



The ABC Challenge

Virtual Badge Day





The Plan

We'll meet 3 times during the day

- 9am
- 12:30pm
- 4pm

There's no set number of activities you need to complete - just have some fun and share what you get up to.



The Plan

9am

We'll start the day running through some ideas of activities you can do... We'll complete an activity from the following letters...

- B (Bingo)
- A (Australian dot painting)
- D (Dangers in the home)
- G (Guess Who)
- E (Elephant)



The Plan

12:30pm

We'll complete a categories game - girls will need all letters of the alphabet written down one side of a piece of paper.

They are going to come up with an answer for each letter of the alphabet.



The Plan

4pm

We'll finish by finding out the activity each girl has enjoyed the most and 'presenting' the badges.



Activities - A

- 1) Get ACTIVE - complete your Agility badge
- 1) Visit AUSTRALIA - using pens or paint and a cotton bud - create an aboriginal dot art
- 1) Try APPLE bobbing



Activities - B

1) Play BINGO

1) Learn to sew on a BUTTON

1) Play with BUBBLES, BALLOONS or BALLS



Activities - C

- 1) Make a CARD - has someone got a birthday coming up?
- 1) Use a CAMERA - share your most artistic pictures
- 1) Learn some CIRCUS skills - can you learn to juggle?



Activities - D

- 1) Go on a DINOSAUR hunt
- 1) Play a game using a DICE
- 1) Learn about DANGERS



Activities - E

- 1) Go EXPLORING - go somewhere new; what can you find?
- 1) Have you read any of the stories about ELMER the ELEPHANT? Draw an ELEPHANT and colour it in like a patchwork. Draw a family of elephants and find different ways to colour them in e.g. spots, stripes or rainbows.
- 1) EAT your favourite food.
ENJOY!



Activities - F

1) FOLLOW a trail.

Ask someone to use sticks and stones to lay a trail and then see if you can follow it.

2) The Eiffel Tower is in Paris FRANCE.

Make an edible Eiffel Tower as shown.

Ingredients

12 raspberries

½ a banana

10 blueberries





Activities - F

3) Make a FRIENDSHIP Bracelet.

- Cut 3 lengths of different coloured embroidery thread (at least as long as your arm - it is better to be too long than too short)
- Leaving about 2cms at the top tie them all together.
- Stick this end to a table or work surface to make it easier.
- Cross the thread on the right under the middle one so it looks like a number 4. Now wrap it round the middle thread and through the loop.
- Pull it to make a knot at the top but not too tightly.
- Now do the same with the left hand thread.
- Repeat, alternating right and left until your bracelet is long enough to fit round your wrist.
- Tie all the threads together at the bottom and cut off any thread that is left.
- You could give your bracelet to a family member to show how much you love them. Remember if you are making it for an adult you need longer pieces of thread than your arm.
- Can you make more bracelets using different coloured threads?





Activities - G

- 1) Make a GIFT for someone
- 1) GROW something
- 1) Bake some GINGERBREAD people



Activities - H

- 1) HELP Mummy or Daddy to (wash up, tidy up, empty the dishwasher, weed the garden, make your bed etc).
- 1) Design a HOUSE for your favourite cuddly toy.
- 1) Use paint to create a HANDPRINT HORSE (or draw round your hand and cut it out). Add the neck, head, eyes and mane etc)





Activities - H

4) Make a HOT AIR BALLOON

What you need:

- Thin card - 5 colours
- Toilet roll inner
- String/wool
- Glue stick and scissors

What to do:

- Draw a balloon shape on each piece of coloured card and cut them out carefully.
- Cut a short piece of toilet roll (about $\frac{1}{4}$ of the length) and decorate it with felt pens.
- Fold each balloon in half and then stick them to each other.
- Make holes in the bottom of the balloon and round one rim of the toilet roll. Join them together using the string or wool.
- If you want you can add some string to the top and hang it up.





Activities - I

1) Make some rainbow ICE Lollies.

- Blend half a banana (sliced) and 180g strawberries until smooth. Divide the mixture between 8 lolly moulds.
- Blend the rest of the banana with 150g chopped mango until smooth. Carefully pour it on top of the strawberry layer. (Don't mix the layers).
- Blend 180g blueberries until smooth and carefully pour on top of the mango layer. (Don't mix the layers).
- Add lolly sticks to the moulds and freeze for at least 8 hours. ENJOY!
Try different combinations of fruit.

2) ICE CUBE challenge.

- Make some ICE CUBES and when frozen put them in a bowl.
- Use a spoon to move them from one bowl to another. How many can you move in 1 minute.
- Try again using a teaspoon.
- Now try using chopsticks.



Activities - I

3) ICE Experiment - what melts ice the quickest?

- Fill an ice cube tray with water and freeze.
- When frozen put an ice cube in each of several bowls.
- Add different things to each ice cube and see which one melts the fastest. (Don't add anything to one of the ice cubes).
E.g. Table salt, rock salt, lukewarm water, sugar, vinegar, lemon.
Try some funny ideas as well - tomato ketchup etc.
- You can use a timer to time how long each one takes to melt.

To make it even more fun you could freeze small plastic animals in the ice and see which addition helps to free the animal the fastest.



Activities - J

1) Make a cake case JELLYFISH.

- Stick strips of tissue paper to the inside of the cake case
- Add eyes on the front of the cake case.
- Put thread/wool through the cake case and hang your up.

You can use a cake tin liner, a paper bowl or something similar to make a larger jellyfish.



2) Make some JELLY.

- When it is set it is time to eat it.
- It is really yummy with ice cream.
- Add sprinkles and your favourite sauce.
- Eat it and ENJOY!

3) Tell some JOKES.

- Make your family laugh by telling them the funniest/silliest jokes you know.



Activities - K

1) Fly a KITE.

You can use a kite you have bought or have even more fun by making your own kite and seeing if you can fly it.

1) Paper plate KILLER WHALE

- Paint one side of a paper plate black except half of the rim.
- Cut out black fins and a tail and stick to the back of the paper plate.
- Cut out a mouth (showing teeth if you like) and paper eyes (or googly). Stick to the paper plate to create the face.



1) Can you make a KENYAN Maaisai necklace?

- Cut the rim off a paper plate cutting through in one place so that you can put it on when it is finished.
- Decorate it with bright colours, buttons, beads, feathers. You can hang things down from it as well. Wear it with pride.





Activities - L

- 1) Build some models with LEGO.
- 1) LIMBO - How low can you bend to get under the stick without knocking it off?
- 1) LEARN something new e.g some words in a new language, knitting, ride a bike.



Activities - M

1) Make a MOSAIC picture.

Mosaic floors are made from different coloured tiles that tessellate and you can often see them if you visit places where Romans used to live. The tiles can be any shape that will tessellate (fit together without gaps) e.g square, triangles, hexagons. Some of your Rainbow badges tessellate.

Can you make your own MOSAIC picture of?

Ideas - flower, butterfly, rainbow, fish or a pattern.



1) MIME

Play charades. Try to act out something without speaking (MIME) for someone else to guess what it is. E.g. brushing your teeth, going swimming, flying a kite.

Do you find it easy or do you want to speak?

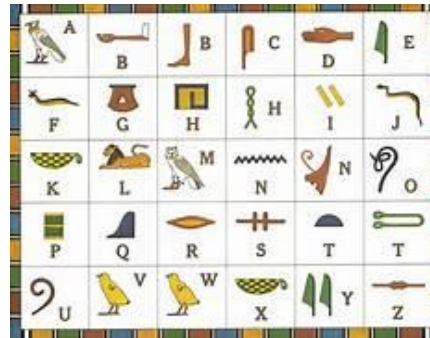
1) Learn a MAGIC trick.



Activities - N

BRAILLE Alphabet

A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	
.	,	?	!	'	-	CAPITAL	#	0
1	2	3	4	5	6	7	8	9



Hieroglyphics

A	B	C	D	E	F	G	H	I
际	家	加	束	节	姐	届	津	京
J	K	L	M	N	O	P	Q	R
举	开	快	来	乐	联	临	美	盟
S	T	U	V	W	X	Y	Z	
民	明	南	你	年	您	亲	请	

Japanese

- 1) Write your NAME in Braille.
Write your NAME using hieroglyphics.
Write your NAME using the Japanese alphabet.

- 1) Can you build a bridge out of NEWSPAPER?
Is it strong enough to hold a 2p coin? Can it hold 5X2p coins? 10X2p coins?



Activities - N

3) Peter Pan lives in NEVER NEVER Land with Tinkerbell and the lost boys.

- Can you design a map of Never Neverland showing where Peter Pan and the lost boys, Captain Hook and the pirates, Tiger Lily, the mermaids and the crocodile all live.
- Add anything else you like including, rocks, trees, and an X for where the pirates' treasure might be hidden.
- Can you make a wand for Tinkerbell?
- Can you make a hook for Captain Hook or a pirate hat?



Activities - 0

1) ORANGE Experiment.

- Fill 2 glasses $\frac{3}{4}$ full with water.
- Take 2 small oranges and peel one of them.
- Will they float or sink?
- Put them in the water and see if you are right.
- Why do you think the oranges do what they do?

(The unpeeled orange floats because the rind is porous and filled with air pockets).

1) Make an OCTOPUS out of a toilet roll inner

- Choose a coloured sheet of paper and cover the toilet roll inner with it.
- Cut 8 strips from the same coloured paper and stick them round the bottom on the inside, evenly spaced.
- Use scissors to carefully rub along each arm so that it curls. (Ask an adult to help you).
- Stick on googly or sticker eyes or draw your own. Draw a mouth.





Activities - 0

3) ORANGE bird feeder.

What you need:

- 1 large orange
- 2 pieces of dowel or you can use straws
- String or wool
- bird seed
- Knife
- scissors



What to do:

- Cut the orange in half and use a spoon to take out the fruit from inside. (This is very yummy and great to eat).
- Push the pieces of dowel/straws through the orange as shown.
- Cut 2 equal length pieces of string/wool (approx 45cms long) and tie each end to the end of the dowel/straws.
- Hang the bird feeder and fill it with bird seed. (Remember to hang it where cats can't catch the birds).





Activities - P

1) Make a POSTER to show people how great Rainbows is.

- Make it colourful with pictures to show the activities that you enjoy the most.
- Include the things that all Rainbows are - kind, helpful, respectful etc.

2) Turn milk into PLASTIC

- Heat a cup of milk in a microwave until the milk is hot not boiling.
- Add 4 tablespoons of white vinegar and stir. It will start to go lumpy.
- Strain the milk through a sieve. Press hard to get all the liquid out.
- Put it on some kitchen roll and continue to press it to get the rest of the liquid out.
- Now you can shape the PLASTIC with your hands or cutters and colour it with food colouring.
- Leave your shapes to go hard (1-2days).

3) Learn the Rainbow PROMISE



Activities - Q

- 1) Be a QUEEN for the day. Design and make a beautiful crown for you to wear. Don't forget all the jewels.
- 2) QUEBEC is in Canada and most people there speak French. Can you learn to say 'hello' 'bye' 'please' and 'thank you' in French? What else can you find out about Quebec?
- 3) Q is for QUIET. Can you read a book or colour a picture without making a sound for at least 15 minutes? Ask Mummy/Daddy to time you.



Activities - R

- 1) Make a ROBOT using old boxes, plastic bottles, bottle tops, newspaper etc.

- 1) RIDE your bike or scooter or RUN round your garden or a park.

- 1) Shaving foam RAIN clouds.
 - Put water in some small bowls and add a different food colouring to each.
 - Fill a large glass or vase with water (about $\frac{2}{3}$ full) and squirt shaving foam on top to form a cloud.
 - Using a pipette or syringe drop a small amount of different coloured water on top of the cloud.

What happens?



Activities - S

1) Make a bead SNAKE by threading beads onto a pipe cleaner. When you have done a few beads bend the pipe cleaner to form the head and then continue to the end. Bend the pipe cleaner so beads don't fall off. Stick googly eyes on the head. Make a family of snakes using different coloured beads.



1) Make a SUNCATCHER. Use black card to make a frame and cut a piece of sticky back plastic the same size and shape as the frame and stick to it. Stick torn pieces of coloured tissue paper to the sticky back plastic to make your SUNCATCHER. Create your own picture or pattern. Hang it up and see the SUN shine through.

1) Play on a SLIDE, SWING, SEESAW.



Activities - T

- 1) THROW and catch a ball. How many times can you catch it without dropping it.
- 1) TELEPHONE - make a cup and string telephone. Remember to pull the string tight when you are talking into it.
Find out about the person who invented the telephone.



Activities - T

3) Lolly Stick TIGER

You will need.

- 3 orange craft/lolly sticks
- Thin orange card
- 2 googly eyes
- Black felt pen
- Scissors
- Glue

What to do:

- Stick the lolly sticks into a triangle.
- Cut out and stick a triangle of orange card onto the back.
- Cut out and stick on 2 ears.
- Stick on 2 googly eyes or draw on with a black felt pen.
- Draw on a mouth nose and stripes.





Activities - U

1) Cardboard tube UNICORN

- Cover a toilet roll inner with your favourite coloured paper colour with felt pens.
 - Wrap several lengths of different coloured wool round your hand to make a ring. Take it off carefully and tie it with another piece of wool. Cut the ring opposite the tie.
 - Tie again at one end and cut in 2 near the middle tie.
 - Stick the shorter piece to the inside of the top of the toilet roll letting it hang over the top for the mane.
 - Stick the longer piece to the middle of the back for the tail.
 - Cut out ears from card and stick on the top. Cut out a horn from card (glitter/shiny card looks really good).
 - Use felt pens to draw a face for your unicorn (you can use googly eyes).
- Add any other decorations you think will look great on your unicorn.





Activities - U

2) UNICORN pebbles

Choose some pebbles and decorate them so they look like unicorns.



3) UMBRELLA suncatcher.

- Using black card, cut out a frame the same shape as an umbrella. Cut out another piece for the umbrella handle.
- Cut out a piece of sticky back plastic the same shape and size as the umbrella frame and stick to the frame.
- Tear pieces of different coloured tissue paper and stick to the sticky back plastic.
- Stick the umbrella handle on the bottom of the frame.
- Hang it up and watch the sunshine through.



Activities - V

1) Make a pretty VASE.

- Decorate a clean glass jar with glass markers or by sticking coloured paper on it.
- You can add ribbon to make a bow and gems to make the VASE sparkle.

1) Make a VIDEO

- Use a camera or phone to make your very own video of:
Your pet, your brother or sister, your cuddly toys having a tea party

1) Write secret messages using VINEGAR

- Use white vinegar to write your message on plain white paper and let it dry.
- To see your message heat it on a radiator or wipe it over with red cabbage water.



Activities - W

1) Gravity free WATER.

- Fill a glass to the top with water.
- Put a piece of cardboard on top making sure no air bubbles get in.
- Over a sink or in the garden, making sure you hold the cardboard tightly on top of the glass, tip the glass upside down.
- Carefully let go of the cardboard.
- What happens? Why?

(If you have no air inside the glass the cardboard and water should stay and you shouldn't get wet

This is because the air pressure outside the glass is greater than the pressure of the water inside the glass. This extra air pressure holds the cardboard in place and the water inside the glass).

1) WEATHER - making your own rainbow.

- Fill a glass with water.
- Shine a torch through the glass onto a plain white wall (or stick white paper to the wall).
- What can you see? Shine your torch at different angles through the water.



Activities - W

3) A WIZARD's magic colour changing potions.

You will need:

- A red cabbage.
- Bicarbonate of soda.
- Vinegar
- Clean, empty jam jars
- Water

What to do:

- Chop the cabbage into smaller pieces. Cover with hot water and let it soak for about 30 minutes.
- Pour the cabbage water through a sieve and collect the water in a jug or bowl.
- Pour the water into 4 jam jars and then add clear water to make 4 different shades.
- Add white vinegar to each jar and watch what happens.
- Now add a teaspoon of bicarbonate of soda and stir. What colour is your potion now?
- Add some more vinegar and see what colour the WIZARD's magic potion changes to.



Activities - X

1) Water XYLOPHONE.

- Get 8 glasses of the same size.
- Leave 1 empty and fill 7 of them with increasing amounts of water, the last so it is full.



(You can test out the sounds as you are doing it by tapping the glass with a spoon or wooden stick. You can change the sounds by adding water or pouring some of it away).

- Use food colouring to colour your XYLOPHONE. You can use any colours you like or make it look like a Rainbow.
- See if you can play any of your favourite tunes on your XYLOPHONE.

1) XTRA, XTRA read all about it....

Write your own newspaper article about something you have done or seen or somewhere you have visited or your favourite activity.



Activities - X

3) Make an X-RAY fish.

- Using black paint make a handprint on a piece of paper. Let it dry.
- Cut out a triangle from white paper and stick it on the wrist of your handprint as the fish's face.
- Now stick narrow strips of white paper on the body for bones.
- Make another black handprint and when it is dry stick cotton buds on to show where your bones are.





Activities - Y

1) Fruity YOGHURT bites.

You will need:

- 200g Natural Yoghurt (or flavour of your choice)
- Raspberries
- Blueberries

What to do:

- Lay out 12 paper or silicone cake cases on a tray that will fit in the freezer.
- Put a yoghurt in the bottom of each case until it has all been used.
- Put a few pieces of fruit on top and press down slightly into the yoghurt.
- Put into the freezer and leave for about 2 hours.
- Take out and enjoy!

(Try them using different fruit)



will fit in

1) Learn or practise some YOYO skills.

1) Wear something YELLOW or paint/draw a picture of something YELLOW.



Activities - Z

1) Design your own ZOO

1) Create your own ZANY ZOO animals for your ZOO

Use a toilet roll inner as the body. Use card, paper, foam, wool, glitter, googly eyes etc to add tails, eyes, fins, legs, horns, ears etc. How many different animals can you make?



Activities - Z

3) Make a Handprint ZEBRA

What you need:

- White card
- Felt pens
- Scissors
- Glue stick

What to do:

- Draw round your hand on the white card and cut it out carefully.
- Cut a head shape, 2 ears and a tail out of the white card.
- Stick the head onto the thumb.
- Stick on the ears and tail.
- Using your felt pens draw stripes on the Zebra's body, head and tail.
- Add eyes and a nose.

