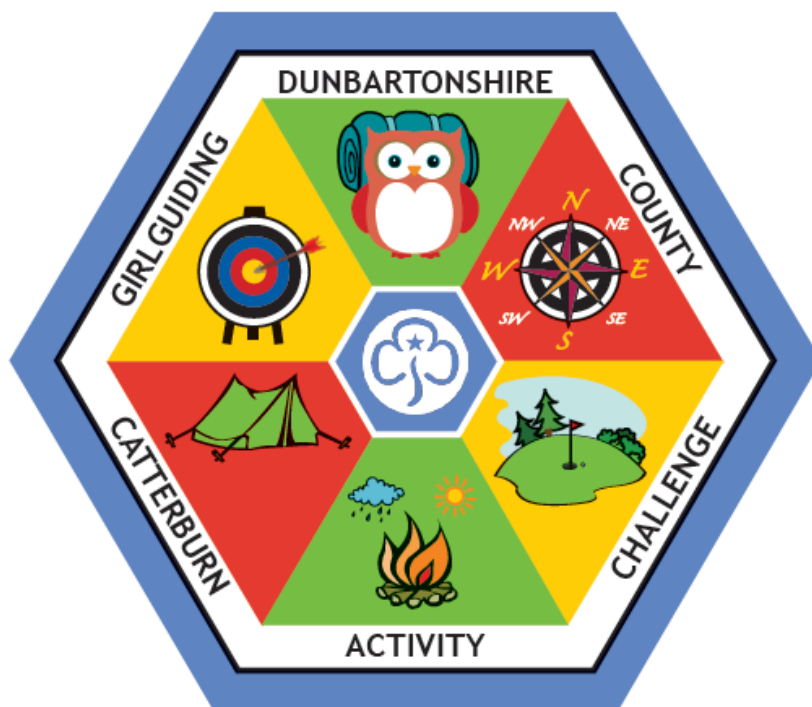




Catterburn Outdoor and Activity Centre Challenge



Catterburn Outdoor and Activity centre is situated near Croftamie, Stirlingshire close to the south east end of Loch Lomond and offers a range of affordable accommodation for all age groups of Girlguiding.

There are many outdoor and indoor activities available on-site and in the surrounding area. Catterburn is secluded enough to feel as though you are in the middle of the country but also close to local amenities.

The Brownie House offers self-catering accommodation for 32 people; the campsite is fully equipped for 10 patrols over 2 sites with a wet weather shelter; and the Bothy has self-catering accommodation for 12 people. All have disabled access and there is off-road parking for cars.

Funding of the site relies entirely on fees paid by groups who use the facilities and donations, including fundraising. This may take the form of individual Units doing fundraising events and applying for grants from both national and local grantmaking bodies.

This challenge has been created to bring a bit of FUN to our FUNdraising aims. There are two parts to this challenge; the first part can be completed as a unit, patrol, pack, etc; and the second part is an individual fundraising challenge and award.

To earn the challenge badge, you need to complete part one. An order form is included at the back of the pack.

Part One

There are 19 topics to choose from, with a choice of challenge listed below with bullet points. You could complete the challenge at a Catterburn event if you wish to.

Section	Minimum number of challenges (each from a different topic)
Rangers, Leaders, Trefoil Guild	14
Guides	12
Brownies	10
Rainbows	8

C	A	T	T	E	R	B	U	R	N
a m p f i r e	c c o m m o d a t i o n	r e e s	e c h n o l o g y	e n v i r o n m e n t	e m e m b e r	u g s	n d e r	e c o r d i n g	a t t r e

A	D	V	E	N	T	U	R	E
d v e n t u r e	i s a b i l i t y	e g e t a t i o n	e n g i n e e r	a u t i c a l	o g e t h e r	n i q u e	e t r o	x t r a

1. Campfire

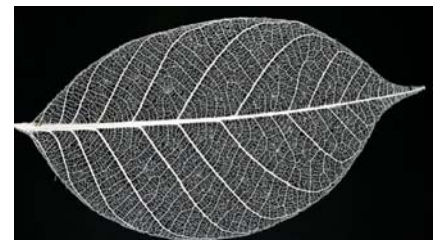
- Learn new songs (maybe from the Catterburn Song Book).
- Share a campfire with another section.
- Make a miniature campfire out of sweets.
- Toast Marshmallows. *Don't hold them too close, they burn quickly! Let them cool before eating.*
- Make s'mores.
- Perform a campfire skit.
- Bake a chocolate banana.
- Make dampers on a campfire.

2. Accommodation

- Have a Rainbow Sleepover.
- Go on Pack Holiday.
- Sleep in a tent.
- Design your ideal house.
- Build a den.
- Build a bird-watching hide.
- Build a shelter from natural materials.
- Make a tent hideout.
- Build a bivouac.

3. Trees

- Plant a tree.
- Do some leaf prints.
- Take a bark rubbing.
- Fly a seed helicopter - from a tree such as a maple or a sycamore.
- Go for a walk in the park and try to find 3 different trees.
- Reveal leaf skeletons using washing soda.
- Climb a tree, *carefully*.
- Make leaf impressions in air drying clay.
- Create a hand print tree of your unit.



Leaf Skeleton

4. Technology

- Post a picture of Catterburn to our Facebook page.
- Try Geocaching.
- Go for a walk using Google maps for directions.
- Use the internet to plan how you would travel to one of the World Centres.
- Use photographs of objects in nature to write your name.
- Design a robot.
- Use emojis to write a message.
- Hold a science themed session.

5. Environment

- Do a litter pick.
- Make a compost heap.
- Pond cleaning.
- Start a Recycling Project.
- Learn about environment challenges from other countries (e.g. pollution in one of the oceans).
- Upcycle something.
- Make a reduce, re-use, recycle poster.
- Find out about climate change.
- Adopt an area of garden.

6. Remember

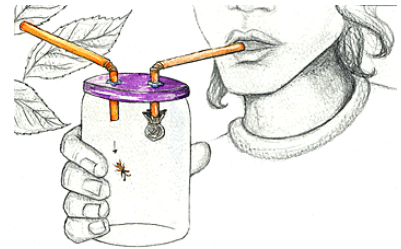
- Keep a diary of a guiding adventure (maybe something you've done at Catterburn?)
- Make a scrapbook on how you completed this challenge.
- Make a nature photo postcard.
- Keep a nature journal.
- Bury a time capsule.
- Keep a moon diary.
- Make a photo album (for the unit, for your family).
- Take part in an activity you will remember forever.
- Guiding memories - create a '*Remember when...*' display and ask other sections to come see it and add to it.

7. Bugs, Birds and Insects

- Make a home for a creature.

Examples include:

- Bird box.
 - Bug hotel.
 - Bumblebee nest box.
 - Build a log-pile home for animals and insects.
 - Wormery.
 - Hedgehog hide.
 - Earwig hide.
 - Ladybird sanctuary.
- Make Fat Balls to hang in the garden.
 - Lift logs to find insects.
 - Make a bird table or feeder.
 - Make an insect pooter and use it.



Insect Pooter

8. Under the stars

- Go outside on a clear evening and spot constellations in the night sky.
- Make a Solar System.
- Create a mini Galaxy in a jar.
- Create a model Mars Rover.
- Make cookies or cupcakes and decorate them like an eclipse.
- Make a pinhole camera to use in an eclipse.

9. Recording

- Take a closer look at a bird, a pet, or a wild animal; sketch them and find out more about them. Share what you learn with your unit.
- Forecast the weather with pine cones. Record it and compare how often the pine cone is right?

A pine cone can act as a simple barometer. Set it on a shady windowsill. If the scales close, the humidity is high and it might rain. If it's open, the air is dry and the weather will be fine.

- Play Kim's game using items you find outside.
- Do a Weather Science Experiment. Take pictures or record it to show other units your results.

Examples of experiments could include:

- Make an anemometer to measure wind speed.

- Create a thunderstorm in your kitchen.
- Make rain in a jar.
- Make a rain gauge to measure rainfalls.
- Create a rainbow at anytime - don't have to wait for the rain.
- Create a tornado in your soda bottle.
- Watch the cloud form in a bottle.
- Make a thermometer of your own
 - <https://igamemom.com/weather-science-experiments-for-kids/>

10. Nature

- Find some pine cone and make them into hedgehogs or gnomes.
- Take pictures of some wild flowers.
- Make a pine-cone wreath.
- Write with a quill pen.
- Make an orange pomander.
- Make a corn dolly.
- Make some pebble pets.
- Blow a grass trumpet.

Pick a clean looking blade of grass, the wider the better, and hold it between your thumbs so that it's taut. Blow between your thumbs. The grass vibrates to make a trumpet sound.

11. Adventure

- Walk round a safe open space, such as your local park.
- Explore your neighbourhood and make a map of the area.
- Go on a treasure hunt or a scavenger hunt.
- Go on an orienteering event.
- Have a picnic.
- Make and fly a kite.
- Feed the ducks. *But not bread, it's no good for them. Instead feed them chopped raw or cooked vegetables, thawed frozen peas, oats, birdseed or lettuce.*
- Lay and follow a stick trail.
- Make up your own adventure, something you've never tried before.

12. Disability

- Devise an obstacle course and work in pairs to guide your blindfolded partner through it.
- Learn about successful people who have disabilities, e.g. Helen Keller, Stephen Hawking.
- Invite a charity to come visit and talk about raising awareness, such as Guide Dogs for the Blind, Therapets, Age concern, and Arthritis UK.
- Learn some sign language (BSL) such as signing your name.
- Try different activities using only one hand.

For example

- Tying your shoes.
- Opening a jar that has a screw-on lid.
- Playing a game e.g. catch.
- Holding a stack of papers and handing out one at a time.
- Painting.
- Eating a banana.

13. Vegetation

- Plant some seeds or bulbs and keep photos of their growth.
- Go for a walk to identify plants.
- Make a garden on a plate or in a jar lid.
- Plant a bee-friendly garden.
- Grow your own herbs, vegetables or fruit.
- Make a flowerpot gift kit for someone.
- Make and give a scented posy.
- Make a daisy chain.
- Create cress heads characters.



14. Engineer

- Design and build a rollercoaster out of paper straws and paper, can you get a ping pong ball all the way to the end?
- Design and build a Rube Goldberg machine.
- Design and create a flag using Lego.
- Construct a Lego camping lantern.
- Make a Cardboard Box Marble Labyrinth Game and challenge others to complete your puzzle.

15. Nautical

- Design a poster to raise awareness about plastic pollution in our seas.
- Take part in a beach clean up.
- Visit a beach and make a large picture on the sand or shingle out of what you find. Take pictures to show everyone (take home anything that should not be on the beach too).
- Try the rainbow walking water science experiment.
- Make a homemade Lava Lamp.



Walking Water

16. Together

- Choose any activity that you all enjoy together.
For example:
 - Geocaching.
 - Singing.
 - Dancing.
 - Orienteering.
 - Gadget making.
 - Parachute games.
 - Archery at Catterburn.
 - Golf at Catterburn.

17. Unique

- What makes Girlguiding special to you? Create a storyboard, either in pictures or act it out.
- What is our USP (Unique Selling Point)? How would you sell Girlguiding to others?

18. Retro

- Know how to fold a flag and hoist colours. Demonstrate your skills to others.
- Demonstrate how to carry and present unit colours. Show how to roll, store and care for unit colours.
- Use and explain four whistle and hand signals.
- Tie a reef knot and a packer's knot. Demonstrate their use on a parcel or bedding roll.

- Traditionally, Guides march formally into a horseshoe. Find out how this is done and try it.
- Use semaphore to send and read a simple message.
- Set a map with a compass and walk on a bearing.
- Do an activity that shows a camping skill.
For example:
 - Pitch and strike a tent.
 - Make a gadget.
 - Light a fire.
- Plan and do a pioneering activity;
For example make a:
 - Rope ladder
 - Haymaker bridge
 - Swing.
- Make a lanyard.

19. Extra Challenge

- Gain your Bronze, Silver, Gold or Platinum County Fundraising Award (next section of Challenge).

Part Two

Catterburn Fundraising Award

We know our girls are amazing, we know our girls love to help others, we know they like a challenge.

This award can be achieved over a period of time and will be carried forward through the sections. For example if they raise money in Rainbows we will have a note of it, and if they raise money in Brownies, we will add totals together so we always know which award they have achieved or are working towards.

This is an individual award that we hope you will encourage your girls to take part in. However we would love you to do a unit event and we can take note of individual amounts raised. Registration form at the back of the pack.

There are four available awards to achieve:

- Bronze - Raised over £50
- Silver - Raised over £100
- Gold - Raised over £200
- Platinum - Raised over £500

Girls who achieve any of the above will be presented with their special award by someone from the Catterburn Committee, a Commissioner or maybe even at the Annual Review.



Catterburn Outdoor and Activity Centre Challenge Badge Order Form

Contact Name	
Unit Name	
Phone No.	
Email	
Postal Address	
Postcode	

Number of Badges	
@£1.50 each	£
Postage and Packaging (if required, local pick up can be arranged)	£1.50
Total Cost	£

Cheques should be made to "Dunbartonshire Guides Fundraising Account" and sent to: Lesley Martin, 38 Heron Court, Clydebank, G81 6BB

