

# Take



  
**Rainbows**

# What is Take 10?

It's 10 activities that take around 10 minutes to complete and have been designed with wellbeing in mind.

When there is a lot to do it can feel overwhelming and there is the temptation to keep working without breaks. That's why we're here to help!

You can choose which challenges you want to do. You don't have to complete them all and can repeat them however many times you like.

So, take some time out, find an activity and dive in!

**#GirlguidingLaSERTake10**

# Take

# 10





# Who are the LaSER Champions?

Girlguiding LaSER (London and South East England) is one of nine countries and regions of Girlguiding, the leading charity for girls and young women in the UK. We are made up of 19 counties with over 72,000 members, offering girls and young women a place to have fun, go on adventures and make a difference.

The Girlguiding LaSER Champions are a group of 16-26 year olds who ensure girl-led advocacy and campaigning is at the heart of what we do. We create, plan and deliver campaigns about issues we feel passionate about and represent Girlguiding LaSER at events across the region.

Your Girlguiding LaSER Champions have created this resource for you and have tested all the activities themselves. The Take 10 resource was originally created by the Champions for 14-26 year-olds involved in Girlguiding to provide support through stressful or busy times such as exams coursework or job applications and more. As we enter a new decade we are faced with new challenges, and so the Girlguiding LaSER Champions have decided to update the content for all age groups: Rainbows, Brownies, Guides, Rangers and now Inspire for 18-30's.

Want to Join The Champions?  
Check out what's required:  
[www.girlguidinglaser.org.uk/what-we-do/champions](http://www.girlguidinglaser.org.uk/what-we-do/champions)

## A message from 'The Champs'!

We've had great fun creating this resource and hope you'll have fun using it! We would love to hear what you think. Please do share pictures and stories of what you've been getting up to using #take10champs. We are really proud of it and hope it will provide support during stressful and busy times as we are all faced with new challenges.

## Contact Us!

If you would like to suggest your own #take10champs activity or have any questions please get in touch. The LaSER Champions are always looking for new recruits if you're interested in joining us the link to what we do and how to join in the top right hand corner of this page.

Email us: [chairofchampions@girlguidinglaser.org.uk](mailto:chairofchampions@girlguidinglaser.org.uk)  
Tweet us using @Guiding\_LaSER  
Tag us on Instagram @Girlguiding\_LaSER\_Champions  
Follow us on Facebook at @LaserChampions

Use the #take10champs, tag a friend and challenge them to have a go at one of the activities!



**Champions**



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# Cardio Dance Party!

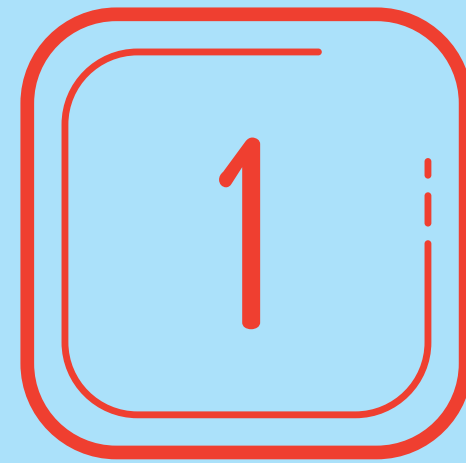
Listening to music can help you relax, make you feel good and can also decrease your stress levels! This 10-minute cardio dance can help you make your heart rate increase, give you more energy and you will feel like you are having the time of your life!

**Don't want to party alone?**

Ask a parent to set up a video call with your friends. Play them your tunes and dance!

## Stay Safe!

Make sure you have a lot of space to do your cardio dance. Make sure you get your song list created with help of an adult. Use the internet link carefully and ask an adult's permission before you go online. Keep hydrated. Drink plenty of water during your dance cardio!



## Get Active

### what will you need?

TV set, radio or computer or any other music device

Costume or favourite outfit to dance in

A large space

## How to set up your dance party!

1. On a smart device or computer create a 10-minute music playlist.
2. If you want, dress for the occasion in your favourite costume or fancy dress.
3. Once ready, play the music and dance to your favourite tunes. Dance until the songs run out!

**#take10champs**



# Awesome Engineers!



Building with Lego bricks can reduce stress and improve your well-being. Building bricks can help you to focus on the present without thinking about the past or worrying about what may happen in the future. It helps you to only focus on what you are doing in the moment. It's also a great way to bring your family closer by doing this guiding activity.

## Build

## Stay Safe!

Make sure you have a lot of space to do your remarkable engineering!  
Please have an adult to supervise when you are building the next tallest skyscraper!

## what will you need?

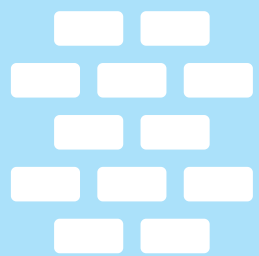
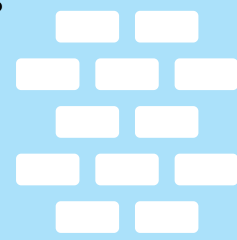
Anything from Lego, building blocks, pillows, ice cubes, or anything else that can stack up to skyscraper-esque heights!

Stop clock or timer

More than one player so ask your family members to join in!

## How to play!

1. Each person needs to have a lot of resources to build the tallest tower with.
2. Start the timer for 10 minutes.
3. The quickest one to make the tallest tower within 10 minutes wins the game!



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# Role-Play!

It's time to get silly! Role-play helps us to naturally develop and use our creative brain. Using our imagination regularly can help us develop creativity and learn to think for ourselves. It's time to live in a magical realm of possibility. In this activity, we are going to role-play lots of different animals and people!



## Play

what will you need?

Your imagination!

## How to play!

1. Pick your favourite animal!
2. Do you know the noises it can make and how it moves?
3. Do you know what it likes to do?
4. Below is a list of other things you could try role-playing!

Guinea Pig Snake Elephant  
 Bee Cat Dog  
 Fox Tiger pig Rabbit  
 Sheep Chicken



**Imagine!**  
 why not try and put yourself in  
 someone else's shoes?  
 What would it feel like to be a  
 doctor right now?

#take10champs

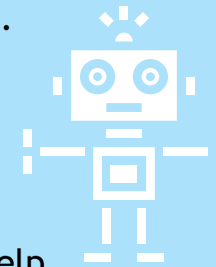


# Create a Story!

Your imagination is full of possibilities! This activity is all about unlocking your creativity. We're going to create a fantastic story together. Using your imagination can be a great escape when you are feeling down or bored.

## Stay Safe!

If you're using scissors make sure you ask an adult to help.  
Always ask permission before you use something to create your masterpiece!



# 4

## Dream

### what will you need?

Your imagination!

Paper

Pens/pencils

Recycling

Sticky tape

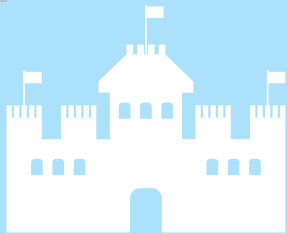
## How to start!

1. First of all, you'll need to think about your main character.  
You can create them using pens, or create them using recyclable materials such as milk bottles, cardboard or anything else you can find.  
Your character can be anyone or anything - maybe even a robot!
2. Background: Where did your character come from?  
Why are they here now? You could draw their home or how they got here!
3. Future: What is their future or their life purpose? How can they achieve their goals?
4. Once you have your story, why not present it to your family and see if they have any ideas for another story using your character? The possibilities are endless!



## #take10champs

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."  
**Albert Einstein**





# Colour Splat!

Why is popping bubble wrap so satisfying? According to scientists, it has to do with a very natural, human response to stress. There are lots of ways that tactile games and squidgy things can help us release any tension that we can feel. In this activity, we'll be making a colour splat. By mixing the colours with our hands, we can start to feel calm, and it's just so satisfying!

## Stay Safe!

Ask for an adult's help and make sure the surface that you are using is washable or add some protection!

## How to make!

1. Open the clear zipper bag and splat the colours of paint inside the bag.
2. Tape the bag to stop it from coming out - get an adult to help you!
3. Then squidge it (from the outside of the bag!) and see how many colours you can make!

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## Tactile

### what will you need?

Clear zipper bag

Blue, red, & yellow paint

Sticky tape



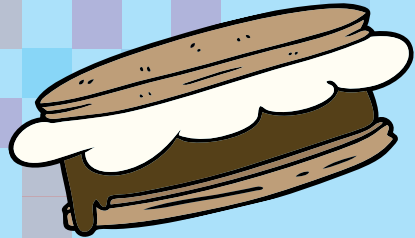
**Champions**



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# I want some S'more!

Campfires are one of the best parts of being a part of Girlguiding. Mostly because of the treats and songs! However, while we're in isolation or unable to attend a regular meeting, or go on camp, it doesn't mean we can't eat s'mores! You can make s'mores very quickly even without a campfire!



## Stay Safe!

Make sure that you wash your hands and get an adult to help you in the kitchen. Check with an adult to make sure you don't have any allergies to the recipe.

## How to make!

1. Get two chocolate digestive biscuits.
2. On top of one biscuit place a few mini marshmallows.
3. Pop the other biscuit on top to make a biscuit sandwich.
4. Place the plate in the microwave, close the lid and microwave the s'more for 15 seconds on a high heat.
5. Leave the s'more to cool for a few minutes before scoffing it!

### Experiment!

Why not try adding different ingredients into your s'more? You could add white chocolate, popping candy, choc chips, cornflakes and so much more!



## Cook

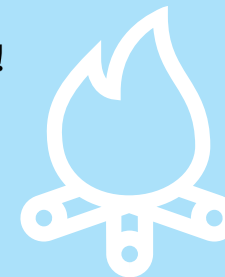
### what will you need?

Two chocolate digestives

Mini marshmallows

Microwave

A microwavable plate



**#take10champs**

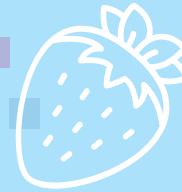


# Champions



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## Shake it!



Sharing a drink with a loved one can be an opportunity to get to know each other, share how you're feeling and have a good catch up!

## Stay Safe!

Wash your hands before you start!  
Make sure you get an adult to help you cut up your fruit and using the blender. Check with an adult to make sure you don't have any allergies to the recipe.

## How to make!

### Strawberry Smoothie

10 strawberries (approx 175g)  
1 small banana  
100ml orange juice, chilled



Cut the tops off of your strawberries, and slice your banana

Blitz the strawberries in a blender with the banana and orange juice until smooth.

Pour the smoothie into a tall glass to serve.

### Chocolate Banana Milkshake

250ml of milk  
1 tbsp cocoa powder  
2 bananas  
1/2 tbsp honey (optional)



Pour all the ingredients in a blender and blend until it has a nice and smooth consistency. Add a little honey if you need a bit more sweetness.

Pour the chocolate banana shake into a large glass (or two small glasses!) and drink ice cold.

# 7

## Create

### what will you need?

Blender

Fruit of your choice

Juice (depending on recipe!)

Milk (or alternative)

**Make your own!**  
Get creative and add some different ingredients to create different flavours!

# #take10champs

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# Penny Walk!

Getting out and about in nature is a big part of wellbeing.  
A penny walk could be a good way to de-stress as it  
can allow you to clear your mind as well as explore the world around you.



## Walk

what will you need?

A penny

Sensible shoes and  
clothing

## Stay Safe!

Always take an adult with you and make sure that you  
don't trespass on private property!

## How to play!

1. Take a penny or any two-sided coin and go outside. Every time you come to a fork in the road/pavement, flip the coin to decide which way to turn.
2. When the coin lands on heads turn right, and if it lands on tails turn left.
3. When you are on your penny walk why not listen to your favourite playlist, or pay attention to the things around you? For example, how many animals did you see? What could you hear? Did you notice something that you don't notice normally?



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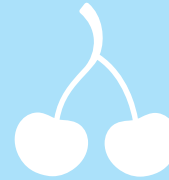


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# Banana Surprise!

Bananas are a great way to get one of your five a day and a dietary source of potassium. If you like sweet desserts, make a banana surprise to get the best of both worlds!

## Stay Safe!



Make sure you wash hands.

Make sure you get an adult to help you make this dessert.

Check with an adult to make sure you don't have any allergies to the recipe.

## How to make!

1. Get a plate that can fit the whole banana. Cut the banana open to create a split on the long length of the banana.
2. Add ice cream inside the split of the banana.
3. Add your choice of sauce, followed by any toppings you would like.
4. Once done, enjoy eating your very own quick dessert - a banana surprise!



## Feel Good

### what will you need?

Banana

Ice cream of your choice

Toppings of your choice

**#take10champs**



# Let's Colour!

It's good to take a break from looking at a computer or mobile phone screen. It can also be helpful to have a go at being creative and doing something different for a short time! Taking a short break to do some colouring can benefit your studying or work as it gives you a chance to refocus and clear your mind.

**Get Creative**  
You don't have to use our templates! You can use your imagination and draw anything!

## Templates!

You can find some mindful colouring sheets on the next page. We hope they give you joy and you have a good time colouring them in!



## what will you need?

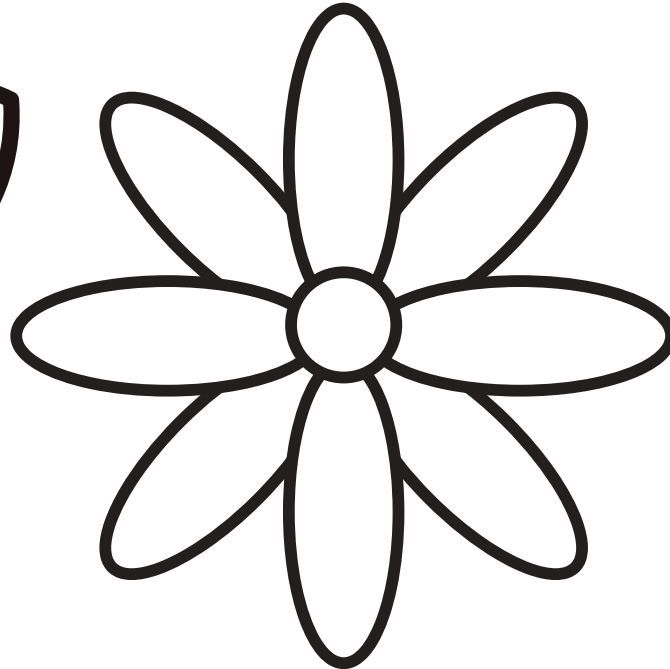
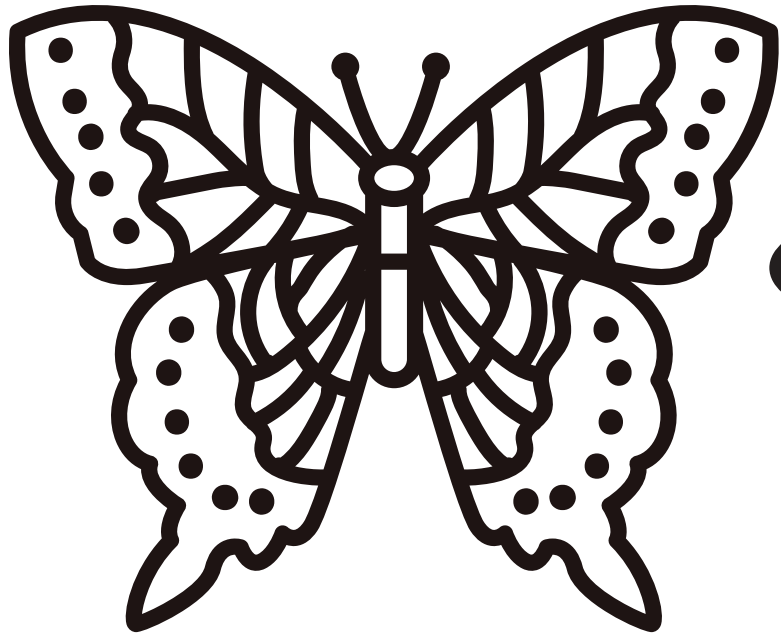
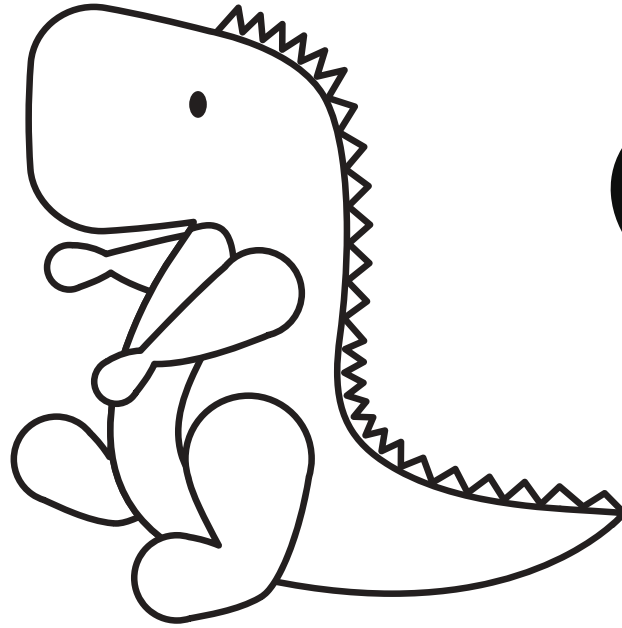
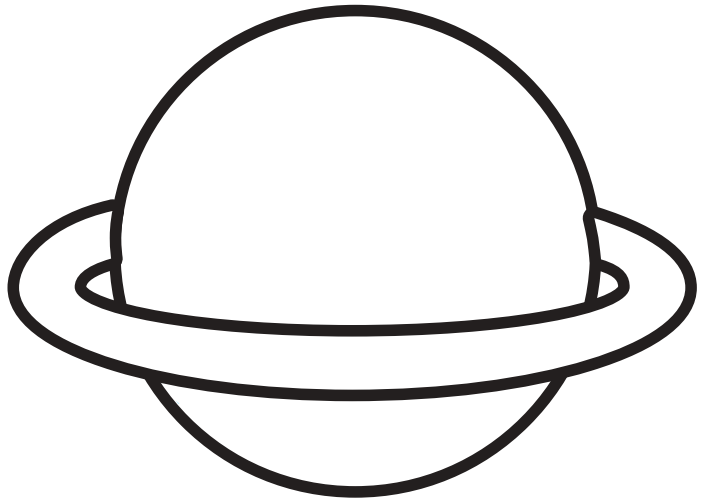
Colouring pencils

Paper

Printer

## How to make!

1. Get an adult to print the page below or be creative and make your own pattern!  
(Make sure you select the right page to print so that you don't print the whole document.)
2. Spend 10 minutes colouring in the designs in whichever colours you like.  
When they're finished we'd love to see your work!





# Thank you for taking part!

Thank you for taking part in Take 10! We hope you have enjoyed the activities. For one last bonus #take10champs we have put together a playlist of songs that make us feel empowered and energised, download it here:  
[https://open.spotify.com/user/girlguiding\\_laser/playlist/6OXQcSzDKzNilwa14x2i4L](https://open.spotify.com/user/girlguiding_laser/playlist/6OXQcSzDKzNilwa14x2i4L)

Let us know what you thought of Take 10 and suggest your own activities on Twitter @Guiding\_LaSER, on Instagram @girlguiding\_laser\_champions, or Facebook/LaSERChampions. Alternatively, email [chairofchampions@girlguidinglaser.org.uk](mailto:chairofchampions@girlguidinglaser.org.uk).

Think Resilient is a resource delivered by Girlguiding's Peer Educators, designed to build mental wellbeing and grow resilience. Why not ask about a session being run with your unit?

If you have been inspired by Take 10 and would be interested in finding out more about what Girlguiding has to offer to volunteers and how you can make a difference to girls everywhere - please get in touch with your local unit!



# We made a badge!

If you have done any of the activities in this resource then you can order this badge to help highlight to others how important it is to Take 10.

To order your badges, visit our online shop via [www.girlguidinglaser.org.uk](http://www.girlguidinglaser.org.uk).

**#GirlguidingLaSERTake10**

# Take

