



4th North Heath Rainbows goes virtual

World Centre Postcards & Hot and Cold

World centre postcards





Our Chalet



It's the oldest centre - opened in 1932.

It has a secure bunker as it played an important role in WW2.

It's located in Adelboden, Switzerland

Activities include skiing, hiking, chocolate (or cheese) fondue.



Pax lodge

Originally opened in 1939
(there have been 3 versions
of Pax Lodge)

It is located in Hampstead, London.

In the same building you find the
headquarters of WAGGGS (World
Association of Girl Guides and Girl Scouts).

Activities include: challenge packs around
Pax Lodge and London

We went in May 2019 □





Our Cabana

Opened in 1956 - on thinking day (22 Feb)

Located in Cuernavaca, Mexico.

Activities include hiking and kayaking.





Sangam



Opened October 1966

Sangam means coming together

It's located in Pune, India

Activities include:
mehendi, rangoli, yoga,
swimming.



Kusafiri



Established 2010 and named in 2015.

No fixed site

Kusafiri means journey

It moves around Africa



Quiz time

Which World Centre was the first to be opened?

- A) Kusafiri
- B) Pax Lodge
- C) Our Cabana
- D) Our Chalet
- E) Sangam



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Quiz time

Which World Centre has no fixed address?

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Quiz time

Which World Centre is found in Mexico?

- A) Kusafiri
- B) Pax Lodge
- C) Our Cabana
- D) Our Chalet
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Quiz time

Which World Centre is found in Mexico?

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Quiz time

Which world centre has an Elephant as a mascot?

- A) Kusafiri
- B) Pax Lodge
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Quiz time

Which world centre has an Elephant as a mascot?

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Quiz time

Which world centre could you complete a challenge pack when you visit?

- A) Kusafiri
- B) Pax Lodge
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Quiz time

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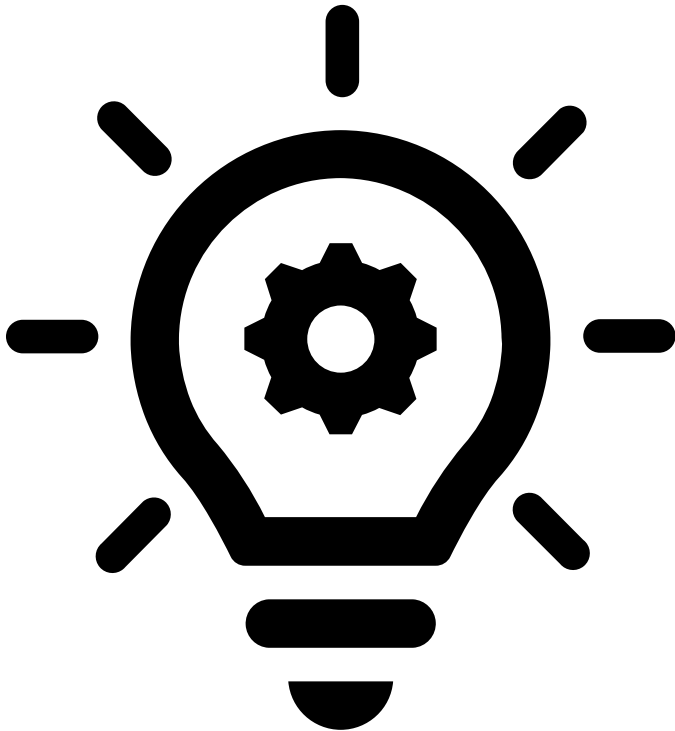
- A) Kusafiri
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Which world centre is your favourite?





Imagination time



Pretend you are at your favourite World Centre...

Can you create a postcard - draw a picture of what you think it would look like, and the activities you've chosen to do.

On the back can you tell someone about your time there.

Share these with us over the next week; we love seeing your creations.



Hot and Cold

You need to complete all of the following...
ready... and GO!!

- 1) Drink a glass of water
- 2) Do star jumps for 1 minute
- 3) Put on as many coats as possible in 1 minute
- 4) Pop an ice cube or ice pack on your arm (make sure it's wrapped in a towel)

Which activities warmed you up and which cooled you down?

