



Coronavirus Isolation Challenge

Girlguiding Northamptonshire

Complete as many challenges as you can to keep you busy while our unit meetings are suspended!

Rainbows and Brownies

3 activities from each section

Guides and Rangers

4 activities from each section

Adults

5 activities from each section

Ask your leader how they would like to see you evidence!

Coronavirus Challenges

- Write a letter to someone who is in isolation, maybe an elderly neighbour or relative.
- With permission from your parent or carer, telephone someone to check on them. Are they ok?
- Do a good turn for someone in your local community who might appreciate your help.
- Create your own song for washing your hands.
- Learn about how viruses are spread. What can you do to stop them?
- Help your parents or carers to clean surfaces to prevent transmission of viruses.
- Design a new uniform for health workers.
- Make a model of the virus out of recycling.
- Deliver flowers to someone who is in the 'high risk category'.
- Create a board game about germs and staying healthy.
- Complete the 'First Aid' skills builder (appendix 1)
- Wash your hands (covered in paint or something similar) while blindfolded- did you get it all off?
- Create a menu for your family using whatever you have in your house.
- Write a shopping list of 'essentials' that you would need while in isolation.

- Make a card for someone to show you are thinking of them.
- Using the words CORONAVIRUS ISOLATION how many words can you find?
- Make a video to promote good hygiene.
- Design a 'Corona Bug' what would one look like?
- Plan a Rainbow/Brownie/Guide/Ranger meeting for when meetings start back! Share your suggestions with your leaders.
- Plan a trip or event that you would like to do with your unit. What would you do? Where would you go? How much would it cost? Etc.
- Send a thank you card to someone who is caring for others, for example, a doctor, nurse, police officer, teacher, etc.
- Make your own hand soap. Lots of recipes can be found online!
- Coronaviruses get their name from having crown like spheres on their surface. Make a crown of your own.
- Put glitter on your hand and shake hands with your family. How many people did you infect?
- Draw a picture to send to someone in a care home to cheer them up.

- Grow a plant and pass on to a neighbour or relative who is self isolating. Use the attached tag.

Appendix 3.

- Make some biscuits and decorate as monsters (virus bugs).
- Create a journal of your adventures during the coronavirus pandemic.
- Design a superhero who would combat all viruses!

Just for Fun Challenges

- Go for a walk and enjoy being outdoors.
- Create something using toilet rolls.
- Complete an interest badge and share with your leader when units start meeting again. How many interest badges can you do? Challenge yourself to cover as many themes as you can.
- Make Easter crispy cakes or something similar.
- Find out how to make a tin can stove and cook something on it.
- Shrink a crisp packet and make it into a keyring or badge. (Appendix 2)
- Do a good turn for your parents or carers.
- Read a book.
- Write a review based on the book you have read.
- Make a bookmark.
- Take a virtual tour of a museum online.
- Learn a new skill or start a new hobby.
- Make a treasure hunt around your local area for others to follow.
- Plant vegetable seeds. Donate your vegetables to someone in your community.
- Grow a sunflower. Have a competition with your family to see who's grows the tallest.

- Learn to print onto fabric and make it into something.
- Make seed balls for the birds that visit your garden.
- Help a nursery in Oxfordshire to break a world record by making pom poms. Send them to **The Oxford Science Park, Sanders Road, Oxford OX4 4GD** by 17th July 2020. Don't forget to add a note explaining that you are a member of Girlguiding Northamptonshire!
- Make a paper aeroplane and have a competition with your friends or family.
- Learn how to make a friendship bracelet. Give it to someone special.
- Draw a self portrait.
- Make playdough, slime, fake snow or something similar that is fun!
- Using playing cards can you make a tower. How tall can you make it?
- Make puppets and put on a puppet show to entertain your friends and family
- Play hopscotch.
- Complete a puzzle that is challenging for you!

Appendix 1



First aid

Stage

1

45 mins



Skills builder

Kill the germs!



Rub palm to palm with fingers



Rub tips of fingers



Rub each wrist

Aim of activity

You don't want to make a poorly person worse. Practise washing your hands to help stop germs spreading.

What you'll get out of it

- Know how to clean your hands.
- Discover why clean hands are important.

What you'll need

- A timer
- For each pair:
 - Washable paint
 - Soap and water in bowls/wash area
 - Pens
 - Paper
 - Latex or non-latex gloves (optional)



WE DISCOVER, WE GROW
Girlguiding

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First aid

Stay safe

Make sure that nobody in the unit is allergic to any of the items you use.



Note to leader

You'll have to demonstrate how to wash your hands properly, so you may want to look this up before starting the activity.

What to do

- 1 Get together and chat about why it might be important to keep your hands clean when helping someone who is hurt.
- 2 Get into pairs. To start, pick someone to be the first aider and the other person will be the scorer. First aider – shut your eyes. Scorer – smear paint all over the first aider's hands.
- 3 The first aider now has two minutes to wash all the paint off using the soap and water – careful not to splash or spill too much! Your leader will keep time. Remember, eyes closed, no peeking!
- 4 Time's up! First aider – open your eyes and look to see if there is any paint left on your hands. Scorer – give the first aider penalty points for every finger, palm or back of hand where there is still paint. Swap roles and try again.

5 When everyone has had a turn, come back together as a group. Talk about where paint was left and who had the fewest penalty points. Did everyone get penalties for the same thing?

6 Your leader will show you how to wash your hands so they're sparkling clean! Remembering to scrub under nails and in between fingers. If you still have paint on your hands, try it out.

7 Come together as a group and chat about what germs could be on your hands? Where could you have picked these up?

8 Form a circle. One girl should put a small amount of paint on her hand, then pretend to sneeze and shake the hand of the girl next to her. Keep repeating sneezing and shaking hands until you've gone all the way around the group. How far did the paint go? This shows how easily germs can be passed to one another, which is why it's important to wash your hands before helping someone who is hurt.

9 Can you remember how to wash your hands? Get back into pairs and have a go, until they're nice and clean.

Take it further

Now you know how to clean your hands properly, design a step-by-step poster that you can put up in the bathroom at home.

Appendix 2

Have you ever eaten a packet of crisps and wondered what to do with the wrapper?

Try this!

What you need:

Oven

Plastic (not foil) crisp packet - try a supermarket own brand, Chipsticks or Space Raiders

Water

Washing up liquid

Paper towel / dish cloth

Baking tray

Foil

Oven glove

How to:

Ask an adult for help using an oven.

Preheat the oven to 250 degrees Celsius.

Eat your crisps.

Clean your crisp packet using water and washing up liquid.

Dry the crisp packet.

Cover the bottom of the baking tray with foil.

Put the crisp packet on the foil and put the baking tray in the oven.

Leave the crisp packet for two to three minutes.

Ask an adult to take the baking tray out of the oven - make sure they use an oven glove!

What has happened to the crisp packet?

Shrunken crisp packet

You could make your tiny crisp packet into a keyring! Punch a hole in the corner of the crisp packet and add it to a key

chain.



Appendix 3

Girlguiding Northamptonshire



Here's a little flower
With love from us to you,
we hope it keeps you smiling
all the summer through.
It needs a little water
and like us, a little sun.
We hope you will enjoy it,
a Girlguiding 'Good Turn' done!