



'Get Going Girl' Challenge

What is the Get Going Girl Challenge?

Today, more than ever, girls and young women are facing increasing pressure to please. This can result in high levels of stress, low self esteem and can make growing up very difficult.

The emotional, mental, spiritual and physical wellbeing of girls today is extremely important. As an organisation, GirlGuiding NZ wants to make sure that our girls and young women are nurtured, supported and safe at the most important time of their personal and social development.

The focus of the Get Going Girl challenge is about living a healthy lifestyle including eating nutritional food, exercising, developing an understanding of how to cope with challenges and, most importantly, feeling good about themselves. The personal skills and knowledge gained through the fun activities of Get Going Girl will last a lifetime.

"Together we can change our world" is a key action from WAGGGS. The focus of our Get Going Girl challenge is on "our world" at a personal level and by educating girls we contribute to our role as influencers.

There are two options of the compulsory clause to be completed. Plus, there are over 50 optional clauses full of fun activities and adventures - all things girls (and their leaders) like to do.

To achieve the **Get Going Girl' Challenge** you need to complete **both** compulsory clauses and at least seven optional clauses!

Earn a specially designed badge that will be available to purchase through E-Shop-Limited.

The Hubbards Breakfast Cereal Competition has a closing date of 31 March 2012. No entries will be accepted for judging after this date. However there is no time limit on the rest of the badge although we would suggest a start in Term 3 2011.

We hope that you will support and undertake this challenge and find it to be full of fun and rewarding for all.

We would love to see as many pictures and articles of things your unit gets up too and we will try to publish as many as possible in newspapers and on websites (please send initially to Bobbi Oliver at National Office) and they will be available to put on the web and for use as potential PR for Guiding.

If you have any questions please contact Jane Smithson, Marketing and Advocacy Manager, (jane.smithson@girlguidingnz.org.nz) or Bobbi Oliver, National Marketing Co-ordinator, (bobbi.oliver@girlguidingnz.org.nz).





WAGGGS and the Millennium Development Goals

WAGGGS' Global Action Theme (GAT) is girls worldwide say "together we can change our world". It affirms WAGGGS' commitment to the most compelling global agenda of our times: the Millennium Development Goals (MDGs). The WAGGGS initiative encourages girls, young women and members of all ages to make a personal commitment to change the world around them.

Some of the goals that may apply to this challenge include:

MDG1: Eradicate extreme poverty and hunger

Girls worldwide say "together we can end extreme poverty and hunger"

The aim is to halve the number of people living on less than US \$1 a day and halve the number of people who suffer from hunger by 2015.

MDG 4: Reduce child mortality

Girls worldwide say "together we can save children's lives"

Child mortality (death) means, in this case, the death of infants and children under the age of five. The aim is to reduce the mortality rate among children under five by two thirds.

MDG5: Improve maternal health

Girls worldwide say "every mother's life and health is precious"

Maternal health includes family planning, preconception, pre-natal and post-natal care. The aim is to reduce the maternal mortality (death) ratio by three quarters.

There is plenty of information available on the WAGGGS website at http://www.wagggsworld.org/en/take_action/gat/mdgs

GirlGuides Australia, Girlguiding UK and Girl Scouts of the USA

Our sister organisations have some fabulous resources and projects underway that are of great interest and may be very useful.

Please check the following websites for great information about healthy living, self esteem, teenage mental health, girls and overweight, etc:

http://www.girlguiding.org.uk/our_research.aspx

http://girlscouts.org/research/what_girls_say

<http://www.girlguides.org.au/leaders-and-volunteers/resources/go-girl-activity-pack>





'Get Going Girl' Challenge

September 2011 - June 2012 *

Compulsory actions

Clause 1: Participate in the Hubbard's Design a Cereal Breakfast Cereal Competition. Closing Date 31 March 2012 at 5pm.
Winners announced in 2012.



Clause 2: District/units to hold an open day event with fun activities that highlight the benefits of healthy living.

Complete seven optional clauses

1. Participate in a local Fun Run/Walk (wear uniform)
2. Cook a healthy meal (indoors or outdoors)
3. Create a healthy meal using all the colours of the rainbow (ROYGBIV)
4. Take part in a Zumba class
5. Learn T'ai Chi – do 5 mins at the end of each unit meeting
6. Complete a fitness diary for a week
7. Try some brain teaser puzzles
8. Complete an Orienteering course
9. Join a sports team
10. Learn a dance (hip-hop, jive or Irish dancing)
11. Challenge another unit to a dance competition
12. Grow your own vegetables
13. Learn some self defence
14. Invite someone to your unit to demonstrate yoga
15. Make a scrapbook for doctors surgery on Healthy eating
16. Have a go at a Tangram Puzzle
17. Have a go at giving a friend a massage
18. Have a fun programme relating to 'a journey through the body'
– finding out about our body and its functions
19. 'Don't Worry Be Happy' Day
20. Make Worry Dolls
21. District Pamper evening for leaders/mothers etc
22. Start a quote book of positive thoughts to be used at the start of a meeting
23. Complete the Maoritanga badge
24. Visit a local marae
25. Learn to skip with a rope – create a skipping game or rhyme to sing
26. Do some duster exercise – housework with your favourite music

* There is a closing date for the Design a Cereal Competition but





27. Forage for some healthy food i.e. seaweed, puha, huhu bugs or snails.
Cook them over a campfire.
28. Hold a Mall-Walk
29. Get hula hooping
30. Go swimming – hold an aqua-cise class
31. Have a kite flying day
32. Run a mile
33. Hold a walking or skipping competition or race
34. Go indoor climbing
35. Climb a mountain
36. Go for a bike ride
37. Chop-chop
 - chop lots of fruit for juice, or making a salad or soup from scratch
 - chop some wood for an elderly neighbour or do this as a fundraiser
38. Eat the seasons – find recipes that use seasonal food (create a cook book)
39. Improve your balance – have a go a Rip Sticks, skateboarding, roller skating or surfing
40. Design a hat using fruit and vegetables
41. Create an outfit using healthy food
42. Hold a fashion parade showing your creations (World of Wearable Arts)
43. Hold a makeover evening. Invite a local make-up consultant to come along and teach girls about the skin care and make-up – pain nails, do hair etc.
44. Hold a healthy picnic – play games like tag, hide and seek, leap frog, dodge ball, skipping, etc.
anything that involves fitness
45. Create a weekly menu of healthy food for your family
46. Give up chocolate, sweets or takeaways (for a month)
47. Visit a gym – learn how each piece of equipment works
48. Hold a group meditation session
49. Do some stretching exercises – start stretching on a daily basis
50. Have a go at cheerleading – come up with a cheer for your unit
51. Bike or walk to/from school for a week
52. Participate in a tree planting day
53. Clean-up a natural area (park etc)
54. Go fishing and try and catch a fish to cook
55. Set yourself a swimming goal (1 km) and try and achieve it over 1 month

Whatever activities you do, have fun!

Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on your well-being than any other single factor.

Paul Hawken.

