

# Colonel Lucy's "Serve to lead" badge in a night!



**Lucy Giles has been selecting and training future leaders in the Army whilst enjoying her favourite sport of orienteering for many years.**

"The motto of the Royal Military Academy Sandhurst is 'Serve to Lead'. It is important to me that this is instilled in young women, and do so without compromising who we are. Understanding and leading yourself is therefore the main theme of this challenge; understanding your moral compass as well as your physical one."

-Colonel Lucy Giles

Want to earn your "Serve to lead" badge? Spend a night having a go at the activities in this pack. You can do as many as you like, but have a think about which activities will suit your unit best. Some are aimed at Rainbows and Brownies, while others are more for Guides and Rangers. You'll find the badge [in our shop](#). Activity 1 and 2 can also compliment the 'Know yourself' theme, and have a suggested time of 15 minutes each.



## Know yourself to lead yourself – musical posts

An understanding of who you are is called self-awareness and includes your personality and behaviour, your strengths and weakness, your beliefs, and motivations.

For this activity you will need:

- 6 large pieces of paper
- pens
- dice (if you want to number the pieces of paper)
- music
- a timer



Write one of these statements on each of the 6 pieces of paper; I am, I can, I believe that, I enjoy, I am learning to, I love. You should have one different statement on each piece of paper. Then stick the paper in different parts of the room.

Play music while the girls walk around the room. When the music stops, call out a colour or roll the dice if you've numbered the pieces of paper. The girls in that zone have to finish the phrase and write down their answer on the paper, such as "I am learning to be better at tidying my room" or "I enjoy playing with my friends". They'll get one point for every 'share' that they provide and they can't write something that's already on the paper! Count up points at the end to see the winner before taking some time to look through what was written on all the paper. Did anyone see something someone else wrote that they want to do to?

## 2 Understand how others see you!



How you see yourself is important, but it's also good to understand how others see you. For this activity you'll need one large piece of paper per group and 5 pieces of small paper/post-it notes each, as well as paper and pens for each group.

In groups of 4-6, write down 20 words that describe what you need to be as a Rainbow, Brownie, Guide or Ranger. Put these on the large piece of paper. Then, select 5 words that describe you from the 20 your group came up with and write these on separate pieces of paper - everyone in the group should do this and you shouldn't discuss your words with anyone else yet. Once everyone has chosen 5 words, talk as a group about which words you chose:

- what words did lots of the group choose to describe themselves?
- what words did other people choose, but not you? These are your 'blind spots'
- what words did only you choose? These are 'hidden' things
- What words did no one choose? These are the 'unknowns'

Think about your 'blind spots', 'hiddens' and 'unknowns'. Are there any that you would like to try and do more of?

## 3 Make your own compass

Navigation is a key skill in the military. A compass is a tool that tells you where you are going... and true north never lies! To make your own compass, you'll need:

- a needle
- a cup/drinking glass
- a bowl of water
- a piece of cork or a leaf
- a magnet
- a compass or compass app to check it's worked



Firstly, magnetise the needle by rubbing it across your magnet in the same direction about a dozen times. Place the needle on top of the piece of cork and place on water. When it stops moving the needle should have aligned itself along Earth's magnetic field; one end will be pointing north and the other south. Try this outside using the needle on a leaf floating on a puddle.

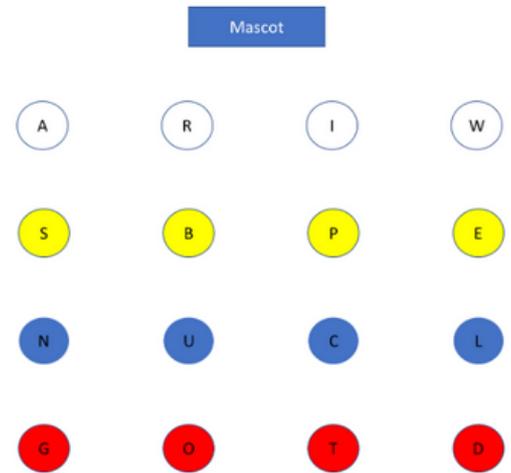
# 4

## Orienteering

This is a fun activity to be done outside or inside and combines the idea of using a map to help you navigate whilst working as a team.

Write a large letter on 16 pieces of paper and place them in a 4x4 grid. You could stick them to markers (such as cones) or carefully stick them in place using something like sticky tac. Draw the 'map' on paper as illustrated (you could use grid paper to help you) - groups will use this to plot their routes.

You can use the same letters as in the example, or come up with your own. Place a guiding mascot or toy at one end of the grid - this represents the 'home direction' - and helps orientate the 'map'. It is important that the 'map' is always orientated so that the mascot on the map is aligned with the 'ground' simulating a compass bearing (or 'north').



Get into small groups of 4-6. Each group needs to draw their own route starting at one of the markers in the bottom line. Swap your route with another groups route. Groups will take turns using each others routes to navigate the 'map'. One person will shout out the letters on the route. The others will walk the map, moving to the right letter when it is shouted out.

Why not have another go and add some extra challenges? You could:

- start off with short words (e.g. T-O-P) and then longer words (e.g. G-U-I-D-E)
- introduce different start and finish points on the map like "you need to get from A to D"
- add obstacles like "B is now a building that you can't go through, but you need to get to R", or "the second row from the bottom is a river you can only cross at a bridge. C is the bridge"
- have a location they must visit, like "you need to check in with your leaders at P before heading to your final destination"
- instead of using letters in your route, use directions like "1 step North, 2 steps West". Remember, there is a mascot at the 'North' of the map to keep you orientated!

For a real challenge, have more than one criteria for the journey! For example:

"You need to get from G to W, but you need to cross a river and pick up a cake from the bakery on the way. The bridge is at C - this is the only bridge in that row. The bakery is at S. B is a farmers field full of cows which you are not allowed to cross."