Aspirations

1. Create a vision board – a collection of images and quotes which show your hopes, dreams and goals. It could be a physical or an online collage.
2. Find out about a role model who inspires you to achieve your goals.
3. Use your vision board and role model to set mini goals which you can work towards over the next few weeks or months. After a while, review your progress.

Bookworm

1. Find or create your perfect book nook. Try different reading spots and figure out what you like best. You could use pillows, blankets and relaxing lighting, or you may prefer to read somewhere outdoors. Experiment and see where you like best.
2. Explore five different book genres to discover which you like best. Read reviews and blurbs to see what interests you, then make a list of five books you want to read and start reading!
3. Read one book from your reading list (from clause 2) and set yourself one of these challenges:
    - Write to the author
    - Create a book review
    - Read more books
    - Use an app or journal to track your reading
    - Start a book club or reading competition with friends
    - Or come up with your own reading challenge

Food critic

1. Try two foods from each of the flavours below – you could even try them blindfolded and try to pick out the flavours!
    - Sweet – sugar, berries, honey, jam, sweet potatoes, flavoured water
    - Salt – crackers, pretzels, crisps, processed meat, bacon
    - Sour – lemon, lime, pickle, sour cream
    - Bitter – raw cocoa, very dark chocolate, coffee, rocket, broccoli, olives
    - Umami (savoury) – green tea, carrots, potatoes
2. Discover all the different ways you can prepare a potato! Try cooking a potato using at least three of these methods:
    - Grilling
    - Slow cooking
    - Air frying
    - Frying
    - Boiling
    - Roasting
    - Mashing
    - Using a clay oven
3. Think of a cuisine for each letter of the alphabet. The, pick one and try it. Review the meal, thinking about the flavour, presentation, taste and, if you ate out, ambience.

Guiding history

1. In some countries, Guiding has been banned for political reasons. If Guiding was banned, which 6 items would you keep to keep the spirit of Guiding alive?
2. Find out about blitz cooking. Then, make a recipe using blitz cooking methods (or as close as you can) and foods which were available on rations.
3. When Guides first began, the first challenge newly enrolled Guides completed was their Second Class Guide award. Try four of the activities from the original badge:
    - Learn semaphore
    - Hoist colours
    - Use Morse code
    - Tie seven different knots
    - Sing a guiding song in another language or from another country
    - Make another country's Guide uniform
    - Sew a badge onto your camp blanket
    - Celebrate World Thinking Day

Historian

1. When salt and pepper shakers were sold in the 19th century, they came with a third shaker – but nobody knows what it was for! Visit a local museum and look for everyday objects from the past in exhibitions, then research how they were used.
2. Create a diary, decorate and personalise it to make it your own. Then, for two weeks, write at least one sentence each day about what has happened that day. Make sure you include the date – and you could also add pictures if you like. Alternatively, create a video diary!
3. Pretend your diary has been discovered in 800 years' time. Create an imaginary exhibit to display the discovery. Include a label to sit in front of it and some items from your daily like which may interest future generations. Share your exhibit with your leader.

Human rights

1. Find out about the Universal Declaration of Human Rights (UHDR). Which one do is most important to you? Explain why.
2. Go out in your local community and look for examples of human rights. For example, a bus stop is an example of the right to travel. Can you find an example of every human right on the UHDR list?
3. Create and play a game about human rights. It must include:
    - What the rights are
    - Things which can block people's access to their rights
    - People & procedures which protect our human rights
    - Responsibilities people have, e.g. speaking out when rights are denied

Personal best

1. Spend time working on your hobby consistently for two weeks. Each time, think about what you would like to do next time to improve.
2. Try something to do with your hobby which you've never done before, e.g. a new move, a new artistic technique, a harder level, etc. Find out about it and see what you need to do to take your hobby to the next level. You could ask your coach, someone experienced in your hobby, or research online. Then, set yourself a goal related to your hobby and try to reach it.
3. Keep track of your hobby in a way that suits you, e.g. a scrapbook, video journal, photos or app. Tell some other Guides about your hobby and show them your record.

Personal brand

1. Create something which represents you and what makes you unique.
2. How are you different in different situations? E.g. Do you wear different clothes at school compared to in ballet lessons? Do you use different words at home compared to at Guides? Choose a way to show how you act and communicate differently in different situations.
3. Create a mini autobiography. It could be a timeline, photo story, emblem, song or anything else you like.