



Girlguiding Norfolk County Archive Resource Centre Challenge

Living in Lockdown 2020 during COVID-19

History is being made at this time. Never before has such a thing happened on such a scale. While it has been a difficult and challenging time, we want you to be able to reflect on it and remember this time in a positive way too.

These activities have been created in response to the ongoing COVID-19 coronavirus pandemic - which has been a new experience for all of us. They are designed to have fun with, to make you happy and to give you an opportunity to learn things, to discover new skills and be creative. It has been created by Girlguiding Norfolk County Archive Resource Centre (known as the ARC) so has a heritage theme.

The ARC is located next door to Patteson Lodge Activity Centre in Hautbois near Coltishall in Norfolk. It is a purpose-built archive store and meeting room, allowing the safe storage of Girlguiding Norfolk's large collection of historically important items and acting as a base for our Archive Resource Activities.

If you are a member of Girlguiding Norfolk County we are hoping to pass on some of your contributions to the **Norfolk Heritage Centre** which is recording the pandemic's impact on the county. They want to document the impact of this global event on Norfolk, how we responded to the crisis, and how local communities have managed. This is a great opportunity to tell everyone how guiding has continued through this time. The challenges are, however, also open to others, not just those living in Norfolk.

 Girlguiding Norfolk Archive Resource Centre - ARC

 <https://www.girlguidingnorfolk.org.uk/arc-home/>

 girlguidingnorfolkarc

 @GGNorfolkARC



All the activities below are designed to be undertaken by young people from all sections and can also be undertaken by adults. It is suggested you challenge yourself to complete one must-do activity plus at least four of the activities. Adapt to your situation if you need to. Record what you have done as you wish; there are lots of suggestions of how to in your Girlguiding Badge Books, for example Arts and crafts, STEM, Performing, Writing, Techtastic, and Get involved.

Must-Do Activity (choose one):

Either:

Time capsule

We at the ARC would love to make a time capsule to put in our archive to enable future generations to understand what happened during this period in their history. Can you help us? What has happened to Girlguiding? Has it closed its units? Is everything online? Are you having meetings via video chat with your units? Let us know how you're feeling and your thoughts too.



You might want to do this by writing a diary.

You could compare and contrast how it was for children or adults in World War Two and now.

Write or draw or do a craft about what is happening in the world right now and how you and your family are adapting.

or:

Create your own exhibition about Lockdown

We at the ARC would love to hear how you have managed during lockdown and what you have done during this period in history.

Choose eight objects that you can find at home or in your garden that you could use to make an exhibition about how you managed and what you have done differently during this time.

Alternatively share a new skill you have learnt as a result of this time.



To help with the above challenge, the activities following will give you some ideas and you have been able to draw on the past experiences of Girlguiding. Email archivist@girlguidingnorfolk.org.uk or share on social media to tell us what you did.

Tell us about your exhibition (with your parent's/carer's/an adult's permission and help) by creating a video and talking about your objects and why you have chosen them or by taking photos of your exhibition display showing your written descriptions. Email archivist@girlguidingnorfolk.org.uk or share on social media to tell us what you did.*

**If you send or share anything please complete and send the permissions page.*



1. Lend a Hand

Lending a hand has always been an important part of guiding. Members of Girlguiding help their friends, their family, girls in other countries or people in their local area. Is there someone in your community who needs some help? Are they feeling lonely? Think of the different ways you are keeping in touch with family and friends.



Do something appropriate for someone who needs some help. Draw them a picture, write them a letter, send a card or make a phone call to brighten someone's day.

2. Research

The world is facing the most serious threat and challenge since World War Two. Our Queen recently said:

"At times such as these, I am reminded that our nation's history has been forged by people and communities coming together to work as one".



Can you find out what Girl Guides did both at home and abroad to help with the war effort during World War One or World War Two?

Or find out about famous women STEM pioneers who have helped develop medical research over the years. (Check out June Almeida.)

3. Have a Sing Song

Singing is proven to make you feel better, as well as boosting your immune system. Look on-line to see great examples of people sharing their singing talents to keep spirits lifted, for example families singing their party pieces, bands playing, campfire singing, celebrities performing, Gary Barlow accompanying other famous singers.



Get together with whoever you live with or can contact and teach them some guiding songs!

4. Grow your own

At a time when the country is under lockdown when access to food supplies is important, there is no better time to start growing your own. Easy vegetables to try are tomatoes, lettuce, chilies, beetroot, potatoes and runner beans. If you have no garden, try herbs, cress or radishes on your windowsill.



Illustrate how your diet has changed as a result of living in lockdown; what new recipes have you created? Have you had to have rationing?

5. Make Do and Mend

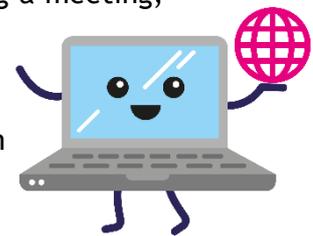
Make Do and Mend was a pamphlet issued by the British Ministry of Information during World War Two. It provided tips on how to be both frugal and fashionable during rationing.

Can you find something to make or mend? Knit an item of clothing or repair an item of clothing. Perhaps, you could make clothing for your favourite teddy or toy using old clothes? Alternatively, find the craft materials or kits you have in your house, that you never quite got around to making/finishing!



6. The Big Difference - Technology - our Window on the World

With your parent's/carer's/an adult's help and permission try joining a meeting, host a Patrol meeting, have a dinner party, do an exercise class led by someone online, go to the theatre, a museum or a zoo, take a free on-line course, go to Church, take part in the Lego challenge, take part in Girlguiding's Adventures at home, join in with a Zoom scavenger hunt or other activity with friends or your choice! What would lockdown be like without screens?



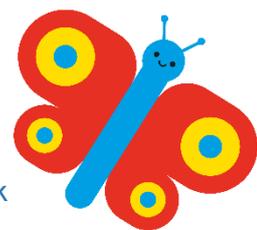
Join in with something that we can do because it is 2020, but that couldn't be done in the Wars. Go virtual!!

Please remember to abide by guiding guidelines when doing these. See <https://www.girlguiding.org.uk/what-we-do/adventures-at-home/getting-started-with-online-guiding/>

7. Celebrations

How have you celebrated special occasions whilst in lockdown, for example births, birthdays, Easter, not-being-in-school? How will you celebrate when we arrive at the other side of lockdown?

Plan a celebration. There have been lots of very funny jokes and videos being shared... what was your favourite? Did you join in cheering to thank the NHS and other workers?



8. Exercise

Keeping fit and healthy has always been an important part of the guiding programme. During lockdown the government has given clear guidelines about what we can do - how have you exercised and kept fit? Have you tried something new? Will you carry on afterwards? Have you made new online friends doing this??

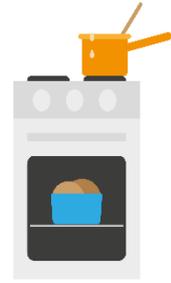
Try online or community keep fit, aerobics, yoga, Pilates, dancing, tennis, armchair exercises. Share what you've done and answer the questions above.



Research to find out what exercises girls did in the past to improve their posture, i.e. walking with a book on your head, and have a go!

9. S'mores

A guiding tradition! There are lots of ways to make s'mores, the simplest is to get a tea light (with adult supervision) and toast your marshmallow over the flame. They can also be made in the oven as a gooey traybake. Grab your chocolate digestives and squish together - a perfect treat... or research other ways to make them.



Make some s'mores or another traditional guiding dish.

10. Her Majesty the Queen gave an uplifting speech to the nation during the pandemic.

The Queen was a Girl Guide when she was young and is now a Patron of Girlguiding.

Discuss the following extracts from the Queen's speech:



'coming together to help others'

'we have faced challenges before but this one is different'

'staying at home'

'the pride in who we are is not in our past, but our present and future'

[the national] 'symbol will be the rainbows drawn by children'

How have you lived out any of statements during the pandemic?

The Queen also referred to her talk she made to the Nation during World War Two. Find out who was she talking to and what she said to them. How was guiding involved at that time?

She also gave an Easter address to the Nation - for the first time! What did she say then?

Thank you very much for doing our challenge.



Now, please send record sheet, evidence (display), media consent form and evaluation to archivist@girlguidingnorfolk.org.uk

Then we will send you a badge (branding authorised!), free!



Branding Matters
<BrandingMatters@girlguiding.org.uk>Tue 23/06/2020 15:21

To: Archivist (Girlguiding Norfolk)
Hi Helen,
Thanks for this, all good to go!
Maria

Enjoy.

#StayHomeandStaySafe

My Record Sheet

Use this to record what you have done from this challenge and the date you have done it.
Challenge yourself to do four themes plus the must-do activity.

My name _____ Age when doing this _____

Activity	Date	Details
My MUST-DO Activity:		
1.		
2.		
3.		
4.		
Plus more if you wish but not compulsory!		

Girlguiding Norfolk County Archive Resource Centre Media Consent Form

We love to shout out about what we do - if you agree to us using images of yourself/your daughter for the purposes described below whenever you/they visit - including electronically - the ARC, please complete this form. Thank you.

This form is to be completed by the participant (if under the age of 14 this should be completed by a parent/guardian/carer). It can be printed out, completed, scanned and emailed to archivist@girlguidingnorfolk.org.uk, or you can request a Word document.

Participant details:

Full name of participant: _____ Under 14 (please tick if applicable)

Section: _____ Unit: _____ County: _____

Contact details (if under 14 this should be the details of the parent/guardian/carer)

Name (if parent/guardian/carer): _____

If we need to check any details about consent, how would you like us to contact you?

Phone: _____ Email: _____

Consent: (please tick the relevant boxes)

I / on behalf of the child named above, give Girlguiding Norfolk County Archive Resource Centre permission to use my content for the following:

- Girlguiding Norfolk County and/or the Archive Resource Centre digital and printed communications and publications
- Girlguiding Norfolk and/or the Archive Resource Centre social media and websites
- Girlguiding Norfolk and/or the Archive Resource Centre internal publicity
- Girlguiding Norfolk and/or the Archive Resource Centre marketing, advertising or press
- Girlguiding Norfolk County and/or the Archive Resource Centre partners for their communications
- For Girlguiding Anglia Region and Girlguiding digital and printed communications, publications and social media and websites
- For the Norfolk Heritage Centre's project to record Covid-19 pandemic impact.

Data Protection:

I consent to Girlguiding Norfolk County collecting my details via this form. I understand that the information provided will be processed by Girlguiding Norfolk County in accordance with General Data Protection Requirements, that the data will only be used for purposes as consented and that it will only be shared with the Norfolk Heritage Centre as indicated above, or kept for longer than necessary for this purpose. Full details are included in the Girlguiding Norfolk County Privacy Notice available on request.

Signature: _____ Date: _____

If you're completing this form electronically, add your name to the signature line above and attach it to an email to archivist@girlguidingnorfolk.org.uk. This will show you give consent.

Evaluation of Living the Lockdown Challenge Participation

Who		From where	
Age (if <18)		Date	
Address for posting badge.... including postcode			

Why did you choose to do this challenge?

What did you learn by taking part in this? What would you like to learn more about?

Was it enjoyable to do? Which activity was most fun?

How could it have been improved?

Would you recommend to someone else to participate?

Any other suggestions of how the ARC could support you in your guiding.

THANK YOU VERY MUCH.