



## Seven Springs Challenge 2016

Raising funds for a new building  
at  
Seven Springs Outdoor Activity Centre



### Information:

This challenge is split into 5 sections, based around the elements and the Seven Springs Outdoor Activity Centre.

These areas are:

Wind/Air

Earth

Fire

Water

Springs

Some of the *activities* (highlighted in *Italics*) are available at the Seven Springs Centre, please check the website for further information and dates.

Almost all the clauses are suitable for all sections, however please feel free to adapt them to the needs of your unit/group. This challenge pack is only a starting point, if your group expresses a particular interest in something you can choose to explore this further.

To complete the challenge we recommend that the sections do the following:

Rainbows/Beavers: 1 clause from each section plus any 2 others

Brownies/Cubs: 1 clause from each section plus any 4 others

Guides/Scouts: 2 clauses from each section plus any 2 others

Senior Section/Explorers: 2 clauses from each section plus any 4 others

**This clause should be completed by everyone.**

\* Complete the shield of coins to help us fundraise for our new building ★



info@7springs.org.uk



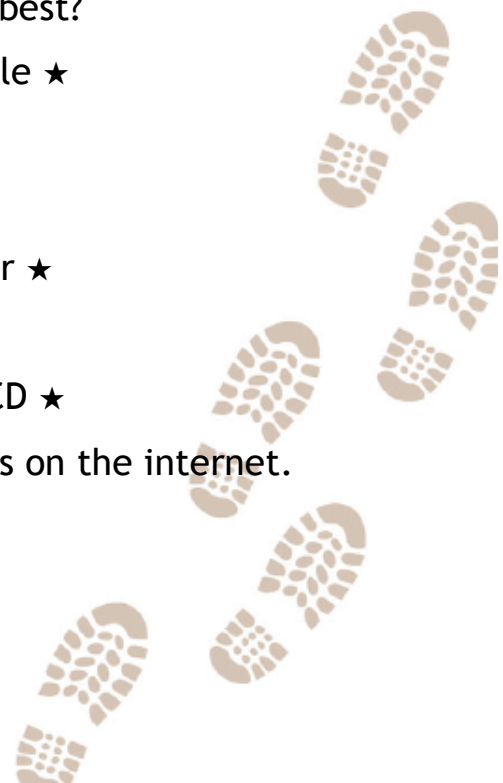
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Templates are provided for activities marked with ★

- \* Make a kite using plastic bags, garden canes and ribbon ★
- \* Make a pinwheel using card, a splitpin and a straw ★
- \* *Parachute Games - revisit the old ones or try out some new ideas* ★
- \* Visit - The Airport or a local wind turbine
- \* Can you make an autumn masterpiece blowing paint through straws? ★
- \* Create an interesting picture using a straw, bubbles and paint, remember to blow down the straw and not suck! Can you do this on a large scale - with lots of straws and a larger tray/paddling pool?
- \* Use recycled materials to make some wind chimes ★
- \* Make a Japanese windsock★
- \* Wind Spirals - Made from a plastic bottle ★
- \* Hold a Paper Aeroplane Race, research different techniques on the internet, does paper or card work best?
- \* Inflate balloon using gas made inside bottle ★
- \* Make a weather vane ★
- \* Have a race using plastic straw rockets ★
- \* Test the wind speed - Make a anemometer ★
- \* Play blow football ★
- \* Make a Hovercraft using a balloon and a CD ★
- \* Build a Rocket - look up different methods on the internet.



Please remember to take appropriate safety measures and gain the necessary parental permissions when completing activities that involve fire.

- \* Learn some new campfire songs as well as revisiting the old ones.
- \* *Build a campfire*
- \* Make S'mores by melting marshmallows over a tealight and sandwiching between to chocolate digestives.
- \* *Discover Backwoods Cooking*
- \* Make a tea-bag rocket ★
- \* Make a jam jar candle ★
- \* Wish Log - Write your dream and wishes on a piece of paper. Wrap around a stick and throw into the fire. Will your wishes come true?
- \* Campfire Ashes - Collect some of the cold ashes from the campfire and keep in a small container. Sprinkle them on the next campfire you go to and share the friendships of the previous campfire. You can do this over and over again as your friendship circle grows.
- \* Build an edible campfire, using a chocolate digestive, icing, chocolate matchmakers, strawberry laces and marshmallows.



- \* Water relay race: who can carry the most water using only their hands between two set points.
- \* Make a lava lamp ★
- \* Make you own bubble mixture and bubble wands out of pipe cleaners. Can you make giant bubbles using a string loop?
- \* Walking Water experiments ★
- \* Build a Solar Still
- \* Make Magic Sand ★
- \* Try a water sport i.e Kayaking, Sailing, Raftbuilding, Water Polo.
- \* Take part in a sponsored swim ★
- \* Investigate different ways of filtering water. These may be commercially available filtration tablets or filters you have made yourself.
- \* Captain's Coming - Pirate Game ★
- \* Ice Painting, freeze paint in ice cube trays with a lolly stick as a handle. As the ice melts you will be able to use the 'paint lollies' to paint with.
- \* Science - which is the best insulator? Freeze large blocks of ice (maybe ice cream/takeaway tubs), have a selection of different materials i.e newspaper, blanket, tinfoil, clingfilm, bubblewrap, cardboard, clothes and wrap the ice to see which will keep it cold for the longest time.
- \* Visit the Chill Factore
- \* Make miniature floats/rafts and test them in a paddling pool. Can they carry a toy? Whose will sink first?
- \* Have a plastic duck race. Remember to collect the all ducks afterwards.



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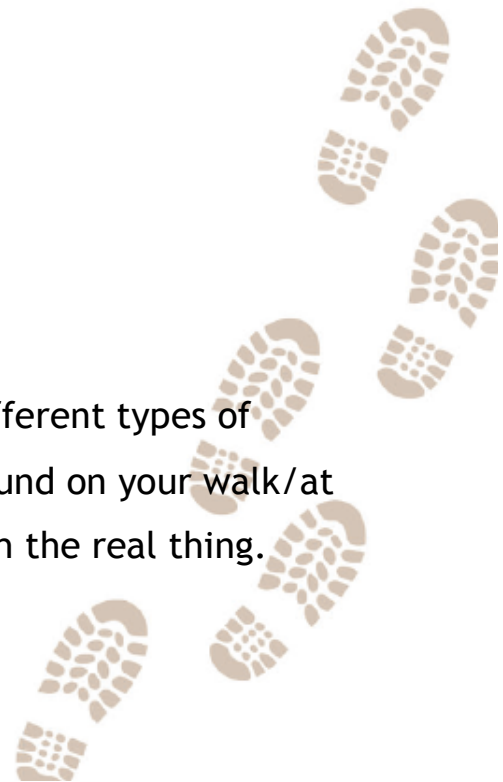
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“The Earth, without ‘art’ is just ‘eh’”

- \* Can you make a piece of art using either leaves, sticks, recycled materials or a combination of all 3.
- \* Grow your own...Carrots in a bottle, garden in a glove. ★
- \* Make a piece of jewellery / a badge using recycled materials.
- \* Mud Painting ★
- \* Promises - how can you make the world a better place? ★
- \* Cress Heads ★
- \* Plastic Bottle butterflies ★
- \* Recycled paper ★
- \* *Nightline*
- \* Painting pebbles
- \* Scavenger hunt
- \* Going on a walk and making a journey stick ★
- \* A penny hike ★
- \* Make tracking signs - direct others with arrows and pointers on the ground, using sticks for signs.
- \* Mud pie deserts ★
- \* *Grass Sledging*
- \* Solar Oven ★
- \* Upcycling furniture / shoes ★
- \* *Den building*
- \* Nature Bingo - make a bingo card with different types of leaves/minibeasts/flowers that can be found on your walk/at meeting place. Match the pictures up with the real thing.



- \* Visit a trampolining/inflatable centre i.e. Jump Nation or Bizzy Bouncers.
- \* *Have a space hopper race*
- \* Find some stairs and have a Slinky© race.
- \* *Pogo stick relay race.*
- \* Design a new Venture House ★  
You could use a home furnishings catalogue to help you. Please email pictures/scans of your designs to us.  
[info@7springs.org.uk](mailto:info@7springs.org.uk)
- \* Complete the shield of coins to help us fundraise for our new building. ★
- \* Make an origami frog ★
- \* Hold a tiddliwinks competition ★
- \* Build the highest tower you can using any materials you want. Post a picture to our social media as part of our competition #BUILDTBETTER





## Badge Order Form

Please complete and post this form along with payment.

Leaders Full Name: \_\_\_\_\_

Unit/Group Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Postage:

1-15 badges £1.00

16-30 badges £1.50

31-50 badges £2.00

If ordering more than 50 badges please contact us for postage rates

No. of badges: \_\_\_\_\_ at £1.00 each = £\_\_\_\_\_


Plus postage at £ \_\_\_\_\_ Total = £\_\_\_\_\_

Please make cheques payable to: *'Seven Springs (Girlguiding Manchester)* and post to:

Helen Salvini (7Springs Challenge)  
The Barn, Sidebottom Fold Farm  
Sidebottom Fold  
Stalybridge  
SK15 3QZ

 [info@7springs.org.uk](mailto:info@7springs.org.uk)

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