

What is badge-spirations?

Badge-spirations is a newsletter created by a team at Champions to inspire girls to do their interest badges! This one is specifically for Guides! We will have 4 badges in each newsletter until we've done them all.

We would love to see any badge work you've done, and you might even see your work in future newsletters! And hey, top secret we might even be working on a badge for the work we feature.

What are interest badges?

Interest badges you as guides can work on at home! There are 24 interest badges you can earn as a guide, do you think you can do all of them?

There are some classic guiding badges like; Navigator, Guiding history and Human rights. But there are also more modern badges like; Vlogging, Geocaching and investigating.

Now how do interest badges fit into the program?

In Girlguiding there are the 6 themes, which these badges are split into. Once you've completed enough you can get a theme award in each theme. What do you need to do for a theme award? To earn your theme award you need to complete a skill builder, four hours worth of UMA's (unit meeting activities) and an interest badge. The skill builders and UMA's are done in unit hours do not need to worry about them. If you get 2 theme awards you can earn your Guides bronze award! If you get 4 theme awards you can get your silver Guide award! And if you complete all 6 you're eligible to do the 3 challenges for your Guides Gold award!

The 6 themes:

Know myself

Express myself

Be well

Have adventures

Take action

Skills for my future

BADGE-SPIRATIONS



UPCYCLING BADGE

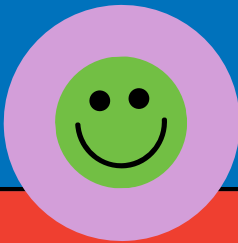
BY RAE-ANN

Use your rubbish for good!

1. Something useful
2. Upcycle big
3. Upcycling tips

Watch as Rae-Ann uses old playing cards to make a duelling mat.

USE YOUR BADGE BOOK
TO SEE WHAT YOU NEED
TO DO



This badge could definitely be a great end to a busy week!



MEDITATION BADGE

Relax and take a break with your meditation badge.

1. Body scan
2. Clear your mind
3. Create good bedtimes

CHECK YOUR BADGE BOOK
FOR FULL INSTRUCTIONS

