

Leap Year Challenge

2016 is a leap year so 3rd West Kilbride Brownies have put together a set of challenges related to this theme. It's all about having fun, trying something new, maybe even learning something! Any Profits from the sale of the challenge will go towards the 3rd West Kilbride Brownies holiday fund.

There are 6 sections in the challenge, it would be great if you could choose something from each area, we think it's more important that you challenge yourself and enjoy, so if you do one from each or everything it's up to you.

So why not LEAP at this challenge?




Why do we have an extra day every 4 years?

Here comes the science bit...

Well the earth takes 365 days 5 hours 48 min 46 sec to go round the sun, so that nearly means an extra day every 4 years; but it's not that easy. It was decided that if you can divide the year by 100 it won't be a leap year, but if you can divide it by 400 then it will be a leap year. So 2000 & 2400 are leap year, but 1800, 1900, 2100, 2300 and 2500 aren't. Confused yet????

Contents

	Extra Day	Page 3
	Girls propose	Page 4
	Gloves	Page 6
	Leap Frog	Page 9
	One giant leap for man.....	Page 16
	Leap of Faith	Page 23

Order form Page 26

Extra day

What would you do with an extra day?



In 2016 everyone will have an extra day; most people will be following their normally routine, school, work etc. What you would do if you could do whatever you wanted? Make a plan of your extra day:

- Would you go to a special place, a castle, a concert, outer space?
- Who would you go with?
- How would you get there?
- What would it be like?

Share your ideas for your extra day with your friends at Girl Guiding. Use pictures, animation, song, short play, presentation or power-point. You choose!

Girls propose

Girls take the lead



According to an old Irish legend, St Brigid struck a deal with St Patrick to allow women to propose to men - and not just the other way around - every four years. This is thought to have been introduced to balance the traditional roles of men and women in a similar way to how Leap Day balances the calendar.



Be Brave

Is there something you would like to do but think you just couldn't? Why not give it a shot? It doesn't have to be anything big.

- Why not try a new sport?
- Try a new hobby that you never thought you would try?
- Make a new friend at school or guiding?
- Push yourself beyond your comfort zone.

Needed

- Goal

What to do

Success doesn't happen in one giant leap, take small steps, and decide what small steps to take every day. If they feel ridiculously small then they are probably the right steps to take. There is nothing wrong in asking for help, talk to parents, leaders and teachers about your goal.

Go for it.

GLOVES



Gloves - If a woman proposed and the man said no he would be expected to pay a penalty, normally a dress or money. In the upper classes he would be expected to buy 12 pairs of gloves possibly to hide that she didn't have an engagement ring!



Knitting

Why not knit a pair of gloves or 12? Lots of charities will accept gloves. Here are some patterns you might like to try.

Simple hand warmer pattern:

<http://www.ravelry.com/patterns/library/simple-handwarmers-1>

Basic mittens:

<http://www.ravelry.com/patterns/library/generic-mittens-knit-flat>

Simple gloves:

<http://www.ravelry.com/patterns/library/simple-noro-striped-gloves>

Convertible gloves (more advanced but still simple)

<http://www.ravelry.com/patterns/library/simple-convertible-gloves>



Find out more about charities that take donations of gloves, what do they use them for? Is there some other way you could you support them?



Glove Monsters

If you have odd gloves why not turn them into glove monsters.

Needed

Glove

Stuffing

felt/buttons

needle & thread

What to do...

- Stuff the glove
- Sew up the wrist
- Sew on button or felt eyes
- Add felt mouth
- Find a home for your little monster



Velcro Ball

Needed

old pair of gloves

light tennis size ball

Velcro circles

2 people

What to do.....

- Stick some Velcro circles on the ball
- Take one glove each and throw the ball to each other in the gloved hand. Use the ungloved hand to throw.
- Enjoy.

Leap Frog

and other traditional games.



Why not have an evening playing traditional games?



Leap Frog

What you need:

- At least two people - but the more the merrier.
- Open space (indoors or out - you just need to be able to fit all people into a line and leave about a meter before the line for the run-up and about 3 metres after the line to land and continue leaping).

Leapfrog rules:

- The first child should crouch down and rest their hands on their knees. Younger children can simply crouch on the floor tucking in their head and feet.
- The second player runs up to the crouched child in front, placing their hands on their back and leaping over like a frog flying through the air, straddling their legs wide apart on each side.

- On landing, this child immediately stoops down into the frog position so that the third child has to leap over the first and second, and then adopts the crouching position for the fourth player to leap over.
- When all the players are stooping, the last in the line begins leaping over all the others in turn.
- It can go on forever!

Leapfrog Around the World

Classic games of this sort have been played in the UK since at least the late sixteenth century, but the Leapfrog game is now well known all over the world by different names, in France it is known as "sauté-mouton", or literally "leap sheep" and in India it is known as "Aar Ghodi Ki Par Ghodi" or literally "horse leap".



Jump rope game

Number of players: 3+

What you need:

- Long skipping rope

Activity:

Two girls hold the rope at either end.

They start by swinging it in a circle.

The skipper moves into the centre of the rope and jumps over the rope as it sweeps past the ground.

Why not use a rhyme while playing?

As the skipper becomes confident at jumping, the rope can be swung a little faster.

Rhymes:

Cowboy Joe from Mexico (person skips in)
Hands Up (hands up)
Stick 'em up (pretend guns like a cowboy)
Don't forget to pick 'em up (touch the ground)
And out you go (person skips out)

Act out the actions while skipping
Teddy Bear Teddy Bear, touch the ground
Teddy Bear Teddy Bear, turn around
Teddy Bear Teddy Bear, shine your shoe
Teddy Bear Teddy Bear, that will do
Teddy Bear Teddy Bear, run upstairs
Teddy Bear Teddy Bear, say your prayers
Teddy Bear Teddy Bear, turn out the light
Teddy Bear Teddy Bear, say good night

I'm a girl guide, dressed in blue,
These are the actions I can do:
Salute to the captain,
Bow to the Queen,
Turn right round
And count sixteen.
1, 2, 3, 4, 5,



Can you find other songs or rhymes to skip with, why not ask older relatives?



Can you introduce skipping to more people, how about other friends at school or a younger group in guiding?



Make up a book of skipping rhymes.



Skipping

Number of players: **1**

What you need:

- Short skipping rope

Activity:

If you are skipping on your own it's a good idea to choose a short rope.

Begin with the rope behind your feet, swing the rope over your head, and let it land in front of your feet.

Jump over the rope.

Try to skip faster and faster without stopping the rope



Try skipping backwards



Try doing crossovers. Cross your hands over as you jump.



Try doing doubles. Turn the rope twice for one jump.



Rope Jump

Jumping rope is a classic game that has been around forever! With this activity you can teach your kids how to jump rope no matter what age they are.

Number of players: 2+

What you need:

- jump rope
- sock with tennis ball in

Activity:

Tie the sock to the end of a jump rope.

Have the children stand around you in a circle (or if there is only one child they can just stand in front of you) a little less than the length of the rope away.

Swing the rope low and slow and encourage the children to jump as it comes past.

For younger children, you might need to go very slow on the ground as their coordination will not allow much more than this.

For older children, you can swing the rope faster and higher and higher with each turn.



Hopscotch

Number of players: 1+

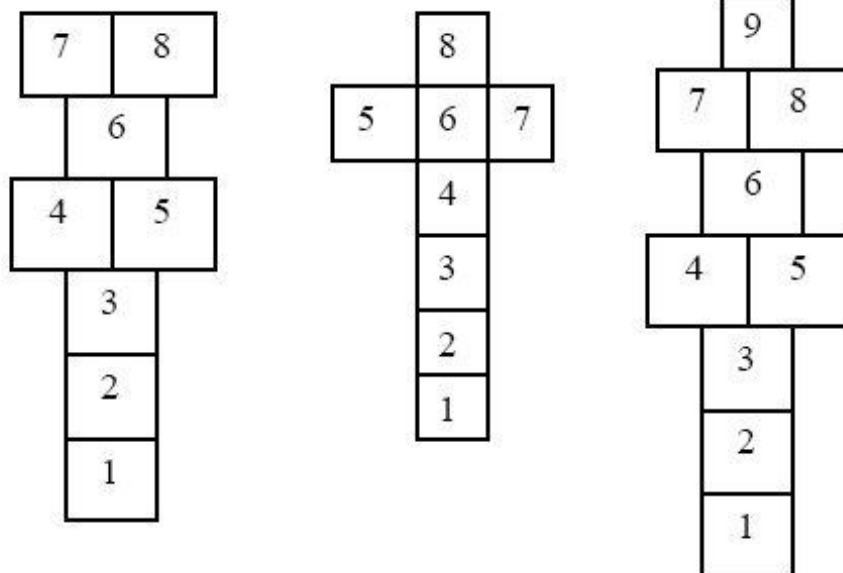
What you need:

- chalk or masking tape
- markers for each person playing - pebble, bottle cap, shell, button, etc.

Activity:

Use chalk to draw a hopscotch pattern on the ground or use masking tape on the floor.

Create a diagram with eight/nine sections and number them.



Each player has a marker such as a stone, bottle cap, shell, button, etc.

For younger children simply hopping across the single versus double squares can provide hours of fun.

- The first player stands behind the starting line to toss his or her marker in square one.
- Hop over square one to square two and then continue hopping to square eight, turn around, and hop back again.
- Pause in square two to pick up the marker, hop in square one, and out.
- Then continue by tossing the stone in square two.
- All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side.
- Then two feet can be placed down with one in each square.
- A player must always hop over any square where a marker has been placed.
- Getting out:
 - A player is out if the marker fails to land in the proper square, the hopper steps on a line,
 - the hopper loses balance when bending over to pick up the marker and puts a second hand or foot down,
 - the hopper goes into a square where a marker is, or if a player puts two feet down in a single box.
- The player puts the marker in the square where he or she will resume playing on the next turn, and the next player begins.

**“This is one small step
for man, one giant leap
for mankind”**



Neil Armstrong (1930 - 2012) is known all over the world as the first person to walk on the Moon!

As a boy, Armstrong was a keen Boy Scout and earned the rank of Eagle Scout. He was always fascinated with flying, and earned his pilot's licence at only 16 - before he earned his driver's licence. Not many boys can fly before they can drive! He joined the US Navy as a pilot, serving in the Korean War. When he left the navy he became an experimental research test pilot - a dangerous job - and logged over 900 test flights and 2400 flying hours. In 1962 he joined the NASA Astronaut Corps and he first flew into space in 1966 on the Gemini 8.

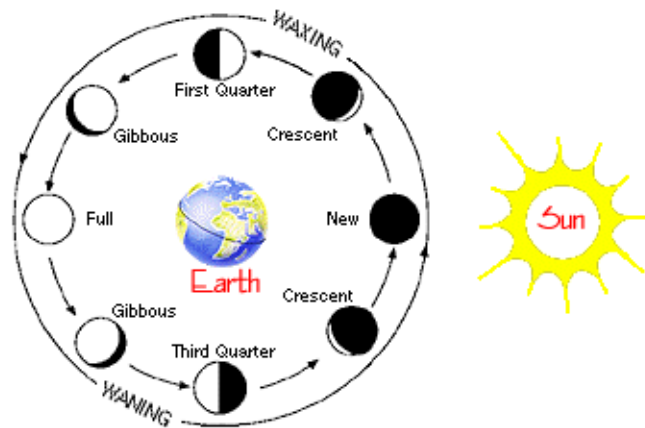
In 1969 he was mission commander of the Apollo 11 moon landing. He and his fellow astronaut, Buzz Aldrin, left their spaceship to walk on the surface of the moon and explored for over two hours, leaving a third astronaut, Michael Collins, to look after the ship. Armstrong and Aldrin collected samples to bring back down to Earth, and took photos of the lunar surface.



Take a look at the moon every night. Use the table on the next page to draw what you see. Do you notice the difference every night?

Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The Moon as seen from Earth



Make a mobile showing the different phases of the moon.

Needed:

- a hanger -a coat hanger, hoop or sticks
- moons-you can use various materials, card, tin foil, or older girls could sew felt shapes.
- string or thread

What to do:

Girls should make moons to show the different phases of the moon. Hang them using the string or thread from the hanger. Find somewhere nice to display your finished work.



Jaffa Cakes & Oreo's girls really enjoy using biscuits to show the different phases of the moon, why not have a go after you've finished your mobiles.



Did you know that tides are affected by the moon?

Tides are the daily or twice daily rise and fall of the oceans. Tides are caused by the gravitational pull of the moon and sun on the ocean. The highest tides, called spring tides, are formed when the earth, sun and moon are lined up in a row. This happens every two weeks during a new moon or full moon. Smaller tides, called neap tides, are formed when the earth, sun and moon form a right angle. This causes the sun and moon to pull the water in two different directions. Neap tides happen during a quarter or three-quarter moon.



Why not visit a local beach with your group, is the tide in or out? Can you see the different tide lines on the beach?



Make a tide line picture.

Gather up sea weed, shells etc and see who can be the most creative.



Cheese have you ever heard the expression "the moon is made of cheese?" Why not have a cheese tasting night? Try out different cheeses from around the world? What is your favourite?



Cheese cake, why not make a cheesecake and share it with your friends and family. There are lots of recipes both bake and non-bake.



The names for the Full Moon were made up by the Algonquian tribes of Native Americans. Most of the Algonquian people hunted and fished to get food, but some also grew crops. The names they had for the Moon are related to nature & the seasons, hunting & fishing, and farming. The Algonquian people lived all over the northern and eastern parts of North America. When settlers from Europe met up with them, some of the settlers started using most of the same names for the Full Moon.

Month	Moon name	Why that name?
January	Wolf Moon	Hungry wolf packs howled at night
February	Snow Moon	Heaviest snowfalls in the middle of winter
March	Worm Moon	Start of spring, as earthworms (and the robins that eat them!) began to appear
April	Pink Moon	An early spring flower called "moss pink" started to bloom
May	Flower Moon	Many types of flowers bloom in May
June	Strawberry Moon	Strawberries were ready to be picked and eaten
July	Buck Moon	New antlers of buck deer, coated with velvety fur, began to form
August	Sturgeon Moon	Sturgeon, a large fish found in the Great Lakes, were easily caught at this time of year
September	Harvest Moon	Farmers could continue harvesting until after sunset by the light of the Harvest Moon
October	Hunter's Moon	Hunters tracked and killed prey by moonlight, stockpiling food for the coming winter
November	Beaver Moon	Time to set beaver traps before the swamps froze, to make sure of a supply of warm winter furs
December	Cold Moon	The cold of winter sets in



Dream catchers: another Native American's tradition is dream catchers; they are a spider web made from thread or yarn with beads and feathers hanging from them. They believe the dream catcher will catch the bad dreams but let the good dreams through. Why not make your own dream catchers. Younger girls can make simple ones with paper plates.

Paper Plate Dream Catchers

Needed

- paper plate per girl
- wool
- scissors
- beads
- feather
- hole punch

What to do-

Cut out the centre of the plate.

Cut out a heart outline shape from the "waste"

Using the hole punch put 12 holes in your paper plate, spaced evenly around the circumference.

Cut a length of wool and tie it to the first hole, thread it through the heart and up to the second hole. Then take it back down to the heart and continue all the way round. With the threading try to keep going in the same direction. Go in it at the front of the heart. When you get to the end, tie off the wool. You can thread around again with a 2nd or 3rd colour, make it as bright as you like.

Next, thread a length of wool from the bottom hole, repeat for the two holes on either side, tie it to the hole.

Add 2 or 3 beads to each length of wool. Because its wool the beads *should* stay in place, but if not a knot underneath will hold it.

Tie your feather to the bottom of the length; you can use a bead to cover the knot.

Hang above your bed.

Sweet dreams.

Dream catchers

I found an in depth explanation and tutorial here:

<http://www.nativetech.org/dreamcat/dreminst.html> or on the following page you can see a picture tutorial from **artsandclassyblog**.

diy dreamcatcher tutorial
10 easy steps to create a
dreamcatcher of your own
Manifest some positivity in your life!
www.artsandclassy.blogspot.com



Leap of faith



Do you have faith in others?
Do others have faith in you?



Circle of Faith

Everyone should stand in a circle, turn left (so you are all facing in the same direction). Then everyone *slowly* sit down on the knee of the person behind them while the person in front sits on your knee. How long can you stay there for?



Mine Field

One partner is blind-folded* and must walk through a "mine field". Place some things to represent the mines on the playing field. The other partner tells the blind-folded partner where to walk. If she touches a mine, she's out. Goal: Good communication is important!



Blind Fold Trail

Needed

- Rope
- Blindfolds*

Preparation: - Leaders should, set a trail using the rope around an area out of sight of the girls. They can go around, under, over obstacles etc.

- Girls should be blindfolded and lead to the start of the rope.
- Their instructions are to follow the rope to the end.
- If you tie knots along the rope you can bring the trail back to the start and the girls can go round in circles.



Trust Fall

Person one has to fall on purpose while *person two* has to catch her. Let the girls stand with a partner, *person two* is looking at *person one's* back. *One* has to stand in front of *two* and make her body go stiff. She has to give a signal that she is about to fall backwards. As the girl falls, *two* has to catch her gently and prevent her from hitting the ground. There should only be a short distance between them to start with the distance can get bigger as the trust builds.



Getting in a Knot

Form a circle. All participants have to put their hands in the centre of the circle and close their eyes. Next, they have to connect their hands with another pair of hands. Once everyone is holding another pair of hands, ask them to open their eyes. They now have to get themselves out of this human knot and make a circle again, without letting go of the other's hand.



Outsider

A game for older girls: One player who has good self confidence is chosen. This player takes the role of "outsider". The rest of the group plays: "Meet, greet and hug". All players walk about the room, shaking hands, greeting one another, and hugging each other. The "outsider" tries to do the same, but the others ignore her or move away from her to avoid contact with her.

Special Tip: There should already be a high level of trust in the group. Players can switch to play the "outsider" role. No player should be chosen for this role that is not fully part of the group. At the end of the game, discuss how the "outsider" felt and how the other players treated her and how they felt about it. Purpose: The group learns that even outsiders belong in the group and contact shouldn't be avoided.

*Rainbows & younger Brownies should close their eyes as blindfolds can be frightening for them.



Leap Year Challenge Badge Order Form

Thank you for taking part in the Leap Year Challenge, we hope you enjoyed it. Please send your completed form to:

Susan Russell
4A Headrigg Rd
West Kilbride
KA23 9JE

Contact name	
Unit	
County/Division	
Phone number	
Email	
Postal address	
Postcode	

Number of badges @£1	
Total	£
Postage & Packaging Up to 25 badges = £1.50 26 - 50 badges = £2.00 51 - 75 badges = £2.50	
Total cost	£
Please make cheques payable to 3 rd West Kilbride Brownies	

For further information please email susanrussell2@outlook.com