To make the dye:

1. Wearing gloves, chop up raw ingredients and place in a blender using a ratio of two cups of very hot (almost boiling) water to every two cups of raw material. (materials which can be used include red cabbage (purple); beets (pink/red); spinach/parsley (green)).
2. Blend mixture until it becomes a very fine puree.
3. When done blending, strain mixture through a cloth lined sieve.
4. Dissolve 1 tablespoon of table salt in the liquid.
5. Pour into bottles using a funnel.
6. To prepare fabric (cotton works best e.g. T-shirts, socks, tote bags) for dyeing by washing very well as usual.
7. Dry completely.
8. Pinch, pleat or fold fabric and then use rubber bands to hold in place to create a pattern on your fabric.

To dye fabric:

9. Wearing gloves, put your fabric into the dye and leave for several hours (depending on the intensity of colour you prefer - the longer you leave it the more intense the colour will be).
10. Once adequately dyed, place fabric into plastic bag and seal.
11. Place on a bed of paper towels, or a plate, and heat in the microwave for two minutes on high.
12. Take bag out of microwave and allow to cool completely overnight.
13. Once rested, rinse under cool water.
14. Remove or cut rubber bands and hang fabric to air dry completely
15. To set the dye, either iron the fabric on the cotton setting or run the item through the drier on high for about an hour.
16. Only wash your item by hand in a very mild detergent.

Appendix C

Jam Jar Collage



1. Get an empty jam jar.
2. Fill the jar with all sorts of treasures from a walk you have been on or by looking round your garden for an hour.

This could be driftwood, shells, sand, dried flowers, seed heads, pebbles, pretty stones or anything else that won't perish and reminds you of your walk or your garden.

Smuggler games

Wool smugglers This game is suitable if there are a few children in your household! Each child has a different coloured piece of wool tied around their wrist.

The children have to sneak from wherever you decide is the start room (e.g. kitchen) to the finishing room (e.g. a bedroom), without being caught by an adult, and leave their wool there.

If the adult catches them they take the wool and the child has to go back to start to get a new piece. In a certain time (e.g. 20 minutes) see how many times the children can get to the finishing room and leave their wool there. The child who has successfully smuggled the most bits of wool is the winner.

Balls and bucket smuggling game This game is a good one to play as a family. Split the people you have into two teams.

You need 4 or 5 buckets spread out over an area and lots of balls scattered around (you can always make balls out of screwed up pieces of paper).

One team are the 'smugglers' and the other are the 'goodies'. The 'goodies' have 30 seconds to put as many of the balls into the buckets as possible.

After 30 seconds the 'smugglers' can join in and they 'steal' the balls out of the buckets and put them in a corner of the area. The 'goodies' continue to try and correct the problem by returning the balls back into the buckets. You might want to set a time limit for the game as it certainly gets your heart rate going!

Stepping stones

1. You require something to use as stepping stones - pieces of paper (no bigger than A4), paper plates etc. You need 3 stepping stones and a minimum of 3 people.
2. Measure a 4 metre area (which is your river) to cross and mark the edges of the river!
3. Using the 3 stepping stones you need to get all your people across the river without anyone stepping (or falling) in the river - as there are pike in there, that will nibble your toes off, if you do fall in! Good Luck.

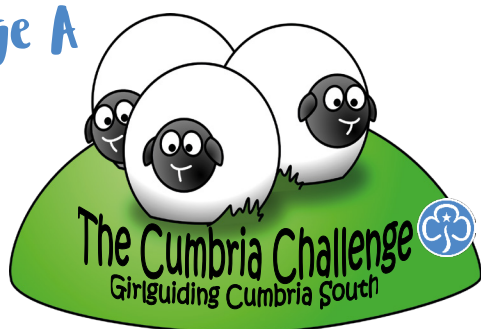
As you complete the challenge, we would love to see what you have done!

Please join and post your photographs and videos on our Girlguiding Cumbria South Challenge Facebook group (leaders, parents and girls 13+ only) :

<https://www.facebook.com/groups/2496755183759360/>

Order your badge

Badge A



Badge B



NB: Badge B is an artist's impression - the final version may vary slightly from this image.

Badges cost **£1.20 each**. Please order using the form below.

Please make cheques payable to 'Girlguiding Cumbria South' or pay via BACS, sort code 010975, account number 81334338 with reference 'badge, first initial and surname e.g. 'badgesjackson'

Post cheques and order forms to: **Sue Jackson, 69 Plantation Ave, Arnside, Cumbria LA5 0HX**

If paying by BACS email order form to gsjackson69@yahoo.co.uk

Name: _____

Unit: _____

Address: _____

No of badge A @ £1.20 each _____ £ _____

No of badge B @ £1.20 each _____ £ _____

Post and packing 1 - 10 badges 65p £ _____

11 or more badges 88p £ _____

Total £ _____