



Challenge yourself to the Get Outside badge. Encourage your units to venture outside and enjoy the world around you. Learn new skills or remember some old ones.



Nature

Nature Walk * Bug Hotel * Bird Box * Bird Cake
Nocturnal Animals Night * Animal Facts Games * Nature Collage
Planting Trees * Window Box or Container
Seeds In Trays Or Pots * Potatoes In A Bag

Camp Skills

Tents * Bedding Rolls * Knots * Camp Craft
Trekking * Pioneering * Cardboard box/Shelter Sleepover
Gadgets

Outdoor Cooking

Buddy Burner * Cardboard Box Oven * Cooking on Stoves
Cooking on a Fire * Tin Can Cooking * Tea Light Cooking
Roasting Chestnuts * Kebabs * Nettle Soup

Outdoor Fun

Pond Dipping * At The Seaside * Sandcastles
Scavenger Hunt * Run Run Run * Running Games
Geocaching * Hiking

Bring the Outdoor In

Stargazing * Wall Constellation * Indoor Camp
Indoor S'Mores * Make Your Own Net * Juice Box Boats
Mini Rafts * Rockets

Welcome to Girlguiding Ulster Get Outside Challenge badge pack.

There are five sections to the Get Outside Challenge Badge, girls must complete the relevant activities from each section to complete the badge.

Rainbows complete ONE clause from each section and ONE additional clause from any section to gain the badge.

Brownies complete ONE clause from each section and TWO additional clauses from any section to gain the badge.

Guides and Senior Section complete ONE clause from each section and FOUR additional clauses from any section to gain the badge.

The badge can be purchased from Lorne shop or online for £1 at:
<https://shop.girlguidingulster.org.uk>



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We hope that you enjoy the resource. Please send your photographs and if there are any comments about the resource please email: info@girlguidingulster.org.uk



Nature Nature Walk



Who is it for:



It will take:

45-90 minutes.

You will need:

The list opposite

This section looks at how to incorporate Nature and the Environment into the unit place and encourage the girls to take an active part in the world around them.

Find and collect as many of the following as possible:

- A leaf that is tickly and a leaf that is prickly
- Something white and fluffy
- Something brown and sticky
- A pine cone
- A weird shaped stone
- Something that shouldn't be there
- A brown leaf
- A type of seed
- Something smooth and something rough
- Berries
- An Acorn
- A leaf from a deciduous tree





Nature Bug Hotel



Who is it for:



It will take:

45-90 minutes.

You will need:

You can choose any of the following:

Old wooden pallets
Strips of wood
Straw
Moss
Dry leaves
Woodchips
Old terracotta pots
Old roofing tiles
Bricks, preferably those with holes through them
Old logs
Bark
Pine cones
Sand
Soil
Hollow bamboo canes
Dead hollow stems cut from shrubs and herbaceous plants
A sheet of roofing felt
Planks of wood
Whatever else – preferably natural materials – you can find!!

What to do:

1. Choose a suitable site. It needs to be level and the ground firm. You'll get different residents depending on where you place your hotel, as some like cool, damp conditions and others (such as solitary bees) prefer the sun. If you have vegetable beds, keep it a good distance from them.

2. The basic structure. You will need a strong, stable framework that's no more than a metre high! Old wooden pallets are perfect for a large hotel as they're sturdy and come with ready made gaps. Start by laying some bricks on the ground as sturdy corners. Leave some spaces in between the bricks - try creating an H-shape. Add three or four layers of wooden pallets on top of your bricks. If you leave larger ends, you're more likely to attract hedgehogs. You can also make a smaller structure, depending on the wood and space you leave.



3. Fill the gaps. The idea is to provide all sorts of different nooks and crannies, crevices, tunnels and cosy beds.

Include:

- * dead wood and loose bark for creepy crawlies like beetles, centipedes, spiders and woodlice.
- * holes and small tubes (not plastic) for solitary bees made out of bamboo, reeds and drilled logs.
- * larger holes with stones and tiles, which provide the cool, damp conditions frogs and toads like – if you put it in the centre you'll give them a frost-free place to spend the winter (they'll help eat slugs)
- * dry leaves, sticks or straw or ladybirds (they eat aphids) and other beetles and bugs.
- * corrugated cardboard for lacewings (their larvae eat aphids, too)
- * dry leaves which mimic a natural forest floor.
- * you can even put a hedgehog box into the base of the hotel.





Nature Bug Hotel



2. Add a 'roof'. When you think you've gone high enough, making sure the stack remains stable, put a roof on to keep it relatively dry. Use old roof tiles or some old planks covered with roofing felt. You could even give it a 'green' or 'brown' roof by putting a bit of rubble or gritty soil on top. Only plants that love dry conditions cope up there, but some wild flower seeds could arrive on the breeze and take root. Surround your hotel with nectar-rich flowers – essential food for butterflies, bees and other pollinating insects. If you want, choose a name for your hotel and put a sign up outside. Children will get a thrill from making their first home.





Nature Bird Box



Who is it for:



It will take:

60-90 minutes.

You will need:

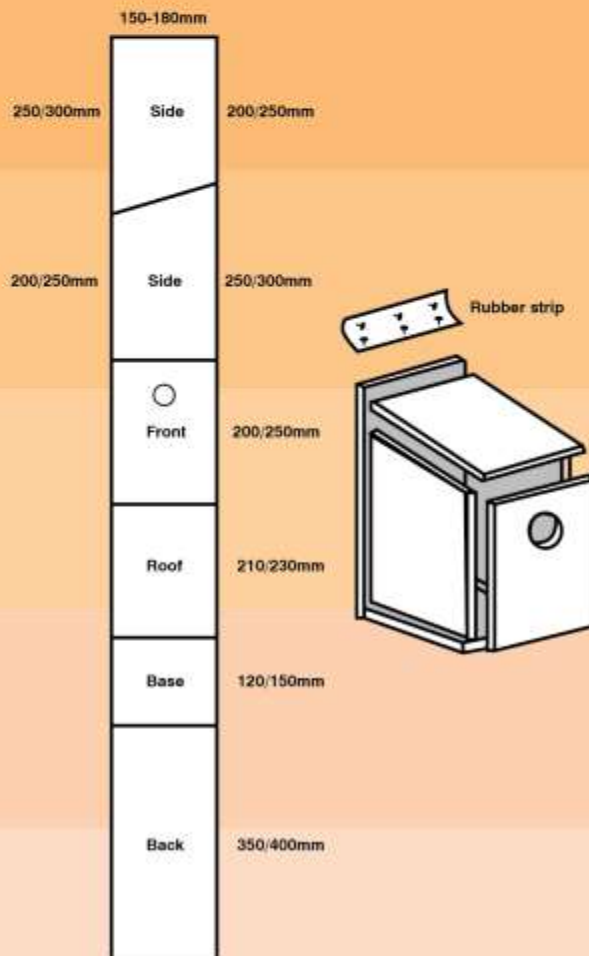
Any plank or sheet of about 15mm thick weatherproof timber is suitable. However, do not use CCA pressure-treated timber, since the leachates may harm birds. Cut each section as per the plan.

Natural nest holes do not come in standard sizes, so use these dimensions only as a guide.

Dimensions:

The plan gives measurements for a small and a large box. Use only the first or the second figure throughout. For starlings and great spotted woodpeckers, use the dimensions for the large box; all the others need the small one.

The bottom of the entrance hole must be at least 125mm from the floor of the nestbox. If it's less, young birds might fall or be scooped out by a cat. The inside wall below the entrance hole should be rough to help the young birds to clamber up when it's time for them to leave.





Nature Bird Box



Putting it together:

Drill drainage holes at the base of the box, and use galvanised nails or screws to assemble. It's always best to leave the box untreated. As it weathers, it will blend into its surroundings.

Softwood boxes can be treated with selected water-based preservatives, which are known to be safe for animals, such as Sadolin. Apply it only to the outside of the box, and not around the entrance hole. Make sure the box dries and airs thoroughly before you put it up.

A woodpecker box should be filled with a block of balsa wood, rotting log or wood chips - woodpeckers like to excavate their own nesting cavities.

Do not nail down the lid, since you will need to clean out the box in the autumn. Attach the lid with a brass or a plastic hinge that will not rust, or hinge it with a strip of leather or rubber (an old piece of bicycle inner tube will do). Fasten it down with a good catch.

How big does the hole need to be?

The entrance hole size depends on the species you hope to attract:

- 25mm for blue, coal and marsh tits
- 28mm for great tits, tree sparrows and pied flycatchers
- 32mm for house sparrows and nuthatchers
- 45mm for starlings

The small box with 100mm high open front may attract robins or pied wagtails. A wren would need a 140mm high front panel, while spotted flycatchers prefer a low 60mm front to the box.



Nature Bird Cake



Who is it for:



It will take:

45-90 minutes.

You will need:

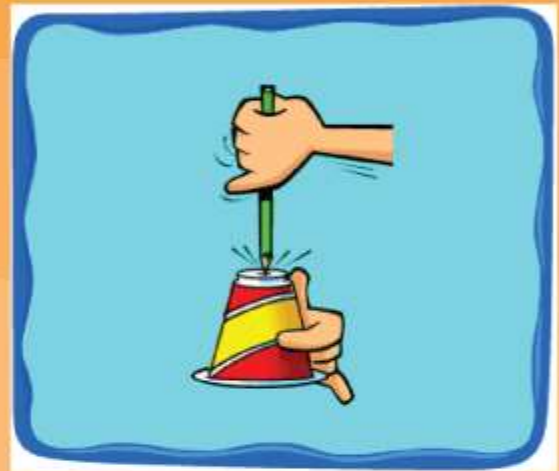
Good quality bird seed
Raisins
Peanuts
Grated cheese
Suet or lard
Yoghurt pots
String
Mixing bowl
Scissors

Important notes:

Not suitable for children with nut allergies. Note that bird seed, including peanuts bought for birds, is not suitable for human consumption

What to do:

Carefully make a small hole in the bottom of a yoghurt pot. Thread string through the hole and tie a knot on the inside. Leave enough string so that you can tie the pot to a tree or your bird table.



Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.





Nature Bird Cake



Add the other ingredients to the bowl and mix them together with your finger tips. Keep adding the seed/raisin/cheese mixture and squidging it until the fat holds it all together.

Fill your yoghurt pots with bird cake mixture and put them in the fridge to set for an hour or so.



Hang your speedy bird cakes from trees or your bird table. Watch for greenfinches, tits and possibly even great spotted woodpeckers.





Nature Nocturnal Animals Night



*(Can also be used as
Bring The Outdoors In section)*

Who is it for:



It will take:

45-60 minutes.

You will need:

Pictures of nocturnal animals and some facts about each animal
Torches
Checklist for Rainbows to tick when they find each animal

What to do

Have the girls bring a torch with them to the unit meeting. This activity works well in pairs or small groups.

Place the pictures of the nocturnal animals around the unit meeting place in advance, don't make them too obvious.



Provide each group with a checklist (pictures are easiest), that they can mark when they find the animals. Turn the lights out and allow the girls to discover the animals by torchlight. Once everyone has found all the animals you can come back together and learn some facts by playing the Animal Facts game on the next page.



Nature Animal Facts Game



*(Can also be used as
Bring The Outdoors In section)*

Who is it for:



It will take:

20-30 minutes.

You will need:

Print of pictures
of nocturnal animals.
Hedgehog
Badges
Bat
Mouse
Owl
Fox

Animal facts game

Place pictures of nocturnal animals on the walls around the meeting place. Have the girls stand in the centre as you read out a fact about one of the animals, girls then run to whatever animal they think it is about.

E.g.

- I have spikes and roll into a ball when I am scared (Hedgehog)
- I love to dig, my house is underneath the ground and called a sett (Badger)
- I can't see very well at night but I have very good hearing (Bat)
- I have a pointed snout, small rounded ears, and my tail can be longer than my body (Mouse)
- I don't make any noise when I fly (Owl)
- My footprints look like this:





Nature Nature Collage



(Can also be used as
Bring The Outdoors In section)

Who is it for:



It will take:

45-90 minutes.

You will need:

Collection of outdoor items eg. leaves, pinecones, sticks, feathers - whatever you can find!

Cardboard

Glue

Pens/pencils

What to do:

Bring the outside in and make a collage from natural items. If you are able, the girls can collect things themselves or leaders can provide materials on the night.



Turn it into a challenge eg. have girls work in groups to produce pictures of different animals.



Alternative option

What to do:

Create a picture using natural materials. The girls can each do a collage or the whole unit could work together to create one large masterpiece.

Decide a theme (e.g. Autumn scene, scarecrow in a field.....).

Get the girls to collect things from outside. Once back inside, get creative! You can even make mud paint! Mix mud with PVA glue and water.





Nature Planting Trees



Who is it for:



It will take:

60 minutes.

You will need:

Spade
Tree saplings

Things to consider before planting

Planting a tree.

If you're planting a single tree think about where you're planting it in relation to any property. Some roots and branches may spread beyond the boundaries of your property and trees can sometimes cause structural damage. Be aware of places where limbs may fall or roots might grow.

What to do:

Generally the planting season in the UK is from mid-November to late March. This is when the tree roots are dormant and can cope better with being moved.

1. Use a spade to take the turf out of the ground, turn it over and split it almost in half.
2. Dig a hole slightly wider and deeper than the roots of your tree. Loosen the soil around the edges.
3. Put the tree in the hole and check the depth. Look for the "collar" – the mark on the tree from where it originally started to grow above ground. This should be level with the top of the soil. If a tree is planted too deep the stem may rot; too shallow and the roots above ground will die.
4. Hold the tree upright and gently push back the soil, pressing it down onto the roots. Don't compact the soil as this will stop water and air circulation, but make sure your tree is steady.
5. Put the turf back over the hole with the split either side of the young tree, grass side down.
6. Cover your tree with a guard if necessary, using a cane or stake to provide extra support.



More information can be found at
www.woodlandtrust.org.uk



Nature Window Box or Container



Who is it for:



It will take:

45-60 minutes.

You will need:

A selection of plants or seeds
Compost
Watering can
Hand forks and trowels
A suitable container

What to do:

How to Plant Up A Container

1. Select a container that is going to provide sufficient room for the plants in it to grow.
2. Make sure that the container has some drainage holes in it.
3. Place a layer of stones or broken crocks at the bottom of the pot to allow for good drainage. It is also a good idea to raise the pot a little off the ground.
4. Fill the pot to around two thirds full with some moist compost
5. Transplant plants carefully into the container and try to keep the roots as intact as possible. Don't squash plants up in an attempt to fit too many in.
6. Gently position the plants in place and fill the surrounding area with compost.
7. Gently pat down the compost, leaving an inch or two of space at the top of the pot for watering.
8. Remember to feed the plants regularly during the growing season.





Nature Seeds in Trays or Pots



Who is it for:



It will take:

45-60 minutes.

You will need:

A selection of seeds.
Seed trays and small pots, or a paper potter and some paper
Compost
Watering can
Seed labels and pencil
Hand forks and trowels
Soil sieve.

Making Paper Pots

All you need is a paper potter and some newspaper. Simply take strips of newspaper and wrap them around the potter. Push the potter into the base and then lift out. Gently remove the pot from the potter and it's ready to use.



What to do:

1. Choose a suitable container for your seeds. For fine seeds such as lettuce a seed tray is ideal, for larger seeds such as beans or courgettes go for a pot.
2. Put some compost into the container, until it is around two thirds full.
3. Place some seeds on top of the compost. Check the packet instructions to see how far apart is recommended and also if the seeds need to be sown a certain way up.
4. For larger seeds sow one or two into each pot.
5. Cover the seeds with a layer of compost. You can use a soil sieve to get a nice thin and even coverage. Water a little to ensure the compost is moist, and add labels.
6. Check the packet or a gardening book to find out what conditions the seeds need to germinate. Most will germinate best in warm conditions but some require cold conditions so it's always worth checking.



Nature Seeds in Trays or Pots



7. The seeds will need some moisture to germinate, but be aware that over watering can cool them down, remove the air from the soil that is needed for root growth and lead to rotting or fungal growth. So aim for the soil to be moist but not waterlogged.
8. Check the packet to find out if the seeds require light or dark conditions to germinate. Then find a suitable place to put them.
9. Regularly check the seeds to make sure they are not drying out too much, and try to keep the compost moist.
10. Once the seeds have germinated they are best at ambient temperature. Also they will begin to grow towards the light so remember to put them somewhere where light is plentiful. Also try to turn the pots or trays every day or so to allow all plants equal light.
11. Once the plants are around 5cm in height they can be potted inside or put into the garden if the weather is warm enough. If it is early in the season it is a good idea to harden plants off in a cold frame before planting into the ground. This allows them to acclimatise to the outdoor conditions. Alternatively the trays and pots can be placed just outside the door during the day and then brought back in at night and this too will help them to acclimatise.
12. Note that not all plants like to be transplanted and so these will need to be sown in the place where they will mature. Check the seed packet or a gardening book to check, and if they require direct planting into the ground see our fact sheet on how to grow plants in a raised bed.



Nature Potatoes in a Bag



Who is it for:



It will take:

45-60 minutes.

You will need:

Potato Bag
5 Seed Potatoes
Trowel
40L Good quality
multi purpose
compost
Watering Can.

What to do:

1. Take the potato bag and place a layer of drainage material such as small stones at the bottom of the bag.
2. Next add approximately 15 cm of good quality potting compost.
3. On top of this layer place 2 or 3 seed potatoes, equally spaced out and around 15cm from the edge of the bag.
4. Add another 10 cm layer of good quality potting compost.
5. Place another 2 or 3 seed potatoes on top of this layer.
6. Cover with another 10 cm of compost.

Hints & Tips

Place the potato bag in sheltered sunny spot.

Always ensure there is a good covering of soil on the top of growing tubers, as daylight turns the potatoes green, and they are then poisonous.

If you want your potatoes to have enough space to grow to a decent size don't plant more than 5 potatoes per bag.

On cold nights cover the bag with some protective fleece to prevent frost damage.

Water well – around a gallon of water per plant per day is recommended.

When the tops of the plants begin to grow, use canes to support them

When flower buds begin to appear take heart – it's a sign that the tubers are starting to grow.

Harvest after around 10 – 12 weeks

Watch out for potato blight. Signs include black or brown patches appearing on the leaves. The plants then die off and the tubers will also be affected.