

Twinkle For Heather



In memory of Heather Porter, who was an active member of Girlguiding from the age of 5 until she was 18.



Twinkle for Heather Challenge



This badge has been developed in memory of Heather Porter, who was a Girlguiding member from the age of 5, as a Rainbow through to 18 years of age, and as a Senior Section member and Young Leader at her local Rainbow & her Mum's Brownie unit.

Heather took her own life on 30th April 2022, leaving her parents, Phill & Sarah, younger sister Emily, and her wider family & friends completely devastated. The impact of Heather's death also affected the wider community. This led to a conversation between guiding leaders & volunteers to create something to support the mental wellbeing of our members and become a legacy in Heather's name.

This badge has been designed for everyone from the age of 4 to adulthood, to enable & support the 5 basic steps to mental wellbeing by focusing on:

- Mindfulness
- Connecting with others
- Being physically active
- Learning new skills
- Giving to others

It is hoped that the Twinkle for Heather challenge badge will help towards

- introducing you to the practice of mindfulness
- normalise the topic of mental health among young people.
- encourage healthy conversations between you, your families & peers
- reduce the stigma around talking openly about mental health.
- provide you with an awareness of things that can be done when you are feeling low.

We have worked closely with several organisations & charities to provide information that is relevant to those with social anxiety, anxiety, and thoughts of self-harm and suicide. We have added references for mental health support groups for older guiding members, parents and guardians to refer to in the appendices.

How many activities do I need to do?

We ask that everyone completes the 'Twinkle for Heather' Self-Care Box, after that it is up to you.

We recognise that everyone is different and what may work for you may not for someone else therefore, we are providing you with a choice of age-appropriate activities, in the hope that there will be something that suits/works/helps everyone.

We ask that you try as many of the activities as possible and complete at least one from each section. You will never know if it will work until you try!

To keep this clear, we will use the following icons to help ensure that everyone understands which activities they can complete:



Rainbows



Brownies



Guides



Rangers

AL

Adult Leaders

Self-Care Box

Everyone completing this challenge will make a Self-Care Box.

The Self-Care Box can be referred back to after the challenge, with the hope that the content will not only help to support and maintain mental health and wellbeing, but also serve as a reminder in times of difficulty. This reminder can help us better understand why we think or act the way we do.

- You will need a shoe box, preferably with a lid
- Create a badge to go in the middle of the lid for your name
- Decorate the whole box, including the lid, with your favourite colours, shapes, patterns, favourite photos of family members, pets, friends, places/celebrations or magazine pictures of things you love

Keep this box to house all of your completed activities. At the end of the challenge, this beautiful creation will become your

‘Twinkle for Heather’ Self-Care Box.

 **Mindfulness** 

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts & feelings, your body & the world around you. Some people call this awareness '**mindfulness**'.

Mindfulness can help you to enjoy life more & understand yourself better. It can positively change the way you feel about life & how you approach any challenges you may face.

**Complete a Daily Check-in chart**

Complete your check-in chart at a time when you can quietly spend 5-10 minutes, reflecting on your day. You can write about positives & negatives. Do this as often as you can, for at least a week. Aim to complete it daily.

*Ideally, this will create a new habit that you will continue for longer.

*You can find a copy of the **Daily Check-in chart** in the Appendices (1A)*

**30 days of Self-Care Chart**

All sections completing this challenge should complete either the the 30 days of **Self-Care chart**., or complete 30 days of writing a **Self -Care Journal** .

*You can find a copy of the **Self-Care chart** in the Appendices (1B)*

**Start a Self-Care Journal**

Often, writing things down that are difficult to process can help you to create order when your world feels like it is in chaos. This can help you get to know yourself by revealing your most private fears & thoughts.

Journal writing can help you get to know yourself by revealing most private fears and thoughts. It can reduce symptoms of anxiety and depression, by providing a safe space to unload your pent-up thoughts & feelings.

Using the journal to reflect on times you have got through hard situations, exploring the things you're most grateful for, delving into your values & goals, and writing about how you see yourself & others can boost your self-esteem.

You do not have to buy a **'Self-Care journal'** although you can if you want. You can create your own unique journal from a notebook, or even keep sheets of paper together in a plastic wallet or envelope.

Complete your journal at a time when you can quietly spend 15-20 minutes, reflecting on your day. You can write about positives & negatives.

Do this as often as you can, and aim for at least a month* if you feel this is helping you to be mindful. Try to complete it daily.

*Ideally, this will create a new habit that you will continue for longer than a month.

You can find ideas for journal prompts in the Appendices (1C)

Keep your journal in your 'Twinkle for Heather' Self-care box.



What does being Happy/Sad/Angry/Scared mean, or look like to you?

Individually draw or write on post-it notes what happy-sad-angry-scared means or looks like to you.

Come together as a group and create one big smiley, one big sad, one big angry & one big scared face using the post it notes everyone has made of each of the emotions.

Talk about how different things make different people feel different emotions.

Who or what can make you feel happier when you're feeling sad?

Who or what can make you stop feeling scared or angry?

After chatting about different feelings & how to deal with them, individuals to complete the worksheets relevant to each feeling.

You can find templates in the Appendices (1D)

When you have completed this task keep the results in your

'Twinkle for Heather' Self-care box



Conversation Tower

On a block (think Jenga), lollipop stick or a piece of paper write an emotion on each one. Include a whole range of emotions as this will help to boost the activity.

Girls sit in a circle, placing their blocks/sticks/paper in a bag. The bag is passed round the group for the girls to take out one item and read the emotion & give an example of what would make them feel that way.

Extend it – If this is going well, ask the girls to elaborate on how they coped with the emotion during their example.



AL Senses

This challenge can be completed as a group or alone.

Sometimes we say we 'feel nervous', what this most often means is that we are feeling anxious. Most people experience anxiety, some manage the symptoms without it affecting them physically. But, for a lot of people feeling anxious, or having anxiety can feel like butterflies in your stomach or your palms sweating. Sometimes anxiety can make you feel sick &/or want to cry. When anxiety feels like this it can be overwhelming. Distracting your mind from these feelings is a good way of managing anxiety. Try the following the next time you experience anxiety.

Take a few moments to calm yourself and get comfortable; lie or sit still.

Use 5 examples of your senses (e.g. smell-touch-hear) to become aware of what you are experiencing at this particular moment.

Take some slow breaths and then ask yourself: -

- 5 things you can see
- 4 things can I hear
- 3 things can I touch
- 2 things I can smell
- 1 thing good about yourself

Think of each answer to yourself, one sense at a time.

Take the time to explore your senses - at least 1 minute for each sense.

 **Breathing Buddies**

Suggested sections should complete either this activity or the Relax! task.

Relaxing your mind allows you to let go and be more aware of what is happening in that moment. Try tummy breathing to help you relax.

- Lie down on your back & balance a teddy bear on your tummy. Watch it rise & fall as you breath in & out.
- Try to make the teddy bear slow down, this will help you to calm your breathing, slow your heart rate down & help you to relax.

Try to do this every evening when you go to bed, for a week.

 **Relax!**

Ask everyone to lie on the floor with plenty of space around them if possible; close their eyes and concentrate on their breathing.

- Explain – the slower your breathing, the more relaxed you will feel!
- Remind – don't hold your breath!
- Encourage – breathe in through your nose & out through your mouth.
- Breathe in slowly to the count of four & out for the same number.

 **AL Dragon Breathing**

All sections completing this challenge should complete **either the Dragon Breathing or Candle Meditation activities.**

- Get comfortable, either sitting or lying down. Breathe in deeply so you can see your tummy rise. Breathe out long & slow, picturing a dragon in your mind and the way it breathes fire.
- As you breathe out, hold a tissue in front of you, and watch as it ruffles from your breath. Try to do this every evening when you go to bed, for a week.

This will help you to become more mindful of your breathing and can be used as a coping strategy in times of stress (without the tissues).

 **AL Candle Meditation**

This activity can be completed individually or as part of a group sitting in an inward facing circle.

Light a candle (if working as a group, place candle in the middle of circle). The slower the breathing, the more relaxed you will feel.

- Get into a comfortable sitting position
- Close your eyes & concentrate on your breathing
- Breathe in through the nose & out through the mouth
- Breathe in slowly for a count of four & out for the same number

Once you have noticed your breathing has slowed down, open your eyes & focus on the candle, the flame, the flickering, the wax melting or dripping. Blow the candle out but keep still for a few minutes.

If working as a group, ask individuals what thoughts came to them as they watched the candle and what their feelings were. If working as an individual, write these thoughts in your Journal or write a note to remind yourself how it felt.

Keep your Journal or notes in your 'Twinkle for Heather' Self-Care Box.



AL Be Grateful

This is an activity for everyone completing this challenge.

Think of 10 things you are grateful for; these could be from today or in the past.

Think about different parts of your life, including school, home, special occasions or places you have visited. Write the down or draw them.

You might not have realised at the time just how grateful you were.

Once you have had time to re-think about these times, do you feel more grateful now?

Keep the results of this activity in your 'Twinkle for Heather' Self-Care Box



AL Affirmation Cards For You

This is an activity for everyone completing this challenge.

Keep the cards in your 'Twinkle for Heather' Self-Care Box

Affirmation cards are designed to encourage positive thinking & self-confidence. In one short, thought-provoking sentence you can challenge unhelpful thoughts or feelings of doubt that can creep in & cloud your perspective, by replacing them with feeling of confidence & calm.

It can sometimes be easy to point out the negative things in ourselves; this task is designed to recognise our positive traits & strengths, document them & refer to them when we need to, such as when we are feeling sad or low in mood.

Some suggest following the **3 P's rule**:

- **p**resent tense
- **p**ersonal
- **p**ositive

This means that we want the affirmations to relate to us meaningfully and to be aspirational.

Each participant should aim to write a minimum of 12 positive statements about themselves relating to:

- Health
- Loving relationships
- Self-love
- Gratitude
- Joy & Happiness

You can find examples of affirmation cards in the Appendices (1E)

Keep all the affirmation cards you have written in an envelope with your name on. Leaders ask the girls to keep the affirmation card envelope in their Self-Care Box, to look back at later.

 **Outdoor Mindfulness** 

Sometimes it's good to stop and take notice of the things around you. Doing this can help you become more aware of how you are thinking & feeling.

 **Outdoor Scavenger Hunt**

Leaders may want to print off the list & give to girls to complete individually or as part of a small group.

This activity is designed to be completed outside. If this is not possible, as you do not have access to a safe outside space, then adapt the activity to suit indoors. e.g., If you are unable to hear the rustling of trees, then get the group to lie down indoors & ask them what they can hear.

Feel free to adapt the list to suit, just remember to include activities that require all senses to be used.

Use all your senses to complete this scavenger hunt:

- Listen to birds singing
- Find something that makes you happy
- Find something that smells nice
- Listen to the leaves rustling on the trees
- Find something that is your favourite colour
- Find something that makes a noise
- Find something smooth
- Find something the colour of the sky
- Find something as small as your fingernail
- Look out for a cloud that is shaped like an animal. Watch it change shape
- Follow an insect. What is it doing?
- Find something that is soft

AL Mindful Walking

- Walk barefoot across a patch of grass or sand, how does it feel?
- Whilst on a walk in the country take time to observe your surroundings:
 - What noises can you hear?
 - What can you see?
 - What can you feel?
 - What can you smell?
- Hug a tree (or run your hands across it); while doing so take note of how the bark feels, is the tree uniform or do some areas feel different?



Connecting to Others

Healthy relationships are important for your mental wellbeing.

They can help you to build a sense of belonging & self-worth, give you an opportunity to share positive experiences, provide emotional support, and allow you to support others.

There are lots of things you could try to help to build stronger, closer relationships.



Everyone taking this challenge should aim to complete at least 2 of the following activities:

- Take time out each day to be with your family. For example, try to eat your evening meal together
- Arrange a play-date, meet for a walk/coffee with friends you have not seen in a while
- Have lunch with a friend or colleague
- Visit a family member or friend that needs some support if they are not well or just need someone to cheer them up
- Keep in touch by video-calling a friend or family member who does not live near you (remember to check with an adult if you are ok to do this).

Rangers, Young Leaders, Adult Leaders could:

- Volunteer at a local school, hospital or community group
- Join a local fitness class/gym, walking or craft group

Complete a random act of kindness.

See 'Giving to Others' section for ideas.

Being Physically Active

Being active is not only great for your physical health & fitness, but evidence shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals & achieve them
- causes chemical changes in your brain which can help to positively change your mood

The following are suggestions of things you could try...



- Whilst awake, aim to move your body everyday at least once an hour
- When at school, play outdoor wide games at break-times



- Aim to walk a certain number of steps each day
- Aim to walk somewhere rather than going in the car if the distance to be travelled is less than a mile
- Aim to complete 30 minutes of exercise (separate to walking) at least once a week (if this gives you the 'ick' you can look at online workouts, so you can complete them in the privacy of your own home)

Learn a new activity/sport, e.g., netball, football, karate, ballet, rugby, swimming, etc.

Learn a new wide game & teach it to those in your unit.

You can find a list of games and 'how to play' in the Appendices (3)



Learning New Skills



Research shows that learning a new skill can also improve your mental wellbeing by boosting your self-confidence and raising self-esteem.

It helps you to build a sense of purpose and connect with others.

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring new learning into your life.

You could learn:

- To make a Pom Pom, or how to make a Petting Pea for the 'Giving to Others' section in this challenge
- To crochet and make a Petting Pea/Heart or Flower for the 'Giving to Others' section in this challenge
- To make a Friendship Bracelet
- A new healthy recipe
- A new song or dance. Have you tried singing in a 'round'?
- A new wide game & teach others how to play it
- Some basic sign language
- Mindful breathing techniques
- A new form of cardio exercise
- Some basic Yoga techniques
- How to look after plants &/or some basic gardening skills
- Something new about a member of your group
- How to kayak, canoe or paddle-board
- To climb at your local climbing or boulder wall



Giving to Others



Research shows that Acts of Kindness and giving to others can help to improve your own mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose & self-worth. It also helps you to connect with others.

It could be a small Act of Kindness towards others or larger ones like volunteering in your local community.

Random Acts of Kindness:

You can find patterns and 'how to guides' in the Appendices.

Create a 'Petting-Pea' or a 'Worry Worm' (4A/4B):

Make a pompom or crochet a Petting-Pea or a Worry Worm. Stick eyes on it. Pop in a small bag. Write card out & add to bag. Place Petting-Peas or Worry Worms around your community or school for others to find and adopt.

Create a 'Smile' (4C):

Crochet a heart or flower. Pop in a small bag. Write card out & add to bag. Place them around your community or school for others to find.

Pretty Potted Plant (4D):

Take some seasonal bedding plants & separate into individual plants.

Decorate plant pots by either painting the pot with acrylics (so it doesn't wash off) or decorating card to create a jacket for each plant pot.

Plant individual plants into decorated pots. Write out a card, stick to skewer so it can be placed into pot. Place them around your community for others to find and take home to care for.

Paint a Positive Pebble:

Take or find a pebble, (roughly the size of your fist). Decorate around the edge-with paints or permanent pens. In the middle write a positive word. e.g. Twinkle-Happy-Smile-Sunshine-Love-Laughter-Generous-Kind

Write on the back of the pebble your Unit name, #twinkleforheather & place them around your community for others to find and take care of or to re-hide to be found again.

Pay Someone a Compliment:

There is nothing nicer than someone saying something kind to you, is there? No doubt, it makes you feel good about yourself. So why not pass that on!

If you see someone with beautiful hair, delightful freckles, a nice top or dress, if they've done or said something that you thought was kind...

Tell them!

Aim to do this at least once a week.

Afterwards, write the compliment down & share it with your group during your Pow-Wows/Circle-time/Brownie News.

How did you feel, telling that person? What was their reaction? Did they return the compliment? If they did, how did that make you feel?

If they didn't return the compliment, that's ok, they may not have known how to as well as you! But by this random act of kindness, they may learn this from you and do the same in the future.

Affirmation Cards for Others:

For each girl in your unit write on a piece of card or paper, something that stands out about them. Leaders to do for their young members.

- Are they honest-kind-helpful-capable-try hard at everything they do-calm-happy-patient-thoughtful?
- Try to give an example of how you see this positive trait in others.
- Collect all the affirmation cards together & place them in an envelope with each young member's name on. The leaders will then share the envelopes with affirmation cards in with the individuals. The cards can be read as a group or during an individual activity.

Keep your affirmation cards envelope in their Self-Care Box, to look back at later.

Positive Pleats:

Take a sheet of paper & fold it in to pleats approx. 5cm intervals.

Add your name to the first pleat.

The leader writes down on a pleat something that stands out about one of the girls in the group:

Are they honest-kind-helpful-capable-try hard at everything they do-calm-happy-patient-thoughtful?

Fold the pleat over & pass it on to another member to write something, but not the girl you are writing about, as they will be the last person to receive the positive pleats full of lovely positive things about them.

The positive pleats can be read as a group or an individual activity. Girls are asked to keep the positive pleats in their Self-Care box.

A few words from Heather's Ma, Sarah:

Losing Heather to suicide has been totally devastating. I don't think Phill, Emily, our wider family, or I will ever recover from such a tragic loss. It is hard to accept that there will always be a space at family gatherings and life events where Heather's beautiful face should be.

Heather's work with Girlguiding made me the proudest Ma, she was an amazing young leader with a natural ability to make children feel happy. Obviously, I am biased, so I was truly humbled when our family was approached with the idea of creating a Girlguiding challenge badge in Heather's memory.

The '**Twinkle for Heather**' challenge badge would not have been possible without the initial conversation between Barb Quine (my first division commissioner for Girlguiding North Lonsdale division) & Glenn Wright (my wonderful Brown Owl). You two are responsible for igniting the spark and I will be forever grateful.

I would like to personally thank the 'Twinkle for Heather' team; Phill Porter, Emily Porter, Ellysha Porter, Barb Quine, Glenn Wright, Rebecca Armstrong, Vicki Noble, Sue Gudgeon, Leanne Wright, Mica Wright, Millie Hemsley, Poppy Mountford, Vicki Boggan, Chrissy Gamble, Manda Price, and those who supported us from; Kendal College, S.A.F.A (Self Harm Awareness for All), CAHMS (Child Adolescent Mental Health Services), Every Life Matters, SBS (Suicide Bereavement Support Cumbria), Papyrus, 3 Dads Walking, Coop Funeral Care & Heft Restaurant.

I truly hope that the contents of the '**Twinkle for Heather**' challenge badge will go some way to providing you or someone you know with the tools and/or contacts to help overcome whatever mental health difficulties you/they may be facing.

And finally, we will continue to speak your name Heather Jayne.
We love & miss you terribly.

We would like to thank the following people for their amazing support:



Don't forget to use the QR code to join our Facebook Group for more ideas and to share the activities you have completed.





APPENDIX – TEMPLATES AND

INSTRUCTIONS



Mindfulness



'Senses' activity can be used to in conjunction with the Be Well Interest Badge. Page 54.

'Breathing Buddies' can be used in conjunction with the Be Well interest badge. Page 45.

'Be Grateful' can be used in conjunction with the Be Well Interest Badge. Page 55.

1A: Daily Check in Chart

How are you feeling today?

Draw or write how you are feeling. It may be more than one so include all of them.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



1B: 30 days of self-care template



30 days of
self-care

Start a journal	List 10 things you love about yourself	Stretch all of your muscles	Watch your favourite movie	Read 10 pages of a new book	Go outside for some fresh air
Set a boundary	Do a random act of kindness	Do an activity that makes you feel good	Buy or pick yourself some flowers (Make sure you have permission first)	Make a vision board with pictures of things that make you happy	Take a break from social media &/or set a daily limit
Create a mindful colouring design	Donate 3 pieces of clothing you don't wear anymore	Write down 3 hard things you've done this week	Turn off your phone and take a bath	Compliment yourself in the mirror or write compliment notes to put around you home	Do something you're really good at
Connect with someone	Connect with nature	Create a self-care routine	Spend time with your friends	Listen to a new podcast	Clean out your junk drawer
Try a 10-minute meditation	Write a letter to your younger/older self	Have an early night	Cook or a try a new kind of food	List 5 things you are grateful for	Create a positive playlist, roll down your windows and turn up your music

1C: Journal Prompts



Positive journal prompts

What makes you unique? Why does this make you unique?

Write a list of your strengths and talents.

What makes you feel really happy?

What are you really proud of?

What is the bravest thing you have ever done?

What makes you feel strong?

What is your happiest memory?

What does your perfect day look like?

If you were a superhero, what would be your superpower?

Write down 5 things that you are grateful for.

What are you thankful for?

Have you ever done a good deed? What did you do?

What do you want people to remember about you?

Write a note to your future self.

What makes you smile or laugh?

What is your favourite time of year?

Write about a time you succeeded at something that was very difficult.

What is in your heart? Who is special and who do you really care about? Draw a heart and write all of these people in your heart shape.



ID: Happy/Sad/Angry/Scared activity worksheets



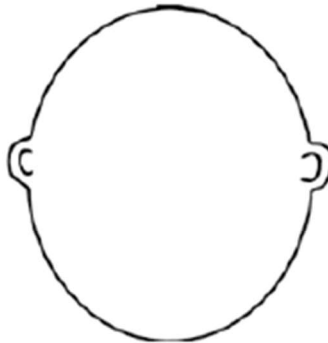
What should I do when I have
this emotion?



Where in my body do I feel this?

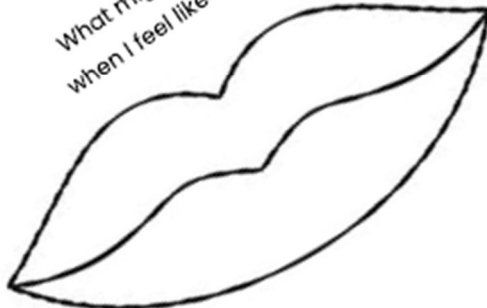


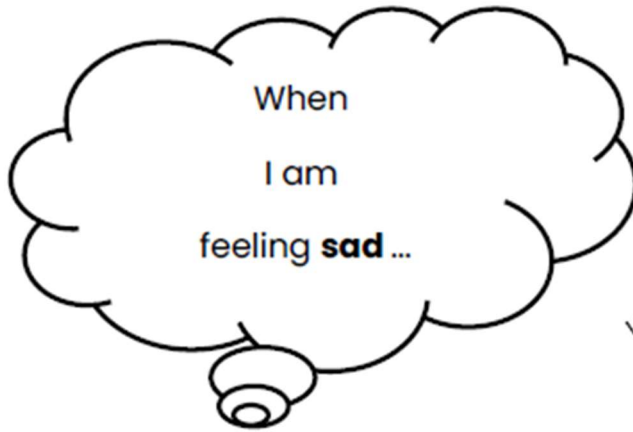
What am I thinking when
I feel like this?



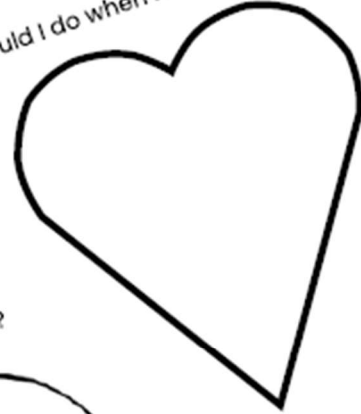
How might I behave
when I feel like this?

What might I say
when I feel like this?





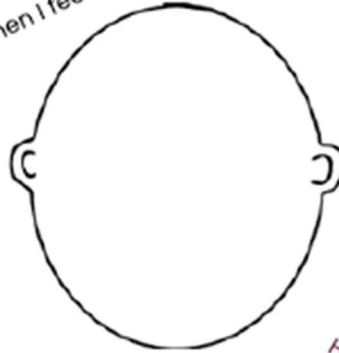
What should I do when I have this emotion?



Where in my body do I
feel this?



What am I thinking
when I feel like this?



How might I behave
when I feel like this?

What might I say
when I feel like this?





What should I do when I
have this emotion?



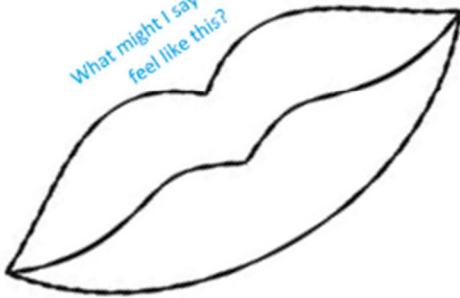
Where in my body do
I feel this?



What am I thinking
when I feel like this?

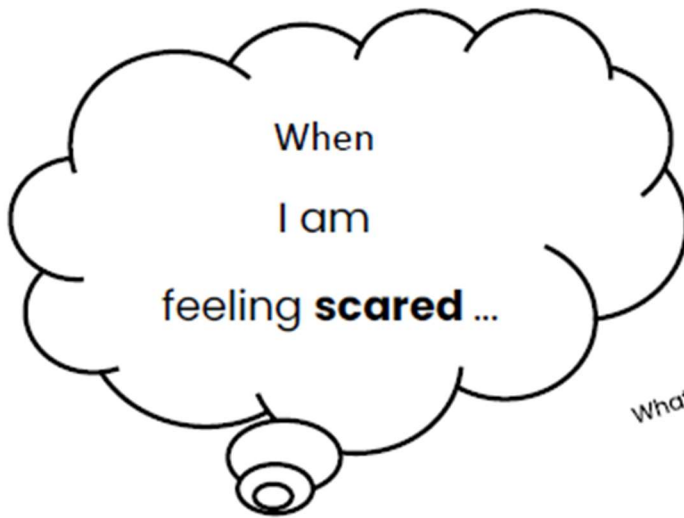


What might I say when I
feel like this?

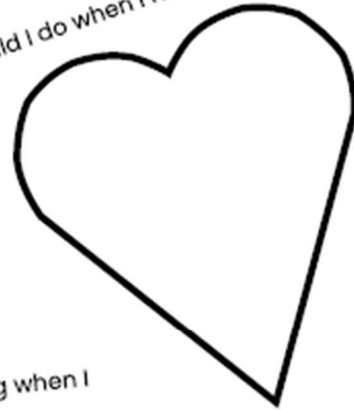


How might I behave
when I feel like this?





What should I do when I have this emotion?



Where in my body do I feel this?

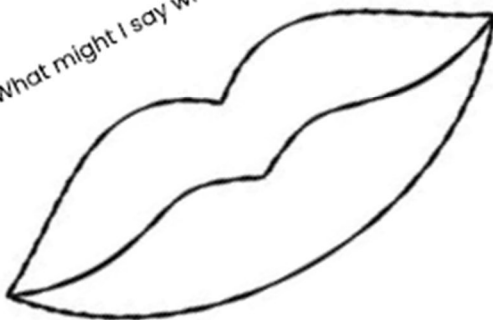


What am I thinking when I
feel like this?



How might I behave when I
feel like this?

What might I say when I feel like this?



When I am feeling **angry**



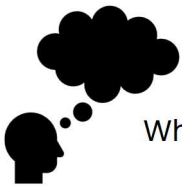
What might I say when I feel like this?



Where in my body do I feel this?



What should I do when I have this emotion?



What am I thinking when I feel this?



How might I behave when I feel this?

When I am feeling **sad**



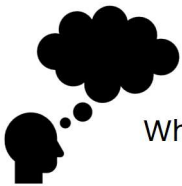
What might I say when I feel like this?



Where in my body do I feel this?



What should I do when I have this emotion?



What am I thinking when I feel this?



How might I behave when I feel this?

When I am feeling **happy**



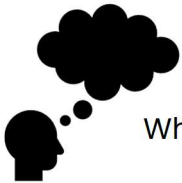
What might I say when I feel like this?



Where in my body do I feel this?



What should I do when I have this emotion?



What am I thinking when I feel this?



How might I behave when I feel this?

When I am feeling **scared**



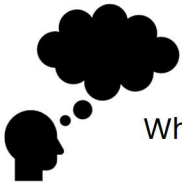
What might I say when I feel like this?



Where in my body do I feel this?



What should I do when I have this emotion?



What am I thinking when I feel this?



How might I behave when I feel this?

IE: AFFIRMATION CARDS FOR YOU

You will need

Plain or coloured card or paper

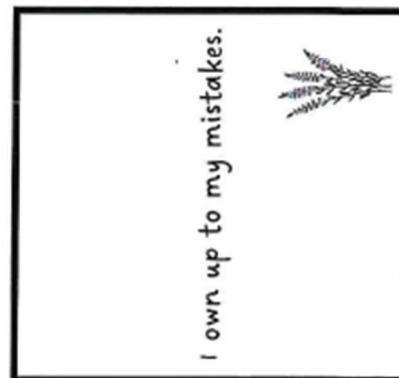
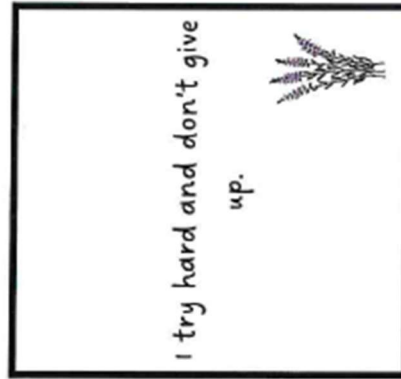
Pens

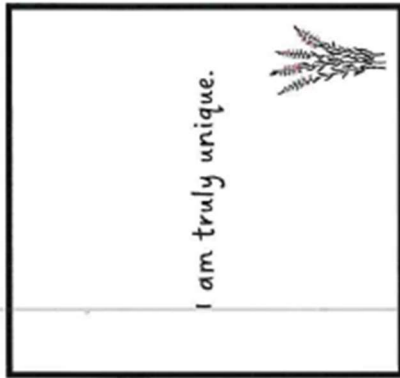
Scissors



Ideas for affirmation card wording:

- I try hard and don't give up
- I look for the positives
- I am capable
- I own up to my mistakes
- I let go of negative thoughts
- I look after my feelings

Positive affirmation
card examples





 **Being Physically Active** **3:Wide Game ideas**

Some of the activities listed could be combined with unit pack holidays or county events e.g. boulder-climbing wall/kayaking etc.

Around the World in 60 Seconds' Challenge

How many times can you pass a ball around your waist? *If you drop the ball you need to pick it up quickly & carry-on. If you do not have a ball use a soft toy or rolled up pair of socks! Make the activity harder by asking the girls to swap directions halfway through.

Catch the Fox's Tail

Use a scarf/necker/sash as a tail, tuck it into the waist band of your skirt/trousers.

Get the girls to spread out, when you shout 'Go' girls chase each other trying to get the tail. No other form of body contact is allowed. After an agreed amount of time shout 'Stop', get the girls together & see who has the most 'tails'. Redistribute tails & start again.

Traffic Chant

This is an activity where you need to learn the chant & actions & play them out together. Or you can make up your own chant & actions together as a group.

1. Teach the girls the following chant:

Boats & planes

Cars & trains

Boats & planes & cars & trains

Travel around the world

2. Then teach the girls the actions relating to the chant:

Boat - pretend to paddle a canoe

Plane - arms held out like wings

Car - pretend to hold steering wheel

Train - arms rotating by your side like pistons

World - turn around on the spot

When you have performed the song a few times & the girls are confident, speed up the words. See how fast they can do this before most of them fail to keep up. As a variation, chant the song but leave a mode of transport out each time. But they should still complete the action.

Captain's Coming

Learning the game:

1. One member of the group is the Captain. This person will call out the commands. It could be a young member, young leader or adult volunteer.
2. Everyone else should stand in the centre of the space, ready to respond to the commands with the appropriate action.
3. Everyone should practice the Captain's commands. Read them out one at a time and show everyone the action. Let them have a practice.
4. You could choose a selection from or all of the following:
 - Bow – Run to the front of the space
 - Stern – Run to the back of the space
 - Port – Run to the left of the space
 - Starboard – Run to the right of the space
 - Captain's coming! – Stand completely still and salute.
 - Hit the deck – Lie down on your stomach
 - Climb the rigging – Pretend to climb rigging.
 - Person overboard – Hug the person next to you
 - Scrub the deck – Kneel down and pretend to scrub the floor
 - Cannonballs – Crouch on floor with hands over head
 - Dig for treasure – Mime digging a hole
 - Seagulls – Flap your arms like a bird

Playing the game:

1. Once everyone knows the commands, play the game.
2. You could also add in more actions as you go to make the game harder.
3. You could start to get faster to make it harder and play it so the last person to do the action is out.

4. Alternatively, if you want to people to become out as you play the game, you could add in these actions:

Lifeboats (2, 3, 4, 5)

Players must get into a group of that number of people as quickly as possible. For example, for the command 'Lifeboats three!', players must get into groups of three. Anyone without a group or with a lower number in their group could be out.

- Sharks - Everyone must run to a designated base. The last player to the base is out.

Winning the game:

1. The person left at the end of the game is the winner.
2. If you want to do a longer warm up, or simply want to play again, play another game and change who the Captain is.
3. You could also ask people to create a new action and add it in, or add in another action you haven't used from the list above.

Circle Tag

Setting up this activity:

- You could use floor dots or cones to mark everyone's space in the circle.
- Make sure there's lots of space on the outside of the circle for people to run around.
- Make sure the area is free of trip hazards and that players keep their hands out of the running zone.

Play the game:

1. Everyone should stand in a circle.
2. An adult volunteer or young leader should choose one player to be 'it'.
3. 'It' should jog around the outside of the circle and hover their hand over people's heads.
4. As they pass each person, 'it' should gently tap them on the head and say either 'no' or 'tag'.
5. When the person says 'no', nothing happens – 'it' should carry on going around and tapping people.
6. When the person says 'tag', the person who was tapped on the head is going to race them.
7. Both players race in opposite directions around the outside of the circle, trying to get back to the chosen person's empty space first. The space should have been left empty when they raced.
8. The player who gets there last will then be 'it' and the game continues.

Foxes and Rabbits

Setting up the game:

- Mark out a large square in the middle of your space to represent your rabbit warren. You could choose to use masking tape, cones or chalk.

Go hunting:

1. Choose two players to start as foxes. Everyone else will be starting as a rabbit.
2. All of the rabbits should spread out in the rabbit warren.
3. The foxes should get a soft ball each.
4. The foxes should roll their ball at the feet of a rabbit to catch them. The rabbits should try to dodge the balls.
5. If a rabbit is hit with a ball below the knee, they should become a fox. They should get their own ball to start catching rabbits with.
6. The game ends when there are no rabbits left in the warren.



Learning New Skills



Mindful breathing techniques:



Search NHS website for Mindfulness. Scroll to Different mindfulness practices & follow the link 'beginners guide to meditation' from Every Mind Matters.

New form of exercise:

Search NHS website for 'Yoga'. Click on 'Fitness Studio exercise videos'. There is a number of different exercises to choose from; Aerobic exercise, Strength & resistance, Pilates & Yoga.

Link to Cosmic Kids Yoga:

<https://www.youtube.com/user/cosmickidsyoga>

 **Giving to Others** **4A Petting Pea Card Details**

Print or write on small piece of card & add to bag with petting pea.

“I’m a little petting pea

I hope that you’ll be friends with me.

I like to live in pockets or anywhere you choose,

But keep me near so I can help

In case you get the blues.

If you ever need me

Just pet me for a while.

I’m your little petting pea

Made to make you smile”.

Crochet Pattern for Petting Pea***You will need:***

Yarn

Safety eyes

Stuffing

Stitch marker (safety pin)

Hook smaller by one size than it says on the ball band.

Scissors

Large Sewing Needle with a big eye

Stitches used:

Starting Chain - make a slip knot. Pop it on your hook. Yarn over your hook. Pull through. 1 chain made. Yarn over hook. Pull through 2 chains made. (Very like finger knitting) keep doing this as many times as the pattern says.

Single crochet - Put your hook through the chain/stitch/space you are asked, yarn over pull back through the chain/stitch/space, yarn over, pull through 2 loops, stitch done.

Slip stitch - Put the hook into the chain/stitch/space you are told Yarn over, pull through the chain/stitch/space and then pull it through the loop on the hook.

Decrease single crochet stitch - Put your hook through the next stitch, yarn over, pull back through the stitch, pop the hook through the next stitch along, yarn over, pull back through the stitch. Yarn over pull through all loops on the hook.

Stitch done.

1/ starting chain, make 2 chains.

2/ Working in the first chain you made. (The one furthest from the hook.)
Make 6 single crochet (6 stitches)

Place a stitch marker in your first stitch of the next round. This tells you where to stop, and where to start the next round. You need to put the stitch marker into the first stitch of every round.

3/ make 2 single crochet in each single crochet you made in round 2 (12 stitches)

4/ make 1 single crochet in the next stitch, make 2 single crochet in the next stitch, you do this all the way to the stitch marker.

So

Make 1 single crochet,
Make 2 single crochet,
Make 1 single crochet,
Make 2 single crochet,
Make 1 single crochet,
Make 2 single crochet,
Make 1 single crochet,
Make 2 single crochet,
Make 1 single crochet,
Make 2 single crochet,
Make 1 single crochet,
Make 2 single crochet, (18 stitches)

5/ make 1 single crochet in the first stitch, make 1 single crochet in the next stitch , make 2 single crochet in the next stitch, Do this all the way round as so.

make 1 single crochet,
make 1 single crochet,
make 2 single
make 1 single crochet,
make 1 single crochet,
make 2 single
make 1 single crochet,
make 1 single crochet,
make 2 single
make 1 single crochet,
make 1 single crochet,
make 2 single
make 1 single crochet,
make 1 single crochet,
make 2 single (24 stitches)

6/ make 1 single crochet, make 1 single crochet, make 1 single crochet, make 2 single crochet. Do this all the way round to the stitch marker. As so

make 1 single crochet,
make 1 single crochet,
make 1 single crochet,
make 2 single crochet
make 1 single crochet,
make 1 single crochet,
make 1 single crochet,
make 2 single crochet
make 1 single crochet,
make 1 single crochet,
make 1 single crochet,
make 2 single crochet
make 1 single crochet,
make 1 single crochet,
make 1 single crochet,

make 2 single crochet

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make 2 single crochet (30 stitches)

7/ make 1 single crochet in each stitch. (30 stitches)

8/ make 1 single crochet in each stitch (30 stitches)

9/ make 1 single crochet in each stitch, (30 stitches)

Pop your safety eyes in on round 7 about 6 stitches apart. Count the holes.

10/ make 1 single crochet in each stitch, (30 stitches)

11/ make 1 single crochet in each stitch, (30 stitches)

12/ make 1 single crochet, make 1 single crochet, make 1 single crochet,
decrease single crochet stitch. Do this all the way round. As so.

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make a decrease single crochet

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make a decrease single crochet

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make a decrease single crochet

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make a decrease single crochet

make 1 single crochet,

make 1 single crochet,

make 1 single crochet,

make a decrease single crochet (24 stitches)

13/ make 1 single crochet, make 1 single crochet, make a decrease single crochet, do this all the way round. As so.

make 1 single crochet,
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make 1 single crochet,
make a decrease single crochet (18 stitches)

14/ make 1 single crochet, make a decrease single crochet. Do this all the way round. As so

make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make a decrease single crochet
make 1 single crochet,
make a decrease single crochet (12 stitches)

15/ make a decrease single crochet. Do this all the way round.

As below:

make a decrease single crochet
make a decrease single crochet
make a decrease single crochet

make a decrease single crochet

make a decrease single crochet (6 stitches)

Slip stitch, Cut your yarn about as long as your longest finger. Yarn over and pull it through the loop on your hook. All the way through, pull tight.

Stuff your pea.

Sew the circle closed by going through the 6 stitches and pulling tight.

Weave in your ends.

4B: Worry Worm Card Details

Print or write on small piece of card & add to bag with worry worm.

“I’m your little Worry Worm

Keep me near & tight

Tell me your worries and everything will be alright”

Crochet Patterns for Worry Worms

You will need:

Yarn

Hook smaller by one size than it says on the ball band.

Googly eyes. Stick on or glue

Hot glue gun

Scissors

Large Sewing Needle with a big eye

Stitches used:

Starting Chain - make a slip knot. Pop it on your hook. Yarn over your hook. Pull through. 1 chain made. Yarn over hook. Pull through 2 chains made. (Very like finger knitting) keep doing this as many times as the pattern says.

Chain - As above but you don't need the slip knot as you already have a loop on your hook.

Single crochet - Put your hook through the chain/stitch/space you are asked, yarn over pull back through the chain/stitch/space, yarn over, pull through 2 loops, stitch done.

Double crochet - yarn over the hook, put the hook through the chain/stitch/space you are asked, yarn over, pull back through the chain/stitch/space, yarn over, pull through two loops on your hook. Yarn over pull through the last two loops on your hook. Stitch done.

Slip stitch - Put the hook into the chain/stitch/space you are told Yarn over, pull through the chain/stitch/space and then pull it through the loop on the hook.

1/ chain 30stitches.

2/ slip stitch into the second stitch from the hook.

3/ in the next chain space you will make 4 single crochet. (Yes all in the one stitch) you will do 4 single crochet in every chain until the last one. [This will make your work curl sometimes you need to curl it yourself so that all the curls go the one way]

4/ in the last stitch make 9 double crochet. Chain 2, and slapstick into the same stitch [the one with the 9 double crochet in]

Cut your yarn about as ongoing as your longest finger. Yarn over and pull it through the loop on your hook. All the way through, pull tight.

Sewing your ends, stick on your eyes.

4C: Smile Card Details for Hearts & Flowers

Print or write on small piece of card & add to bag with heart or flower.

“I’m not lost

I’m just alone

If I make you smile

Then take me home”

Crochet Pattern for Heart

You will need:

Yarn

Hook smaller by one size than what it says on the ball band.

Scissors

Large Sewing Needle with a big eye

Stitches used US terms:

Starting Chain - make a slip knot. Pop it on your hook. Yarn over your hook.

Pull through. 1

chain made. Yarn over hook. Pull through 2 chains made. (Very like finger knitting) keep

doing this as many times as the pattern says.

Chain - As above but you don't need the slip knot as you already have a loop on your hook.

Treble crochet - Yarn over the hook twice. Put the hook through the chain/stitch/space where you are told Yarn over, then pull back through the chain/stitch/space. Yarn over, pull through the first 2 loops on your hook. Yarn over pull through the first 2 loops on your hook, Yarn over, pull through the 2 loops on the hook. Stitch done.

Double crochet - Yarn over the hook once, Put the hook through the chain/stitch/space you are told Yarn over. And pull back through the chain/stitch/space. Yarn over, pull through the first 2 loops on your hook. Yarn over pull through the first 2 loops on your hook, stitch done.

Slip stitch - Put the hook into the chain/stitch/space you are told Yarn over, pull through the chain/stitch/space and then pull it through the loop on the hook.

1/ chain 4,

2/ make a treble crochet in the first chain you made. (The one furthest from the hook.) [This

is where all the stitches will go, it will now be called a space]

3/ make a treble crochet in the same space,

4/ make a double crochet in the same space,

5/ make a double crochet in the same space,

6/ make a double crochet in the same space,

7/ make a treble crochet in the same space,

8/ make a double crochet in the same space,

9/ make a double crochet in the same space,

10/ make a double crochet in the same space,

11/ make a treble crochet in the same space,

12/ make a treble crochet in the same space,

13/ chain 3, slip stitch into the same space,

Cut your yarn about the length of your longest finger. Yarn over and pull the yarn through the loop on your hook. Pull it all the way through and pull it tight to fasten off. Sew in your ends using the big thick needle.

Crochet Pattern for Flower

You will need:

Yarn 2 colours. I used yellow and white.

Hook smaller by one size than it says on the ball band.

Scissors

Large Sewing Needle with a big eye

Stitches used:

Starting Chain - make a slip knot. Pop it on your hook. Yarn over your hook. Pull through. 1

chain made. Yarn over hook. Pull through 2 chains made. (Very like finger knitting) keep

doing this as many times as the pattern says.

Chain - As above but you don't need the slip knot as you already have a loop on your hook.

Single crochet - Put your hook through the chain/stitch/space you are asked, yarn over pull back through the chain/stitch/space, yarn over, pull through 2 loops, stitch done.

Slip stitch - Put the hook into the chain/stitch/space you are told Yarn over, pull through the chain/stitch/space and then pull it through the loop on the hook.

With the yellow yarn:

1/ chain 5, slip stitch into the first chain you made. (The one furthest from the hook.) [This makes a ring. You will make all your Single crochet stitches around this ring.

2/ Single crochet into the ring,

3/ Single crochet into the ring,

4/ Single crochet into the ring,

5/ Single crochet into the ring,

6/ Single crochet into the ring,

7/ Single crochet into the ring,

8/ Single crochet into the ring,

9/ Single crochet into the ring,

- 10/ Single crochet into the ring,
- 11/ Single crochet into the ring,
- 12/ Single crochet into the ring,
- 13/ Single crochet into the ring,
[That's 12 Single crochet total]
- 14/ Slip stitch into the first single crochet that you made. [It will be the one right next to your hook]

Cut your yarn about as long as your longest finger. Yarn over and pull it through the loop on your hook. All the way through, pull tight.

With the white yarn:

Make a slip knot. Pop it on the hook,
Put the hook through any single crochet stitch. [It needs to go through both loops see the attached photo. Yarn over, pull through the stitch. Pull through the slip knot.

1/ chain 11

2/ slip stitch into the next single crochet.

Repeat 1 and 2 until you slip stitch into the stitch that has the slipknot in it.

Cut your yarn about as long as your longest finger. Yarn over and pull it through the loop on your hook. All the way through, pull tight. Sewing your ends.

4D: Pretty Pot Plant Card Details

**“Here’s a little flower
With love from us to you
We wish that it will keep you smiling
All the season through
It will need a little water
And the right amount of sun
We hope you will accept it
And see a good turn done”**

Pay someone a compliment:

Leaders may want to keep a note of compliments that girls have shared with others to use in the future & also keep track that 4 compliments have been given.

Affirmation Cards for Others/ Positive Pleats:

We trust that leaders will know that some girls may not want to partake in this activity as a group, they may find it difficult (for whatever reason) to listen to compliments from others in front of other people. The idea is that this activity will hope to reduce this, but we ask that leaders, who know their girls best, take this into consideration when deciding if this is something that the outcome is left for the individual girl to read alone or share as a group.



Twinkle for Heather Order Form



Name: _____

Unit: _____

Address: _____

Number of Badges @ £1 each:

Postage 1-6 badges @ £0.80:

7-20 badges @ £1.60:

21+ @ £3.00:

Total paid:

Please email a copy of the order form along with a screenshot of the BACS payment to - twinkleforheather@outlook.com

Account Name: North Lonsdale Division Guide Association

Sort Code: 77-26-29

Account Number: 05625760

Or Send a cheque payable to: North Lonsdale Division Guide Association to

Twinkle for Heather
c/o 4 Church Close
Lindal in Furness
Cumbria
LA12 0LS

 **Further information** 

Some leaders may face questions from parents/guardians/carers with concerns regarding talking about such sensitive issues as self-harming or suicide.

The truth of the matter is, talking about self-harm & suicide does not encourage or promote it. Talking about self-harming & suicide stops it from happening.

And this is the reason this challenge badge has been created, to educate those completing the challenge with ways to help to reduce these thoughts, advice on where to go for professional and confidential advice and support for either themselves or others.

In this section, we aim to provide you with information on how to contact support groups that are available to anyone who may be experiencing difficulties managing their mental wellbeing, are troubled with low self-esteem, anxiety, or having thoughts of self-harm or suicide.

The information can help you or someone you know who may be experiencing mental health issues, and will guide you to where to turn for advice or to learn how to approach the subject with them.

If you are experiencing difficulties managing your mental wellbeing

Let family & friends know what's going on for you. They may be able to offer support and help keep you safe. There's no right or wrong way to talk about suicidal feelings – it's starting the conversation which is important.

Who else can you talk to? If you find it difficult to talk to someone you know, you could:

- Speak to your GP
- Call 111 out of hours- they will help you find support and the help you need
- Contact your Mental Health Crisis Team- if you have one
- Call one of the helplines provided below

If you have seriously harmed yourself – for example taken an overdose – or you feel that you may be about to harm yourself, call 999 for an ambulance, go straight to A&E or ask someone to call 999 for you.

C.A.L.M (Campaign Against Living Miserably)

“We stand together with everyone who's struggling with life, no matter who they are, where they're from or what they're going through. And they do it through their life-changing services, national campaigns and by building communities.

Call 0800 58 58 58.

5pm-midnight every day.

Childline (Children & young people under 19)

Offering advice on jobs, work, self-harm, family problems and staying safe online.

Call: 0800 1111 (Call will not show up on phone bill)

Papyrus (prevention of young suicide HOPELINE247)

Call: 0800 068 41 41

Text: 07860 039967

Email: pat@papyrus-uk.org

SAFA (Self Harm Awareness for All) CUMBRIA

If you feel your mental health and wellbeing is not good and you are not coping, please reach out and talk to someone e.g. a parent/teacher or trusted adult.

If you are really struggling then, please, contact your GP.

Referrals can be made to SAFA by going to their website:

www.safa-selfharm.com

Samaritans (for everyone)

Whatever you are going through, a Samaritan will face it with you.

24 hours a day. 365 days a year.

Call: 116 123

Email: jo@samaritans.org

This email is only advised if you do not require an immediate response.

Sometimes writing things down can help to calm you and it is a safe way to work through whatever is on your mind.

If you do not want to talk to someone over the phone, the following text lines are open 24 hours a day, every day.

Shout Crisis Text Line

Text "SHOUT" to 85258

YoungMinds Crisis Messenger (people under 19)

Text "YM" to 85258

Some Tips for Coping

- Try not to think about the future, just focus on getting through the next minute, half hour, hour, morning/afternoon/evening.
- It may seem too daunting to think about the future right now, so don't.
- Get yourself comfortable, focus on your breath in that moment, keep focussing on your breath and this will help to alleviate feelings of anxiety. *Remember the breathing exercise.
- Try not to consume drugs or alcohol. These substances impact on our mental wellbeing and regular/excessive consumption is harmful to us both physically and emotionally.
- Be around others that have a positive impact on your wellbeing, family members & good friends.
- Write in your journal. Look at your writing as personal relaxation time. When you can de-stress & wind down.
- Do something you enjoy; cuddle up to a family member, take a bath, a long shower, sit and chat with your pet, take your dog for a walk and be mindful of your surroundings; the noises, smells & textures.

Making a Safety Plan

“Many people will have thoughts of suicide- but thinking about suicide does not make it inevitable that you are going to take your own life.

A safety plan helps to prevent us turning these thoughts into actions.”

If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it.

Safety plans are best created when not in crisis. By having a safety plan you are making sure that there are strategies you can use to keep you safe. These can make you feel more in control at a time when everything feels out of control.

The following websites provide practical information on how to create a Safety plan.

www.every-life-matters.org.uk

www.stayingsafe.net

www.mind.org.uk

Worried About Someone Else?

If you have concerns regarding a friend, family member or a colleague's mental wellbeing, including thoughts of suicide, please look at the following websites, who have some good advice on how you can support someone you're worried about but are unsure what to do or how to start a conversation with them about your concerns.

www.every-life-matters.org.uk

www.samaritans.org

www.mind.org.uk

www.suicidology.org

www.rethink.org

www.papyrus-uk.org