



Welcome to Girlguiding Gwent's Cup of Kindness Challenge!

"Remember, it is not what you have but what you give that brings happiness. That is why as members of our great Movement, it is important for each one of you to try your hardest to become skilful with you hand, alert and ready in your minds and great of heart, so that by thee means you may bring friendship and happiness to others and so gain it for yourselves". Olive Baden-Powell

Girlguiding and Scouts believe in doing a Good Turn, helping others and making the world a better place. The activities in this challenge demonstrate that an act of kindness, no matter how small, can bring happiness to those around us and can make us feel better too!

"We have got to make this world a better and happier place and each of you can do that. Your Law and Promise is to help other people at all times. The world needs you". Olive Baden-Powell

The activities included in this challenge are based on Being Kind to Our Natural World; Being Kind to Our Community and Being Kind to Ourselves and we really hope you enjoy them. The activities are suggestions to inspire and if you think of something else please do share with us.

According to the Mental Health Foundation **"Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, doing good does you good.**

It's essential to look out for each other in and around our communities. This is how we protect and maintain good mental health for all.

If you do nothing else today, keep an eye out for an opportunity to help someone with a random act of kindness or hold onto that warm feeling when someone helps you.

Doing something nice for someone doesn't cost a lot of time or money. It's the small things in life that can make a big difference."

We really hope you enjoy this Challenge
(Photos used are our own!)

Be Kind To Our Natural World



We hope you will enjoy these activities and that they will inspire you to do more amazing things for your natural world! You could make a shallow bird bath or make a bug hotel out of logs, or bamboo canes cut up in a mug?

Make a bee drinking station



Using a shallow saucer or dish, gather some small stones and arrange them inside. Keep water topped up for bees to have a little sip!

Make a Tetra Pak bird feeder!

You will need:

-Empty & clean

Tetra Pak

Scissors

Hole punch

String

A stick

Bird seed

Bits & pieces to decorate (Optional)



- 1) Draw a shape like this on the front of the carton
- 2) Carefully use scissors to cut it out
- 3) Use a hole punch to make 2 holes in the top and thread the string through the holes to allow it to hang
- 4) Make a hole in the front and pop in your stick!
- 5) Fill with seed for your birds to feast on!



There are lots of other types of bird feeders you can create for our feathered friends... here are some helpful links

Pine cone feeder

<https://muddyfaces.co.uk/activities/art-creating/pinecone-bird-feeder>

Peanut butter feeder

<https://www.thrive.org.uk/get-gardening/peanut-butter-bird-feeder>

Log pile house and bug hotels

Bug hotels are a great way to encourage insects into a garden, which then increases biodiversity. A bug hotel or log pile are safe spaces for insects to shelter and feel safe. It doesn't matter how much space you have – a simple bee/bug hotel can be made from an old mug or tin can stuffed with hay, pine cones and bamboo canes cut to size.



If you have a bit more space turn a corner of your garden into a log pile house using logs or sticks.

There are lots of other examples of bug hotels here too -> <https://www.woodlandtrust.org.uk/blog/2019/09/how-to-build-a-bug-hotel/>

Make a pond

Water is a great way to encourage wildlife to your garden or balcony. You can make a small pond by using a plastic bowl or tub or half a wooden barrel for example. Here is some great advice on how to get started -> <https://www.rhs.org.uk/ponds/wildlife-container-pond-steps>

Being Kind To Our Community

Here we think about showing kindness to our communities – this could be your family or to the community where you live.

Random acts of kindness are always very much appreciated. Here are some ideas to inspire you but you may think of lots more – please do let us know what you did and how it made a difference to your community and to you!



Positive pebbles are a great way to let others know how amazing they are.

To do this, find some largish pebbles and paint white first if the stone is quite dark. Allow to dry and then draw or write a message on it such as "You are Great", "Never Give Up" or "When You Can't See The Sunshine BE The Sunshine". Use permanent markers to help it last longer. You could also decorate it.

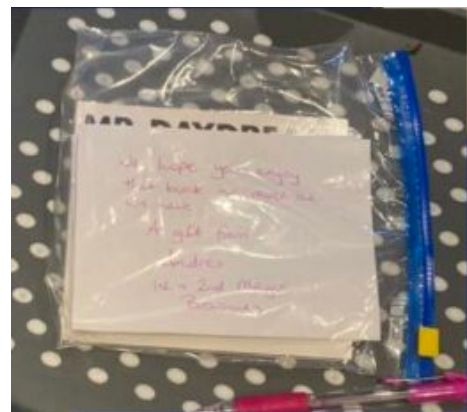
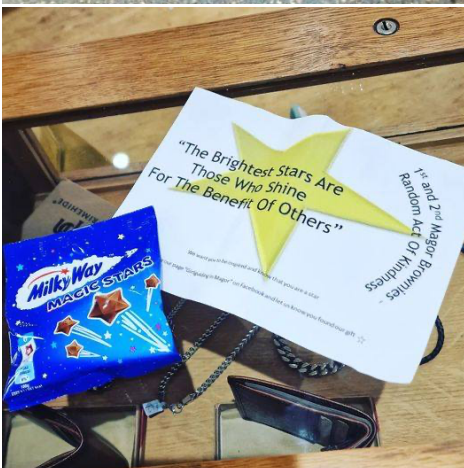
Then seal with clear nail or wood varnish to help it last longer. You could also use acrylic paint which may not need to be sealed.

People will love finding these messages and it will spread positive energy throughout your community!

Random acts of Kindness

This can be potting up a plant or seeds, chocolate or a book (make sure you pop the book or chocolate in a sealed plastic bag so it doesn't get spoilt in the rain and no dogs can eat the chocolate by mistake!) and leaving them around your community for people to find; or visit local businesses and give them a letter of thanks.

Try and shop local so that your local small businesses feel supported!



Here are some more examples of random acts of kindness -> <https://www.mentalhealth.org.uk/explore-mental-health/kindness-and-mental-health/random-acts-kindness>

Be Kind To Yourself

This section is all about being kind to yourself ♥

Sometime life gets very busy and filled with noise. Take some time either on your own or with friends or family and sloooooow doooooown and sit quietly and be thankful!

Here are some lovely ideas for inspiration – but please do let us know if you did something different!

It may be that you take time in your unit meeting to pamper each other, or practice some mindfulness.

Do a good turn – when you help others it makes us feel good.

We hope you will enjoy taking time for yourselves



Sit quietly with a book or listen to your favourite music (maybe in your cosy den!)

MAKE A THANKFULNESS JAR

You will need;
Jam jar with lid 
Pens, paints to decorate
Paper – strips of paper and one larger sheet



Write something every hour that you are thankful for and pop it in the jar – take them out at bedtime and read them.
You could write them all down on a large piece of paper and decorate it or put the jar in a special place to read again in maybe a years time



Girlguiding
Gwent county



You could also take time to go on a walk and look at how beautiful nature is.
When you go for a walk make a journey stick of some favourite things you find



**PLEASE COMPLETE AND RETURN THIS FORM TO REQUEST
YOUR BADGES**

Name of Unit.....

County.....

Name of Guider.....

Address.....
.....

.....**Postcode**.....
.....

Tel No.....

Email.....

No.of Badges.....**@ £1.50 each £**.....

Postage and packaging: Up to 10 badges - £1.55

11-20 badges - £2.50

20+ - £3.45

Postage + Packing £.....

TOTAL COST £.....

Please make cheques payable to Girlguiding Gwent. Please send your order to
:- Andrea Rodley, 9 Tredegar Drive, Undy, Magor, Monmouthshire, NP26 3PH

THANK YOU for supporting our Challenge pack!

