National Trust

Girlguiding Cumbria South



National Trust Challenge in Collaboration with Girlguiding Cumbria South

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Learn about the National Trust's historical sites and how they maintain them. Try some curating yourself with the activities in this section.

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Discover the plants and animals living in your community and at your local National Trust sites.

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Visit your local National Trust sites and explore your local area using maps, compasses, and your adventurous spirit.

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The National Trust is built from volunteers just like your leaders, let's help them by volunteering at local National Trust Centres or helping your local community.

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Introduction

The National Trust is the largest conservation charity in Europe, protecting nature, beauty, and history for everyone to enjoy.

How The National Trust was Established

In 1895 by founders: Octavia Hill, Robert Hunter, and Hardwicke Rawnsley. The aim was to preserve historic and natural places and to open them up to the public for everybody to enjoy.

> "We all want quiet. We all want beauty... We all need space. Unless we have it, we cannot reach that sense of quiet in which whispers of better things come to us gently."
>
> *A quote by Octavia Hill, Co-founder of the National Trust*

In over 130 years, the National Trust has grown from three founders to 9,500 staff, approximately 50,000 volunteers, and over 5.38 million members.

Caring for History, Nature, and Communities

The National Trust care for more than 250,000 hectares of farmland, 890 miles of British coastline, 500 historic properties, gardens, castles, parks, and nature reserves, and nearly 1 million works of art.

The National Trust has 3 Key Areas at the focus of the charity:

- History & Heritage
- Nature & Climate
- Communities

This Challenge Pack is inspired by the National Trust's key areas of focus and encourages girls to explore and make a positive difference in their local communities and natural environments.

The pack has been created in collaboration with National Trust within the Lakes & Eden, so there are heavy links to the local area.
For more information and booking National Trust run activities please contact
Cumbria South:
Seonag Porter: seonag.porter@nationaltrust.org.uk
Community, Participation & Volunteering Manager, Lakes & Eden Property Group
Cumbria North:
Phil Charles: phil.charles@nationaltrust.org.uk
Community Engagment Coordinator, North & West Lakes Landscapes
If you are from another area, Seonag will also be able to help link you up with your local National Trust team.

Completing the Challenge

There are four parts to the challenge:
History & Curating, Nature, Explore, and Volunteer.

Everyone needs to complete at least one activity from each section, including at least one directly involving National Trust - this can be a visit to a National Trust site, a volunteer opportunity, or having National Trust staff visit your meeting.

Each activity has a suggested age range, and possible links to the Girlguiding programme are marked with a '*' and listed at the end of the pack. A lot of the activities also link to National Trust's '50 things to do before you're 11 ¾'.

Total Activities Required:

 Rainbows: 4 activities total

 Brownies: 5 activities total

 Guides: 6 activities total

 14+: 7 activities total

Ordering badges

Online ordering and BACS payment is preferred, please fill out this Microsoft form: National Trust Challenge Badge Order Form – Fill in form

A paper order form is also included at the back of this pack for cheque payments.

25p from each badge sale goes to National Trust Lakes & Eden.

History & Curating

- Complete a research project exploring Beatrix Potter's relationship with Guides during 1920's & have a go at the quiz in the appendix to show what you have learnt
- Find out about Beatrix Potter's stories and complete the quiz in the appendix to show what you have learnt
- Learn about the life of Beatrix Potter and what she achieved *
- Find out about the history of a National Trust property or collection and create a poster/article/news report to tell others about it
- Make marchpane and decorate with edible gold paint to eat or dry out to use as decorations (Almond cakes- see appendix for recipe, or could be run by Townend)
- Make jumballs, which is a type of biscuit dating back to Tudor times. (see appendix or could be run by Townend)
- National Trust have a scone of the month-have a go at making your own. Have a look at the National Trust website for inspiration
- Find out how museums look after different items i.e. books, fabrics (inc wallpaper, carpets), ceramics, paintings, metal work, buildings and if possible have a go (i.e. polishing coins*)
- Have a go at Rag Rugging, instructions are in the appendix
- Invite National Trust curators to visit your unit and run a session- they will discuss careers, run activities and play games

- The National Trust protects some of the best wood carvings in the UK. Have a go at wood whittling or carving
- Research/find examples of different embroidery pieces on display in National Trust Houses. Create your own piece of embroidery using some of the stitches you saw in the ones on display
- Become a curator: choose 3 to 5 items that represent you or your unit, and tell a story describing what the items are, what they mean to you, and how they represent your life / your unit *
- The National Trust owns lots of historical items, furniture, and outfits. Imagine you are creating a history exhibit for people in 100 years to learn about our lives today. Create a list of items you would include in your exhibit; for example, what toys, outfits, craft, hobbies, hairstyles, etc… are most popular today *
- Make a traditional pomander from fruit and spices, and learn about the history of this decoration, instructions are in the appendix

Nature

- Learn about the red squirrel project and help with reporting at Allan Bank and Wray
- Research how to protect red squirrels and why they are important-design some posters to show others what you have learnt*
- Investigate leeches at Tarn Hows and find out why it's important to protect the leeches *
- Bugs and insects require shelter during winter to keep safe and warm. Craft your own bug house using plant pots, milk cartons, or wooden boxes, and lots of packing material like straw, bark, and sticks *
- In winter its harder for birds to find berries and other food. Help feed your local birds by making bird feeders or fat balls to hang in your garden or at your unit *
- Birds require shelter during winter too. Create a bird house using natural wool and materials *
- Complete a nature alphabet scavenger hunt by finding something in nature that begins with each letter of the alphabet *
- Have a go at flower pressing. Could you add the pressed flowers onto a birthday or mother's day card?
- Help sew some seeds or bulbs ready for spring with a National Trust gardener
- Make a den that could help protect you in the great outdoors. The National Trust outdoors team could help you with this *
- Have a go at leaf printing or bark rubbing. Why not try both and turn it into a colourful picture full of natural texture *

- Have a go at flower arranging with a National Trust gardener to create a bouquet full of natural colour and texture 
- Learn how to willow weave with a National Trust Ranger 
- Invite a National Trust ranger to visit your unit, they will discuss careers with National Trust, run activities and play games * 

- Try Pond Dipping – dip a clear tub into a pond or lake and observe the life that lives in the pond. Count how many creatures you can see, can you name them all? Try a different area of the pond, do different creatures live there? * 
- Go on a nighttime nature walk with torches in your local park or countryside. Write down how many animals you can see. How many of these only come out in the dark? * 

Explore

- Connect with nature through mindful walking. Slow your pace to feel your steps, breathe deeply, and tune into the sights, smells, and sounds around you * 
- Complete a woodland Scavenger hunt and create a mobile from what you find * 
- Have a go at orienteering at a National Trust site. Fell Foot has 4 available routes: https://www.lakeland-orienteering.org.uk/anytime/fell-foot 
- Take part in a themed Trail at your local National Trust site 
- Complete the Fell Foot rubbing posts trail, you can collect a worksheet from the welcome hut/café. Other National Trust sites may have a similar trail 
- Create a scrapbook of all the National Trust places you have visited, with pictures, thoughts, leaves, etc. This can be done as unit or individually 
- Learn about water safety and have a go at kayaking ro paddleboarding from Fell Foot, run by Stoked 
- Attend a Herdwick tour at Hill Top Farm 
- Build a campfire with your unit, you could use it to cook a tasty treat, share stories and sing campfire songs * 
- Learn how to use a compass and read a map put your new skills to the test and go on a treasure hunt in your local area 
- Go on a walk in your local area then draw a simple map of the route, remember to include any landmarks along the way. Then follow your map, or swap with another group, and see if it leads you to the correct destination 

Volunteer

- Help plant bulbs at a National Trust site (e.g. Fell Foot), to help wildlife thrive and brighten outdoor areas 
- Plant a tree to support wildlife, care for the environment and to assist the National Trust's tree-planting carbon-capture initiative 
- Take part in a community gardening project 
- Learn about why composting is important and have a go at turning food and garden waste into nutrient rich soil 
- Have a go at building a dead hedge and discover how it can support wildlife 
- Find out how leaf mulching benefits plants and wildlife then have a go at making your own 
- Help with the Bio-Blitz at Wray & Airaforce to report which insects and pollinators you see, report this back to National Trust * 

- Have a go at dry stone walling and learn how it helps protect landscapes and habitats 
- Create seasonal decorations to be displayed at a National Trust site-contact National Trust for local options (e.g. snowflakes for Allan Bank's Christmas display) 
- Take part in carol singing at a National Trust site (e.g. Allan Bank) 
- Make Christmas cards, inspired by Beatrix Potter characters, to be part of a garland around Wray, the bookshop at Hawkshead and the reception office at Hill Top 
- Create hats and/or bunting to have in National Trust gardens across Beatrix Potter's birthday weekend 

- Volunteering in a National Trust gift shop (e.g. Hill Top) to gain experience with customer service, cash handling, stock & inventory
- Go litter picking around your local area and discuss how to reduce waste*
- Support a visitor welcome team (e.g. at Fell Foot) by greeting people, sharing information, such as maps, and helping everyone enjoy their visit

Alternatively, why not get in touch with your local National Trust property to find out how your unit could get involved? There are lots of ways to help, from creating decorations and crafts for seasonal events such as Easter and Christmas to supporting gardening, conservation and community projects. Every National Trust site is different, so you may discover exciting opportunities unique to your local area that are eligible for the volunteer section of this challenge pack.

Appendix

Beatrix Potter the person, entrepreneur, conservationist, farmer, author and illustrator-QUIZ

1. In 1913 Beatrix Potter married William Heelis, who had previously acted in what capacity?
2. Beatrix Potter is known for her detailed and realistic illustrations. What technique did she often use in her drawings?
3. Before Beatrix started writing her children's stories what natural science was she interested in?
4. How many acres of land was Hill Top when she bought it in 1905?
5. What was the name of her marital home in Near Sawrey?
6. What was the name of the breed of sheep Beatrix championed throughout her time in the Lake District?
7. How many farms and how many acres of land did Beatrix leave to the National Trust in her will in 1943?
8. Which founder of the National Trust was Beatrix Potter close friends with?
9. How many little books did Beatrix Potter write?
10. What was the name of Beatrix Potter's publisher, who she later agreed to marry?
11. The Tale of Peter Rabbit, Beatrix's first story, was published in what year?
12. Hill Top was first built in which century?
13. When Beatrix was 16 years old, she came to the Lake District on holiday for the first time. Where did the Potter family stay?
14. Beatrix wrote her childhood journal in a code she made up so no one could read it. When was the code deciphered?
15. What date was Beatrix Potter born?
16. What company produced the first Peter Rabbit toy?
17. What country were the original bronze figures of Beatrix's characters, on display at Hill Top, produced in?

Beatrix Potter the person, entrepreneur, conservationist, farmer, author and illustrator- ANSWERS

1. In 1913 Beatrix Potter married William Heelis, who had previously acted in what capacity? – **Her solicitor**
2. Beatrix Potter is known for her detailed and realistic illustrations. What technique did she often use in her drawings? – **watercolour**
3. Before Beatrix started writing her children's stories what natural science was she interested in? – **Mycology** (mushrooms/funghi)
4. How many acres of land was Hill Top when she bought it in 1905? – **34 acres**
5. What was the name of her marital home in Near Sawrey? **– Castle Cottage**
6. What was the name of the breed of sheep Beatrix championed throughout her time in the Lake District? – **Herdwick sheep**
7. How many farms and how many acres of land did Beatrix leave to the National Trust in her will in 1943? – **15 farms and 4,000 acres**
8. Which founder of the National Trust was Beatrix Potter close friends with? – **Hardwicke Rawnsley**
9. How many little books did Beatrix Potter write? – **23**
10. What was the name of Beatrix Potter's publisher, who she later agreed to marry? – **Norman Warne**
11. The Tale of Peter Rabbit, Beatrix's first story, was published in what year? – **1902**
12. Hill Top was first built in which century? – **17th century/1600s**
13. When Beatrix was 16 years old, she came to the Lake District on holiday for the first time. Where did the Potter family stay? – **Wray Castle**
14. Beatrix wrote her childhood journal in a code she made up so no one could read it. When was the code deciphered? – **1958**
15. What date was Beatrix Potter born? – **28th July 1866**
16. What company produced the first Peter Rabbit toy? **– Steif**
17. What country were the original bronze figures of Beatrix's characters, on display at Hill Top, produced in? **– Austria**

Beatrix Potter, Hill Top and the characters-QUIZ

1. How many other rabbits did Peter live with?
2. What was the name of Squirrel Nutkin's brother?
3. What is the name of the house now owned by the National Trust where Beatrix wrote many of her stories?
4. In 'The Tale of Mrs Tiggy-Winkle' what is Mrs Tiggy-Winkle's profession?
5. What was the name of Beatrix's pet rat she used as inspiration for her stories?
6. Beatrix's bed at Hill Top has ropes keeping the mattress in place. What popular nursery rhyme comes from beds like these
7. Where was Beatrix born and brought up?
8. Which of Beatrix's little books was her favourite?
9. What did Jemima Puddleduck try and hide from the farmer's wife?
10. What are the names of the 'two bad mice' that cause havoc in a Doll's House in one of Beatrix's stories?
11. What burst off Tom Kitten's jacket when his mother Tabitha Twitchit was trying to get him dressed?
12. What colour was Benjamin Bunny's hat?

Beatrix Potter, Hill Top and the characters-ANSWERS

1. How many other rabbits did Peter live with? – **4** (his mother and sisters Flopsy, Mopsy and Cottontail)
2. What was the name of Squirrel Nutkin's brother? – **Twinkleberry**
3. What is the name of the house now owned by the National Trust where Beatrix wrote many of her stories? – **Hill Top**
4. In 'The Tale of Mrs Tiggy-Winkle' what is Mrs Tiggy-Winkle's profession? – **Laundress**
5. What was the name of Beatrix's pet rat she used as inspiration for her stories? – **Sammy**
6. Beatrix's bed at Hill Top has ropes keeping the mattress in place. What popular rhyme comes from beds like these? **– 'sleep tight, don't let the bed bugs bite'**
7. Where was Beatrix born and brought up? – **London** (bonus point for getting Kensington)
8. Which of Beatrix's little books was her favourite? – **The Tailor of Gloucester**
9. What did Jemima Puddleduck try and hide from the farmer's wife? – **her own eggs**
10. What are the names of the 'two bad mice' that cause havoc in a Doll's House in one of Beatrix's stories? – **Hunca Munca and Tom Thumb**
11. What burst off Tom Kitten's jacket when his mother Tabitha Twitchit was trying to get him dressed? – **his buttons**
12. What colour was Benjamin Bunny's hat? – **Green**

Almond Cakes (recipe from Taste of Townend)

Elizabeth has four different recipes for almond cakes – or what we would probably describe as macaroons.



These are easy to make and very moreish!

Another sort of Almond Cakes

Take the white of an Egg beat it into rosewater, and beat it with your Almonds, and according to your Almonds, add sugar weight for weight. Make them into cakes and bake them.

Ingredients:

- 1 egg white
- 70g (3oz) icing sugar
- 70g (3oz) ground almonds
- Plus rosewater to taste

Method:

1. Beat egg white until stiff.
2. Add 1tbsp sugar and beat again, then add 1/2 the sugar and beat again, then all the sugar and beat again. The mixture should be stiff and glossy.
3. Fold in the almonds. Add rosewater as required.
4. Place 12 spoonfuls of mixture on a baking sheet, lined with greaseproof paper. Leave to stand for 30 minutes.
5. Bake at 170°C for 15 minutes.

Jumballs (Recipe from Taste of Townend)



Elizabeth has two different recipes for Jumballs. These were a popular biscuit of the time, flavoured with caraway seeds and rosewater, and formed into intricate knots, rings, or plaits.

To make Jumballs

Take one pound and a half of wheat flower finely searced dryed & beaten, one Pound of sugar searced the quantity of a Walnut of cold Butter, mix these together with the yolks of 6 Eggs, and 3 Whites, 6 spoonfull of Rosewater & 8 of Creame. Beat this together and put in a little Ambergreene, a little musk and a few Cariander seeds bruised, then mold all together and bake it on buttered plates what shapes you please, when they are baked, loose them off the plates, and dresse them with sugar boyled to a Candy, with a little Ambergreene dissolved in it, then sit them in againe to dry.

Ingredients:

- 25g (1oz) soft butter
- 2 tsp rosewater
- 70g (3oz) caster sugar
- 1 egg, beaten
- 15g (1/2oz) caraway seeds
- 160g (6oz) plain flour

Method:

1. Preheat the oven to 180°C. Line two baking sheets with greaseproof paper.
2. Beat the butter and rosewater well together, then cream in the sugar.

3. Mix in the beaten eggs.
4. Add the caraway seeds and flour. Work the mixture to a dough, if it is too wet then add a little more flour so that it is possible to handle it.
5. Separate the dough into balls the size of a large walnut, then form into rolls, around 5mm in diameter and 15cm long. Shape these into rings, plaits, and knots.
6. Bake for 15-20 minutes – separating out different designs (knots and plaits will take longer to cook than rings).

Rag Rugging Instructions

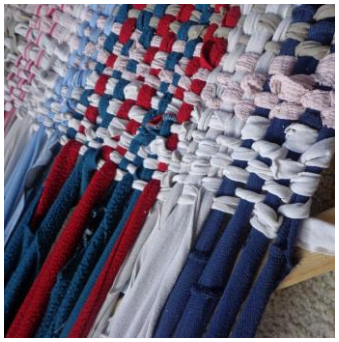
Rag rugging uses old, recycled fabrics to make fun, sustainable, handmade rugs. There are 4 basic types of rag rug that use easy techniques.

Braided Rag Rug



1. Cut fabric into long strips (approx. 2-3cm width).
2. Tie 3 strips together.
3. Braid the strips, just like plaiting hair.
4. Keep adding strips to make the braid longer.
5. Roll the braid into a circle or oval.
6. Sew or glue the braid together to make a rug.

Woven Rag Rug



1. Stretch strings across a frame or cardboard loom.
2. Cut fabric into strips (approx. 1-2cm width).
3. Weave each strip over one string, then under the next.
4. Push the strips close together.
5. Keep weaving until the rug is full.
6. Tie the ends and remove it from the loom.

Shaggy Rag Rug



1. Cut fabric into small strips (approx. 2cm width x 10cm length).
2. Hold a strip against the back of the hessian.
3. Push one end through a hole to the front.
4. Push the other end through a nearby hole to the front.
5. Pull both ends so the middle of the strip is trapped underneath.
6. The two ends stick up, making the rug fluffy.
7. Keep adding strips until the whole design is covered.

Coiled Rag Rug

1. Cut fabric into strips (approx. 3-4cm width).
2. Wrap fabric strips around a rope.
3. Keep wrapping until the rope is covered.
4. Coil the rope into a circle, like a snail shell.
5. Sew or glue the coils together as you go.
6. Keep coiling until the rug is the size you want.
7. Sew or glue the end firmly in place.



Pomander Making

Thought to have been invented as a medicinal amulet pomanders have been popular throughout history. These delightfully aromatic balls of various dried herbs they would ward off illness and bring good luck. By the Victorian period pomanders of oranges filled with cloves were very popular- you could even make them as gifts.



Have a go at making one yourself and you can put it:

- Hung in a hallway or wardrobes to perfume the air
- In a bowl as natural home fragrance
- Tucked into festive table displays
- Or even give it as a gift to someone special.

Equipment Needed: Oranges, Cloves, Ribbon, Pin, Scissors



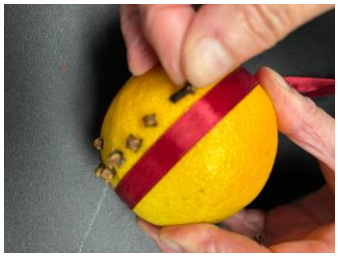
Instructions

1. Prepare the Orange: Take a fresh orange and decide on a design. You can create patterns with cloves, such as stripes, stars, or spirals, and ribbon. You can prick small holes in the orange to make it easier to put the cloves in – but you don't have to.

2. Optional: Attaching a ribbon. If you would like to hang your pomander attach a ribbon around the orange.
    i. Cut a piece of ribbon that can wind around the orange 4 times.
    ii. Lay the ribbon flat and place the orange in the middle
    iii. Cross the ribbon over the orange and twist, take on end to the front and the other to the back and pulling tight – you may need help to do this.
    iv. Carefully turn the orange over again and push the loose ends under the ribbon.
    v. Tie a tight knot
    vi. Tie the loose ends of the ribbon into a knot to make the loop.



3. Stud the Orange with Cloves: Insert the cloves into the orange to make your pattern. The more cloves you use, the stronger the scent will be. Traditional designs often leave some orange peel visible, creating a beautiful contrast between the orange and the dark cloves.



Intentions and Personalization: As you decorate the orange, focus on positive thoughts for the person who will receive it, if you're gifting it. This small act of intention can make the pomander feel even more special and meaningful.

Bird Fat Ball Instructions

1. Gently heat suet or lard in a pan over low heat until liquid, avoiding boiling
2. In a large bowl, combine seeds, oats, nuts, and dried fruits
3. Pour the melted fat over the dry mix and stir until all ingredients are evenly coated and sticky
4. Use your hands to form small balls, or press the mixture into moulds, coconut shells or yogurt pots
5. Add string for hanging. If using yogurt pots, thread a string through the mixture before it sets, tying a knot to secure it
6. Place your fat balls in the fridge for several hours or overnight until firm
7. Hang your fat balls on a tree in your garden and watch the birds who come to eat from them.



Woodland Scavenger Hunt



Bring a plastic wallet or bag with you to collect your findings.
Don't harm any plants in the making of your mobile.
Remember not to eat anything you find and to wash your hands well after the activity.

Create a mobile using your findings:

- Tie your two sticks together with string to make a cross.
- Tie a loop of string at the top to hang your mobile.
- Tie all your scavenger hunt findings to the sticks so they hang down at different lengths.



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Nature Alphabet Scavenger Hunt

On your walk, find something in nature that begins with each letter of the alphabet. This can be a plant, animal, or something else you see on your walk.
For example: A for ant, B for ball, C for cloud, D for dandelion, etc...
Draw a picture or write the name of your scavenger hunt finds in the boxes.

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	

Night-Time Nature Walk

Count how many times you see each night-time animal below and add any additional creatures into the empty boxes. You could even draw a picture of each animal you spot.

Bat	Moth	Mouse
Hedgehog	Snail	Slug
Spider	Worm	Bird
Owl	Fox	

Possible links to Girlguiding Programme

Rainbows

- UMAs
  - Turn Them Blue
  - Snacks for Quacks
  - Birdie Builders
  - A Race Against Time
  - Tree-mendous Senses
  - Shifting Shades
  - Bug Hunt
- Interest Badges
  - Nature
  - Healthy Mind
  - Great Outdoors
  - Bee Rescuer

Brownies

- UMAs
  - How Many Hats?
  - Century Time Travel
  - Bottle Mansions
  - Nature Noises
  - Strike a Light
  - Charity Choices
  - Torchlit Tour
- Interest Badges
  - Jobs
  - Charities
  - Mindful

Guides

- UMA
  - Creative Curating
  - Citrus Feeder
  - A-Z in Nature
  - The Two Match Challenge
  - Biodiversity Blitz
  - Red vs Grey
- Interest Badges
  - Whittling
  - Navigator
  - Biodiversity
  - Clean Planet

Rangers

- UMA
  - Converse to Reverse
  - Campfire cookout
  - Plastic Personas
  - Acting Out Taking Action
- Interest Badges
  - Environment
  - Self-care
  - Volunteer
  - Wanderer
  - Gardening
  - Wildlife
  - Environment

National Trust

Girlguiding Cumbria South



National Trust Challenge Order Form

Name:_____

Unit:_____

Address:_____

_____

_____

Number of Badges @ £1.25 each:

Postage
1-20 badges @ £1.60:
21+ @ £3.80:

Cheque payment £0.50 extra:

Total paid:

Please email a copy of the order form along with a screenshot of the BACS payment to – queensguide@girlguidingcumbriasouth.org.uk

Account Name:	Girlguiding Cumbria South
Sort Code:	01-09-75
Account Number:	81334338

Or Send a cheque payable to: Girlguiding Cumbria South to

Girlguiding Cumbria South
c/o 4 Church Close
Lindal in Furness
Cumbria
LA12 0LS