



Bishop's Stortford West District

The Onesie Challenge



Welcome to the Onesie Challenge!

We have created this challenge to raise funds for a district-wide Camp in 2015 where we hope to all be showing off our onesies!

This challenge is split into 5 sections (Sleepover! ; Snacks ; Rest and Relaxation; Bedtime! and Rise and Shine!) and is suitable for all sections from Rainbows to the Trefoil Guild.

Everyone loves onesies and we hope you will enjoy this challenge as much as we have enjoyed putting it together.

To complete the Challenge sections must do the following:

Rainbows- Should complete 1 activity from each section

Brownies- Should complete 8 activities (with at least 1 from each section)

Guides- Should complete 2 activities from each section

Senior Section and *Adults* Should complete 12 activities (with at least 2 activities from each section)

When you have finished don't forget to order your badges using the order form on page 11 .

Some ideas and resources that might help you complete the Challenge can be found on page 7.

Thanks for your support and we hope you have lots of fun!

Bishop's Stortford West District



SLEEPOVER!

- Onesies have become *the* sleepwear accessory in recent years. If you were taking a onesie to a sleepover to impress your mates what would you want it to look like? Design your perfect onesie either on paper or using recycled materials and present your ideas to your patrol or unit.

- Brownies complete the Designer Badge.



- Hold a onesie fancy dress party where you wear your onesies with pride and maybe even dress up as a famous onesie wearer (Spiderman or Superman for instance). You could hold a fashion parade, play party games and snack on sleepover treats like popcorn and chocolate.

- You're planning a sleepover for you and your patrol but what's the ideal itinerary? Discuss your favourite sleepover activities with your patrol and design the itinerary that you think would create the best sleepover ever. Share your plans with your unit.

- Organise and carry out a sleepover as a unit or patrol. You could use your meeting hall or look into sleepovers further afield - like a local museum or attraction. Be sure to wear your onesie!

- There's always loads of gossip at a sleepover- how much do you remember? Play a game of Chinese Whispers to see if your unit (or patrol) can remember the stories that you've told them correctly.



SNACKS

- Make gingerbread men and decorate them with onesie shaped icing. Design the wackiest onesie you can on your edible treat.

- No sleepover would be complete without lots of popcorn. Pop some corn and cover it in your favourite toppings - honey, chocolate, icing sugar or savoury- it's up to you. There's even a recipe to turn it pink in the resources section of this pack!

- There's nothing like a nice hot chocolate to warm you up on a cold night. Create a hot chocolate concoction of your own with all the trimmings (and maybe some new ideas!).

- What's the best breakfast after a great sleepover? Get together with your patrol or as a unit and come up with the perfect post-sleepover eats.

- After a night of staying up with friends to watch American movies what better than to wake up to the traditional American breakfast? Make some pancakes and cover them in your favourite toppings...maple syrup or lemon and sugar or maybe even ice cream- the choice is yours!

- Guides and Brownies complete your 'Cook' Badge.



REST AND RELAXATION

- Sleepovers are a time for girly fun and pampering. Hold a pampering evening in your unit and exchange beauty tips. If you want you could even invite a beautician in for the evening to teach you how to go about devising a beauty regime.
- Make some soap/bath bombs or bubble-bath that you could use during a pampering session. (See the resources section of this pack to find links to instructions on how to do this!)
- Spend some quiet time completing the Onesie Challenge wordsearch at the back of this pack. You could even make it into a competition between patrols.
- Hold a Sponsored silence with any funds raised going to your favourite charity.
- Play a game of Sleeping Lions to see how quiet and relaxed you can be. Only the stillest, quietest lion can win so lay back and grab 40 winks!



BEDTIME!

- A sleepover wouldn't be complete without pillows and cushions to snuggle up with during late night gossip or movies. Design and make your own cushion covers with your favourite colours, patterns and even characters. You could even make one that matches your favourite onesie!

- Duvets and blankets make sleepovers warm and cosy. Learn how to knit a square patch each and join your unit's efforts together to make a blanket. You could donate it to an appropriate Charity in your area.

- Brownies and Guides complete your 'Craft' Badge.



- Story swapping is a must at sleepovers with friends. Create bedtime stories to share within your patrol or in your unit. You could create a storyboard with pictures or maybe even act out your stories to an audience.

- Everyone has a different bedtime routine. Talk about yours with the other members of your patrol and discuss what the most effective routine would be. Rank activities in order of importance and share what you've decided with your patrol and then your unit.



RISE AND SHINE!

- The day after a great sleepover there's always something that you can't find when you're packing up. Use the five lists at the back of this pack to create a game of search the missing item. Give the smaller lists to four girls and get them to each stand in different corners of the room. Get all the other girls to stand in the middle and call an item from the master list. The girls should run from corner to corner trying to find the item you called. The people in the corners can only give yes or no answers when asked if they have the item on their list. The girls in the centre should form a line in front of the right person as quickly as possible. The last girl in the line is out and they can take over from you by calling the next item from the master list.

- Come up with a onesie dance that would get you up and ready for the day. You could work in patrols and show off your efforts to your unit.

- There are so many great Onesie designs available, it is difficult to remember how many you have seen. Play Kim's game with a difference. Ask a girl to leave the room and then try and remember which Onesie is missing. It's harder than you think!

- Breakfast is the most important meal of the day. Discuss why this is and what makes a healthy and balanced breakfast.



Resources:

Here's some online links to ideas that may help you complete the Challenge

Making Bathbombs: <http://www.bbc.co.uk/cbbc/makes/bp-bath-bomb-make>

Making Bubble-bath: <http://www.videojug.com/film/how-to-make-bubble-bath>

Making Soap: <http://www.channel4.com/4homes/how-to/craft/how-to-make-soap>

Pancake Recipe: <http://www.bbcgoodfood.com/recipes/3374/perfect-pancakes>

Pink Popcorn Recipe: <http://www.babble.com/best-recipes/pink-popcorn-recipe-for-valentines-day/>



Onesie Challenge Wordsearch

S S K C A N S X O E N G P C H
L P L S P K N N F R U C I L U
E I D I T Y E A O O H S X Z Y
E F V C A S J C N O U D M E G
P I E O I T P A C M Z Q Q B C
O T G E Q O K O M N I J S D L
V J C N P Y L C E A Z A B C C
E J U F S A Q S O J S M M X T
R B E D T I M E P M D G O V E
J W O E H Y O O N V M I B M V
X X O R A E B Y D D E T H O U
Y D E L G T J U T H S E T V D
O H U C L P X U L P E R A I D
B L D H X I E N U W E E B E X
L W V E G T P O V A M N A S Q

BATHBOMBS
BEDTIME
CHOCOLATE
DUVET
MOCKTAILS
MOVIES
MUSIC
ONESIE
PILLOW
POPCORN
PYJAMAS
SLEEPOVER
SNACKS
TEDDYBEAR

Pillow

Earring

Phone

Glasses

Headphones

Teddy Bear

Watch

Ipod

Hairband

T-shirt

DVD

Sock

Toothbrush

Hairclip

Sleeping Bag cover

CD

Jumper

Popcorn Bowl

Toothpaste

Coat

Pillow

Toothbrush

Earring

Headphones

DVD

Toothpaste

Hairclip

Phone

Popcorn Bowl

Sleeping Bag cover

Teddy Bear

Hairband

Jumper

Watch

Coat

Sock

T-shirt

Ipod

Glasses

CD

BADGE ORDER FORM

Contact Name : _____ Unit: _____

Address: _____

_____ Postcode: _____

Telephone No. _____

| <u>Item</u> | <u>Quantity</u> | <u>Cost</u> | <u>Total Cost</u> |
|--|-----------------|-------------|-------------------|
| Onesie Challenge Badge (£1 each) | | | |
| Postage and Packing (£1.50 per 20 badges) | | | |
| | | | |

Please make cheques payable to **Bishops Stortford West District Guides 2010**, and post them together with the completed form to:

Julia Keddie, 16 Larksway, Bishops Stortford, Herts CM23 4DG

If you have any questions or feedback please don't hesitate to drop us an email @ thorleyseniorsection@gmail.com

