

ADVENTURE TIME



INSPIRE
MOVE
EXPLORE
TASK



Girlguiding is all about having adventure and we want you all to have adventures of your own. From memorable places to fantastic activities and friendships, Girlguiding gives us fun, mountain top moments and skills for life. Challenge yourself to complete your Guiding Adventure as an adult and with the girls in your unit. Have fun and make Guiding memories.

Don't forget to share them with us at #AdventureTime

Task

Learn a new skill, do something you have never done before or challenge yourself to take an existing hobby a stage further

- Cook a meal outdoors
- Read a map
- Learn a new sport
- Climb a tree
- Look after an animal

Inspire

Be inspired by nature and do something outdoors new to you

- Sunset picnic
- Star gazing
- Bivy outside / sleep under the stars
- Sleep in a hammock
- Sleep in a cave
- Night hike
- Fly a kite
- Wild swimming

Move

Get outside and move - challenge yourself to run, walk, bike or try something more adventurous, you choose!

- Walk
- Ride a horse
- Go surfing
- Ride a canal boat
- Ride a bike
- Try bouldering or rock climbing
- Wild swimming
- Learn to row a boat

Explore

Set your challenge locally or further afield, just make sure it is a challenge for you!

- Visit a museum
- Visit your local countryside
- Visit a world centre
- Link with Girlguiding overseas and explore their culture
- Go on a sleepover somewhere unusual
- Go to a local park

Midlands



WE DISCOVER, WE GROW

Girlguiding