

# Norfolk Challenge Badge



# Introduction

The Norfolk Challenge Badge has been created to celebrate all things Norfolk, from city walks to seaside visits.

The area covered by Girlguiding Norfolk includes the whole of Norfolk and, for historical reasons, a small area of Suffolk around Lowestoft.

Badges are available from the Girlguiding Norfolk online shop [Shop - Girlguiding Norfolk](#)  
The badge has been approved by Girlguiding UK branding

Badge has 4 sections:

- Coast
- Countryside
- Culture
- City



Requirements are to complete at least 2 activities from each section

# Coast

Complete 2 of the coastal inspired challenges

Norfolk has a fantastic coast line stretching from Kings' Lynn and Hunstanton in the North to Great Yarmouth and Lowestoft in the South (Lowestoft is part of Girlguiding Norfolk)

# Coast

- Learn how to be safe at the beach – The RNLI website has safety information – RNLI Beach Safety – [RNLI Beach Safety – Top Five Tips To Stay Safe By The Sea](#)

- Go crabbing – how many did you catch and what did you use as bait?



- Make a seaside inspired collage (you could use sandpaper for the sand) or draw or paint a seaside picture



- Make a beach hut from boxes and Lolly sticks

- Take a trip to see the seals. Walk the dunes at Winterton or Horsey Gap or take a boat ride from Great Yarmouth or Morston Quay. Don't forget to give the seals plenty of space, they are wildlife!

- Make your own ice cream, either in an ice cream maker or using Ice and Salt. What flavours do you make?



- Make your own donuts, maybe campfire donuts?



# Coast

- Visit the seaside, build sandcastles, eat candy floss, paddle in the sea, write your name in the sand



- Be inspired by Cromer's annual end of the pier variety show – put on your own show

- Fish and chips are often eaten at the seaside. Go on a chip hike and visit some local take aways that sell chips. Vote for your favourite as a unit?

- Make a boat from paper or using a sponge and race them with your Guiding friends



- Have a design a sandcastle competition. Go to the beach if you can, use play sand or design one on paper

- Go rock pooling – what do you spot?

- Make an underwater picture or model



- Make a jelly fish

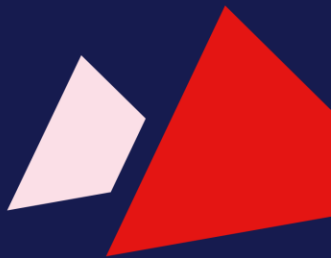


# Countryside



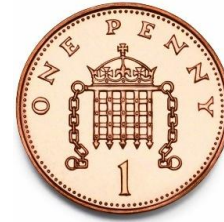
Complete 2 of the countryside challenges

Norfolk is one of the most rural counties, and have many wide-open spaces and fields often used for farming



# Countryside

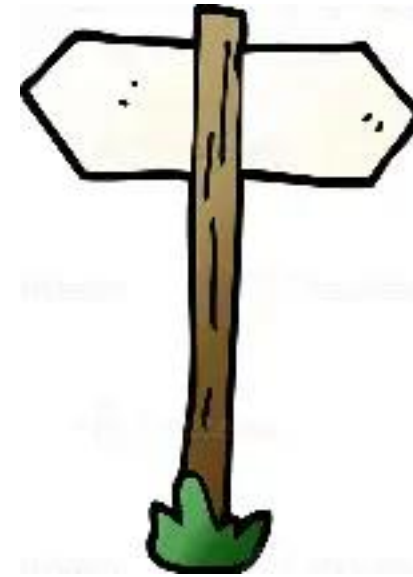
- Learn to countryside code - [The Countryside Code](#)
- Go for a walk in the countryside. Maybe a penny hike.
- Visit one of Norfolk's many broads. Maybe take a boat trip, or try canoeing or paddleboarding
- In North Norfolk Lavender is grown. Make a lavender bag or try a lavender inspired craft
- Build a bee house / Bug hotel/ bird box / Butterfly feeder
- Make a nature collage of your name
- Visit a bird sanctuary or go bird spotting, maybe take part in the big garden bird watch [Big Garden Birdwatch](#)
- Spend 15 minutes sitting outside and make a list of what you see and hear.



# Countryside

Take a walk along one of Norfolk's long-distance footpaths (You do not have to walk it all):

- o Marriotts Way – Norwich to Aylsham
- o Weavers Way – Cromer to Great Yarmouth
- o Angles Way – Great Yarmouth to Thetford
- o Boudicca Way – Norwich to Diss
- o Fen Rivers Way – Kings Lynn to Cambridge
- o Nar Valley Way – Kings Lynn to Gressenhall
- o Norfolk Coastal Path
- o Paston Way – Cromer to North Walsham
- o Wensum Way – Gressenhall to Lenwade
- o Pedders Way – Knettishall Heath to Holme-next-the-sea
- o Cross Norfolk Trail – Kings Lynn to Great Yarmouth
- o Wherryman's Way – Norwich to Great Yarmouth
- o 3 Rivers Way – Hoveton to Potter Heigham
- o Kett's Country Long Distance Trail – Wymondham to Cringleford and Eaton



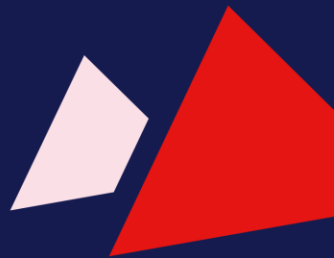
# Countryside

- Camp out under the stars
- Norfolk has many woodlands, go for a walk in your local one
- Make s'mores, over a campfire if you can
- Norfolk is known for its fields of poppies in the summer. Make paper poppies, or something that can be placed on your local war memorial
- Norfolk fields are often full of wheat and Corn. Make corn dollies
- Potatoes are also grown in Norfolk, have a go at potato printing



# Culture

Choose 2 Cultural Challenges



# Culture

- Learn to speak Norfolk! Take the Norfolk Dialect quiz included in this pack
- Cook Norfolk Shortbread
- Try Norfolk Cheese. Did you know Norfolk has several cheeses?

- Norfolk Blue
- Binham Blue
- Norfolk Dapple
- Norfolk White Lady Cheese
- Norfolk Mardler Goats cheese
- Gurney Gold



- The Hippodrome Circus in Great Yarmouth is one of only 3 in the world where the ring sinks into a swimming pool. Visit your local swimming pool or hold a circus evening at your unit
- Norfolk has many windmills. Visit one near to you or make a windmill from paper and straws



# Culture

- Find out about a famous Norfolk person
  - Lord Nelson
  - Edith Cavell
  - Anne Boleyn
  - Anna Sewell
  - John Kett
  - Delia Smith
  - Elizabeth Fry
  - Olivia Colman
  - Lauren Hemp
  - Or someone else!!



- Cook Norfolk Fair buttons – [Norfolk-Fair-Buttons.pdf](#)
- In medieval times, you could attend a different church in Norwich every Sunday of the year. Visit your local church or place of worship. Learn about the building and try brass rubbing if you can
- The Norwich and Norfolk Millenium Library has been named the UK's most popular library. Take a visit to your local library. Find out what services they offer and what you can borrow.

# Culture

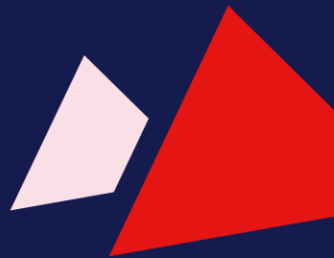
Visit one of Norfolk's museums:

- Gressenhall
- Museum of Norwich
- Norwich Castle - do you dare go into the dungeons?
- Time & Tide (Great Yarmouth)
- Elizabethan House (Great Yarmouth)
- Strangers Hall (Norwich)
- Lynn Museum
- Cromer Museum
- Tolhouse Goel (Great Yarmouth)
- Ancient House (Thetford)
- Girlguiding Norfolk – ARC
- The Sainsbury's Centre – UEA
- Or your local museum



# City

Complete 2 of the below activities,  
inspired by the Fine City of Norwich



# City

- Visit one or both of Norwich Cathedral's – Did you know it is unusual to have more than 1 cathedral in the same city? Can you find out why?
- Draw a city picture – maybe it could be at night, with lights on in the windows of the buildings
- Discover the best way to travel from your home into the city of Norwich. Can you walk? Do you need to take a bus or a train? If you can travel into Norwich
- Build a model of a Norwich landmark from recycled materials.
- Norwich Market is the oldest market in the country.
  - Pay a visit to your local market or a farmer's market
  - Draw a picture of Norwich market with its coloured roofs
- Norwich City Football Club play their home matches at Carrow Road, go and watch local football match or hold a unit football match





## City



- Design a Girlguiding football kit
- Pulls Ferry is managed and maintained by Girlguiding Norfolk, and are often open at the weekends serving tea and cakes. Visit Pulls Ferry or hold your own afternoon tea. A Pulls Ferry badge is available from the Girlguiding Norfolk online shop.
- Norwich has its own international Airport. Find out where you can fly to, plan a trip and make a paper airplane
- Norwich was once famous for producing shoes, play the shoe game – there are a number of versions of this game.
- Did you know Norwich had its own chocolate factory? Over 30 years ago the Rowntree Caley's Chocolate factory in Norwich closed. This was on Chaplefield, where Chantry Place is now. How many different types of chocolate bars can you name?
- Make up a Norwich theme board game, top trump style card game, play Norwich monopoly or destination Norwich
- The Theatre Royal Norwich has the largest stage in the East of England. Visit your local theatre to watch a performance, arrange a backstage tour, or watch a film at your local cinema.
- Munch on a Marmalade Sandwich with Paddington in the Cathedral Close.



# Norfolk Dialect Quiz



# Norfolk Dialect Quiz

	Norfolk Dialect	Translation
1	Barney	An argument
2	Bishy-barney-bee	Ladybird
3	Claggy	Muddy or moist
4	Cooshies or cushies	Sweets
5	Dodman	Snail
6	Friz	Frozen
7	Jill-hooter	Owl
8	Jollificearshuns	Fun and games
9	Mawkin	Scarecrow
10	On the huh!	Not level or Lopsided

# Norfolk Dialect Quiz

	Norfolk Dialect	Translation
11	Mardle	To gossip, chat or talk
12	Mob	To scold or nag
13	Muckwash	Sweaty and dirty
14	Puckaterry	Muddle or confusion
15	Ranny	Shrew
16	Rum	Odd or unusual
17	Sowpig	Wood louse
18	Teetermatorter	See-saw
19	Squit	Load of old nonsense
20	Tizzick	Cough



Thank you for completing the Norfolk Challenge badge, as created by Girlguiding Norfolk.

Badges can be ordered via the Girlguiding Norfolk online shop – [Shop – Girlguiding Norfolk](#)