

Take



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.



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

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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Drink & Chat!

Get together even when you are apart. Chatting with friends is a great way to share how you are feeling and what you have been up to. Talking to others can be a great way to unwind, especially with a scrummy hot drink! Please make sure that you check the ingredients for any allergies you may have.



Raise your
drink game!
Who can make the
best hot drink?

Whipped Coffee

2 tablespoons hot water (28 g)

2 tablespoons sugar (24 g)

2 tbsps instant coffee powder (12 g)

Milk, to serve

Method: Add the hot water, sugar, and instant coffee to a bowl. Either hand whisk or use an electric mixer until the mixture is fluffy and light. To serve, spoon a dollop over a cup of milk with ice in it and stir.

Enjoy!



Relax

What will you need?

A friend on video call

Your favourite hot drink

Mocha

Method:

Combine all ingredients except the optional whipped cream in a mason jar. Screw on lid and wrap top with a towel (in case your jar leaks). Give a few very good shakes, until everything is well-mixed and milk is foamy.

Pour into a mug and microwave for 30 seconds or until steaming. Top with whipped cream if desired. Enjoy!



1 cup hot coffee

1/4 cup milk

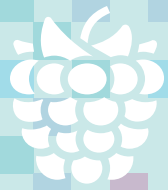
1 tablespoon cocoa powder

1 to 2 tablespoons granulated sugar

1 tbsp heavy cream

Whipped cream for topping

#take10champs



Mug Cakes!



Baking is a great way to destress and you get to eat something delicious at the end. What a brilliant way to learn new skills and recipes! It can be a great activity to try with others.



Stay Safe!

Be careful cutting fruit, wash your hands before cooking and be aware the mugs can get hot in the microwave!



Cook

What will you need?

Mug
Microwave

Basic Ingredients:

Vegetable oil
Caster sugar
1 Egg
Plain flour
Baking powder

Mug Cake 1:
Raspberries
White chocolate

Mug Cake 2:
Apple
Cinnamon powder
Light brown sugar

Mug Cake 3:
Cocoa powder
Vanilla essence

Choc chips, nuts, or raisins

How to make!

Raspberry & White Chocolate

1. Pour 3 tbsp vegetable oil into a microwave safe mug.
2. Add 3 tbsp caster sugar, 1 egg, 3 tbsp plain flour, a pinch baking powder and whisk with a fork until smooth.
3. Drop in a few fresh or frozen raspberries & 4-5 squares of white chocolate.
4. Carefully place in the microwave and cook for 45 secs-1 min on high until puffed up and cooked through.
5. Leave to cool for 1 min or until just warm. Dust with icing sugar to serve.

Apple & Cinnamon

1. Peel, core and chop 1 apple and put the pieces in a mug with a pinch of cinnamon & a pinch of brown sugar. Microwave on full for 1 min 30 secs or until the apple is soft but holds its shape.
2. Pour 3 tbsp vegetable oil in a bowl and add 3 tbsp light brown sugar, 1 egg, 3 tbsp plain flour, a pinch of baking powder and a pinch of cinnamon. Whisk until smooth then pour the mixture into the mug on top of the cooked apples.
3. Microwave on high for 45 secs-1 min or until puffed up and cooked through.
4. Top with double cream or custard.

Chocolate

1. Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
2. Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
3. Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
4. Centre your mug in the middle of the microwave oven and cook on High for 1½-2 mins, or until it has stopped rising and is firm to the touch.

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Yoga

Try out some yoga to get in some exercise and give yourself 10 minutes of calm. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration. It also has benefits of improving your cardio and helps improve flexibility.

Stay Safe!

Make sure that you stretch before and after a yoga session.
Wear appropriate clothing and perform yoga on a non-slip surface.
Go slowly and only do what your body is comfortable with.



Yoga for Beginners

There are plenty of 'how-to' yoga videos online. Here are the ones that we liked:

<https://www.youtube.com/watch?v=VaoV1PrYft4>

<https://www.youtube.com/watch?v=t3joHNOOyYY>

<https://www.youtube.com/watch?v=VpW33Celubg>



Feel Good

What will you need?

Computer or smart device

Internet access

Non-slip surface



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A needle pulling thread



Have you got loads of badges lying around that need to go on your camp blanket or uniform? Well, now is the perfect time to sew them on. If you haven't got any that need sewing on, maybe try re-doing some so your blanket is super neat!

Keep Busy

What will you need?

Needle

Thread

Badges

Camp blanket



1.

Begin the whip stitch by tying a knot in the end of your thread. Then poke your needle up through the top layer of fabric, about 1/8" in, from between the two pieces. This way the knot will be between the two pieces of fabric and will not be visible.



2.

Next, poke the needle up through both layers of fabric so the needle and thread come up in almost the same place as in step 1. By doing this, the thread should be wrapped around the edges of the fabric in one neat stitch. It is important to pull the stitches so that they are snug, but not overly tight.



3.

Once again, poke the needle up through both layers of fabric. Poke the needle through the same hole as before, so this next stitch will cover the first stitch. However, this time you will angle the needle so that it comes up about 1/8" from the first stitch (as well as 1/8" from the edge of the fabric). Pull this stitch tight, and you should have what still looks like one stitch, but the thread is coming out of the fabric next to it.

4.

Now poke the needle up through the fabric, directly under where the thread is coming up. But again, angle the needle so that the end comes out next to this second stitch. When you pull this stitch tight, it should be straight up and down, not angled. In others words, it should be parallel to the first stitch.



5.

Continue this pattern of poking the needle through the two layers at an angle, coming up next to the previous stitch. When you have reached the end of the section you want to stitch, or you need to start with a new piece of thread, make the final stitch come straight up, rather than angled off to the side. Then poke the needle through the bottom of this stitch again (making the stitch doubled) but only go through the bottom layer, so your thread is in between layers. Basically you are trying to do the reverse of how you started the whip stitch, so you can make a knot in between the layers of fabric.



6.

To make the knot, you may have to pull the two pieces of fabric apart a little. This will let you see the backs of the stitches you made. Poke the needle through the backside of the last stitch you made. Then loop the needle through this loop of thread twice. Now as you pull the thread tight, this should create a knot that is tight against the seam. You now can cut your thread free. Now you are done!





Meditation



Meditation can remove stress and replace it with some peace. It can be tough to switch off in a life so filled with technology and notifications so try a guided meditation that will literally walk you through a meditation and help you find a calm and peaceful state—one step at a time. Try the Smiling Mind app which has a great program called “Thrive Inside” along with many other meditations which you can find for your age and can help in many areas from sleep to concentration at school. You can use this technique whenever you might feel overwhelmed or anxious and need some time to order your emotions.

Relax

Practising breathing like this regularly will help you to remember how to do it when you need it.



Stay Safe!



What will you need?

Quiet place

Maltesers

(Or a small piece of paper)

Make sure you start your mediation in a quiet and safe place.

1. Lie down on your back and get comfortable.
2. Breathe in deeply for five seconds, breathe out deeply for six seconds; repeat this a few times.
3. If you have any thoughts come into your mind imagine them as clouds that quickly float away.
4. Now place the Malteser/paper over your closed mouth then practise blowing the Malteser/paper into the air - see how long you can breathe out and keep it floating, or how high you can get it.

Anywhere
<https://youtu.be/inpok4MKVLM>

Self Love
<https://www.youtube.com/watch?v=itZMM5gCboo>

Anxiety
<https://www.youtube.com/watch?v=O-6f5wQXSu8>

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Be Kind

What will you need?

Paper

Pen

For a Friend

Bring back the tradition of letter writing! These days everything is at our fingertips and we can get in contact with people so quickly, but why not try writing one of your friends a letter? It will be a nice encouragement for them to receive and you can relax while writing it. You can make your own card and envelope if you want to spend longer on this activity.



Make it special
Why not decorate
the letter and
envelope to make
it really special.

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Time Capsule!

Time can move so quickly without us even realising it.

A great way to remember a specific time is to create your own time capsule.

You can either do this virtually or physically. Add items that remind you of this time, the year, what you are into at the moment and things that are important to keep.

Below, you'll find a list of ideas and a virtual project that is a great way to mark this time.

Remember!
Make sure that you remember where you've hidden your time capsule!

Stay Safe!

Make sure you ask the homeowner before burying or hiding your time capsule.

Virtual Time Capsule

1. A virtual time capsule can be made using your smartphone or computer. You'll need a few of your closest friends to take part.
2. Each person records their own message, this can be in video format or as a written document as long as it's a digital version.
3. Then save all the videos and messages onto a USB stick, pop it in a box and either lock it away or bury it somewhere and don't forget where you put it.
4. Put a reminder in your phone for 10, 20 or 30 years time to go and look back with your friends!

Physical Time Capsule

- Local newspaper
- A coin from the year you make the time capsule.
- Drawings
- Something from nature
- Note/ letter from family members
- A letter to your future self (including date, age, friends, feelings, favourite things, worries, future plans etc)
- 2020 envelope with stamp
- Some photos of your family
- A treasured possession



Create

What will you need?

Computer/smartphone

USB stick

A shoe box or container

Memorabilia

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Time to Dream!

A dream board can help you visualise what you want your future to look like and help motivate you to achieve those things. It's a fun way to be artistic and creative and the process of making it can help you set your goals, identify your values and intentions, and prioritise them. You can do this over a period of time, spending 10 minutes on each step every day over a week, or take longer and get through the steps in one or two sittings.

Stay Safe!

Make sure you check with the owner of the newspaper/magazines before you start cutting them up.



- **Set goals and prioritise.**
- **Create a basic structure, plan out the vision on paper.**
- **Write out your goals on the main board (pin board, cardboard, big paper).**
- **Find images and words that you feel fit your goals and theme of your board.**
- **Sort and arrange the images and words.**
- **Glue/pin down your images.**
- **Add your own words, doodles or sketches.**



Create

What will you need?

Large board or card

Paper

Pens

Newspapers

Magazines

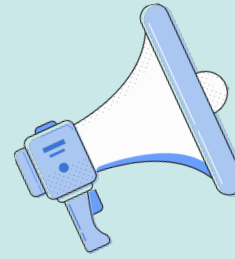
Glue



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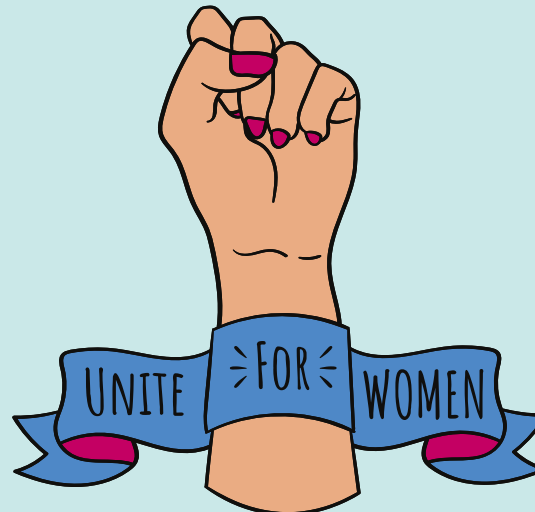
Speak Up!



Protest

Is there an issue that you care about and want to change?
This could be something small, at a local level such as bullying at school, or it could be something big such as the refugee crisis. Why not write a short blog post/ podcast/ make a poster about it? You can publish this on social media or send it to the people you think will help make the change you want to see (your MP, headteacher or a charity).

You could also make a petition to go along with your written/ spoken piece. You could even work with your Ranger unit to make a blog where you can all write about issues you care about and document the process of trying to change things.



*Empowered
Women
Empower
Women*

#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 in a positive way.

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!

How to make!

1. 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!



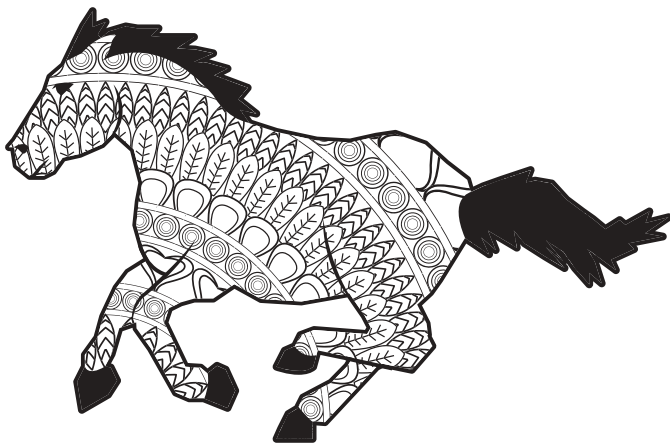
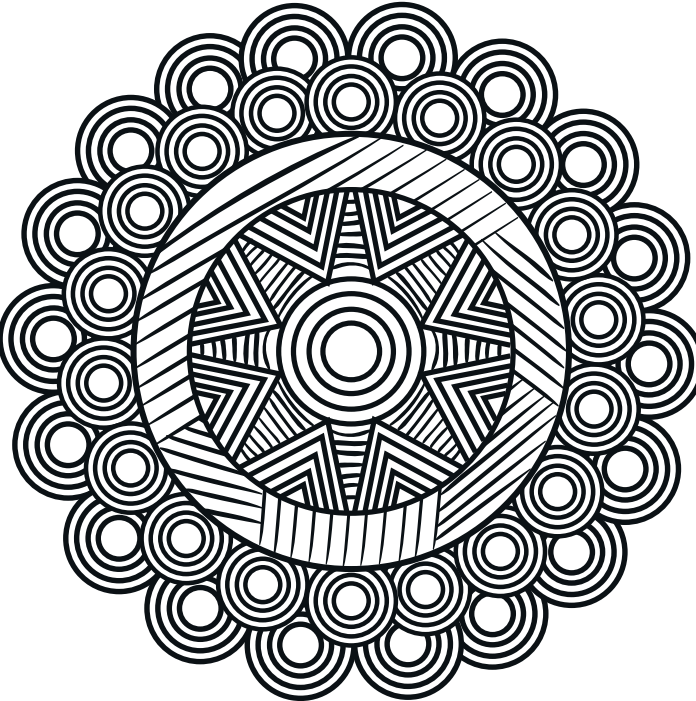
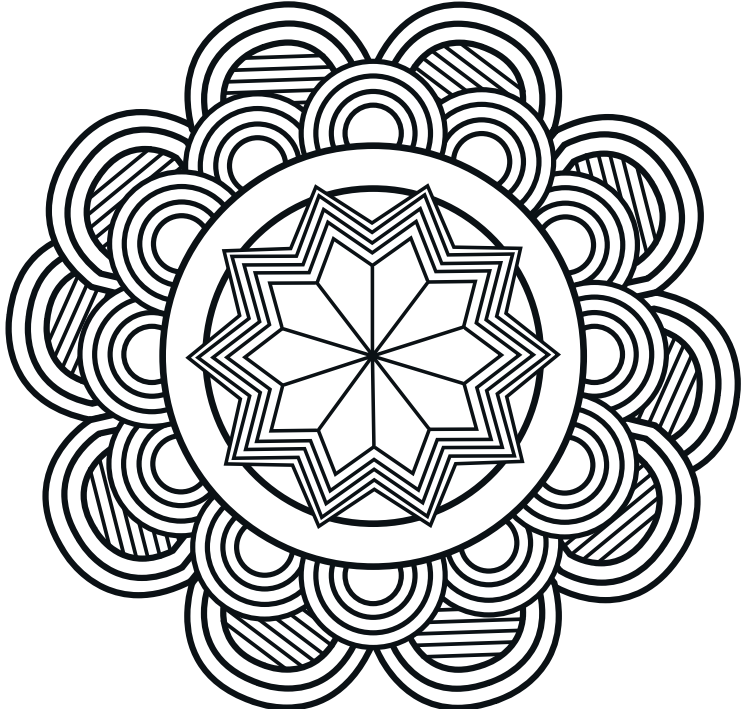
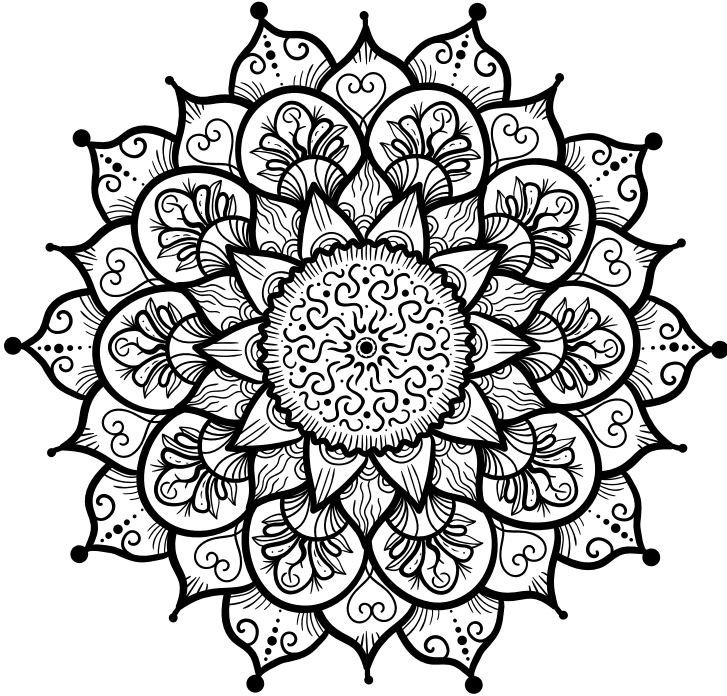
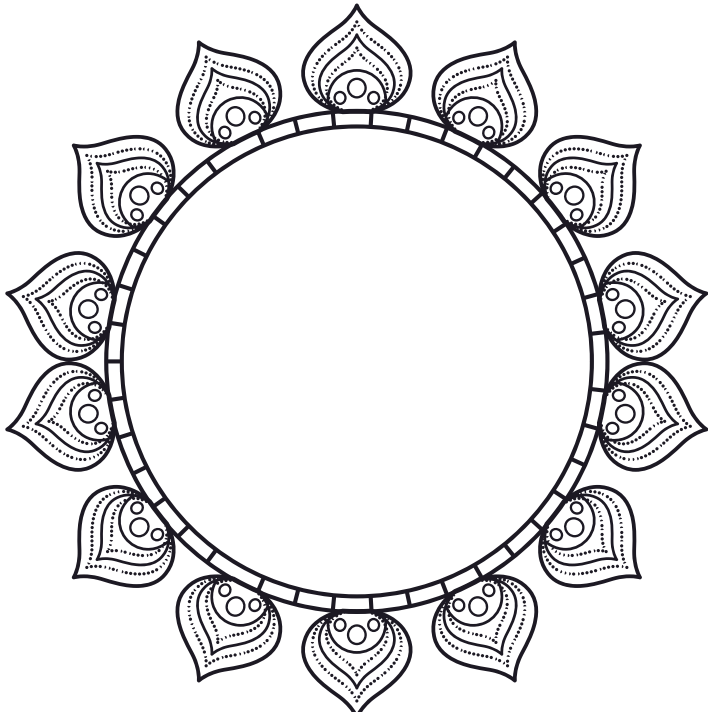
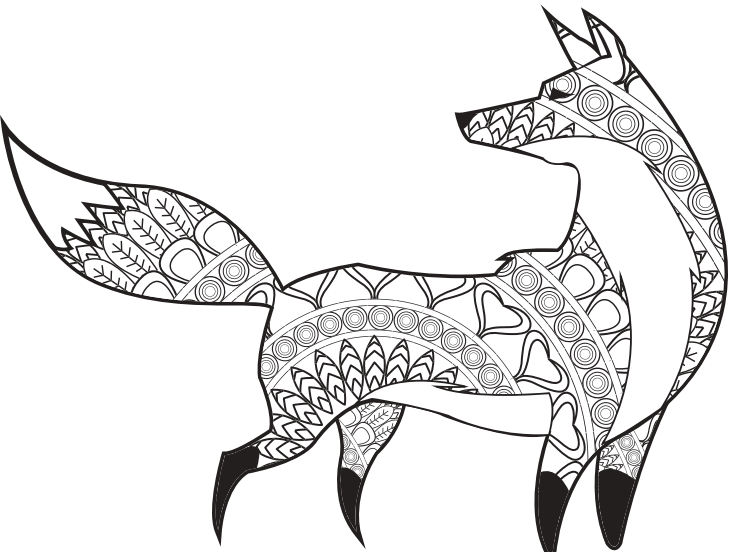
Relax

What will you need?

Colouring pencils

Paper

Printer





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

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.

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.

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