

HOME₂O

Welcome to Girlguiding Leicestershire's first ever virtual water camp!

Are you ready to have lots of fun with water? Sadly, we are unable to go to the Leicestershire Outdoor Pursuits Centre and camp this year but that doesn't mean the watery fun has to stop. Rangers, Guides, Brownies and Rainbows are invited to take part in our water camp throughout the summer and earn a fabulous badge!

The challenge is split into 5 different areas...

- With a splash
- With a drop
- With a stream
- Mastering the waves
- Turning off the tap

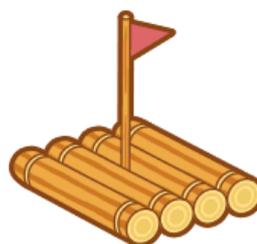
To complete the challenge and earn the badge, Rainbows and Brownies need to complete 1 from each section, Guides and Rangers need to complete 2 activities from each section. Leaders and adult volunteers need to complete at least 2 activities from each section.

Remember to take lots of photographs to show your leaders whether in online meetings, through social media or keeping them until meetings restart. It will be great to see all the different ways that members across the county are joining in.

Before we get started...

You can't join us on our water camp without something that carries you and helps you take part in all the activities. You need a boat and a raft! There are many different ways to make your boat or raft - you could build a boat out of paper, construct one from cardboard, use origami on newspaper or find a sturdier material such as plastic bricks. Your raft creation is totally up to you... We prefer to use lollypop sticks, but you can use whatever you have at home.

Remember to keep them in a safe place as you will need them later on in the challenge. Obviously, if you have a real boat that will do too!



With a splash

Ready, steady, go!

Let's keep this one simple... Can you balance a cup of water on your head and walk the whole length of your garden? How easy is it to do? Can you do it without holding onto the cup? Challenge another family member and see if you can get further than them.

Bucket zip-line

A zip-line is a great and easy thing to make. You need a long piece of string or rope and a couple of places to hang it from. Add a bucket to run down your zip-line. Start with a small amount of water in the bottom. Can you pass it down your zip-line without losing any water? Try again but this time fill it with more water and see what happens. Do you lose more water or does it slow the zip-line down? Be careful you may get very wet!



Make a water slide

To make a water slide you will need a length of sturdy plastic sheeting or an old tarp. Make sure it is anchored to the ground perhaps with round plastic pegs. You can either use a hose pipe or a watering can to add the water. Add a splash of bubble bath or shower gel for extra oomph.

Have a sponge fight

We can't have a water challenge and not include a chance to have a water fight! Find somewhere outside with some space to run and hide (if you need it!). Collect a couple of sponges, a bucket/washing up bowl, a water supply and a family member or friend. You may want to see who stays the driest or the wettest! Remember to play safely and avoid the head area.



At the car wash...

Summer is the best time to be outside and enjoying the sunshine. What better way to do it than offering to wash a car or two! Make sure you have the owner's permission before you start. A bucket, sponge and lots of water will be essential items. Younger girls may need support from an adult.



Water footprints

You don't always need paint to create pieces of art, water can work just as well. Find a piece of paper or some slabs to act as your canvas. Wet your bare feet and press them lightly on to the paper or slab. Repeat this to build up your picture. You may want to experiment with using other body parts to create different shapes.

With a drop...

Blowing bubbles

Use pre-made bubble mixture or make your own and see what patterns you can make with bubbles. Can you spell your name?



Bubble mixture - Makes 350ml, prep 5 minutes

What you need:

50ml washing-up liquid (one part)

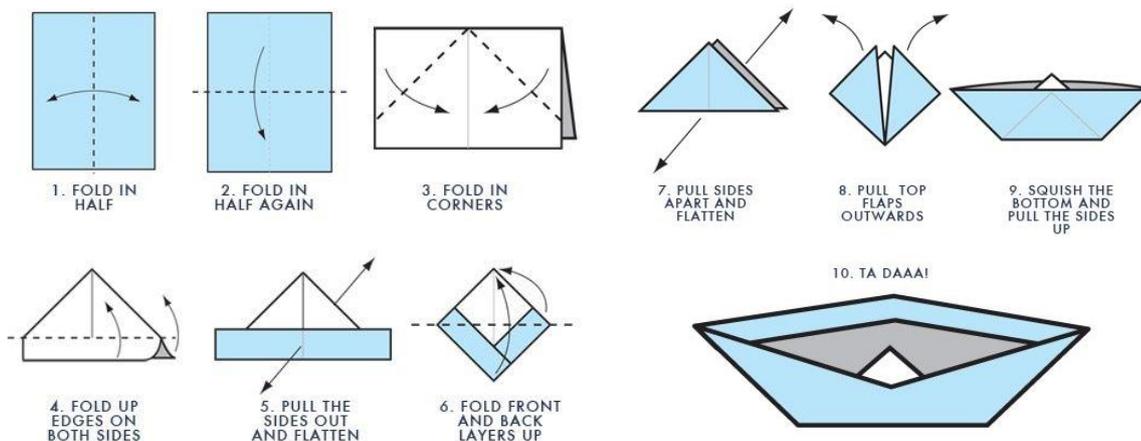
300ml water (six parts)

What to do:

1. Measure the washing-up liquid into a container, such as a jam jar or glass bottle.
2. Slowly add in the water, being careful not to create too many bubbles at this stage. Gently stir the mixture together to combine - a chopstick is perfect for this.
3. If you can, let the bubble mixture rest before using it, as it will make your bubbles even better.
4. When you're ready, dip your bubble wand into the mixture and start blowing bubbles!

Make an origami paper boat

There are many different ways that you can make a paper boat. Here is one version....



Bling out your ice cubes!

Try something new and be artistic with your ice! Create decorated ice cubes by putting small pieces of fruit, vegetables or herbs into your ice cube tray before adding the water and freezing. You might want to add flavouring with strawberries, blueberries, lemon, thyme, cucumber and mint, edible flowers.

Treat yourself to an ice lolly

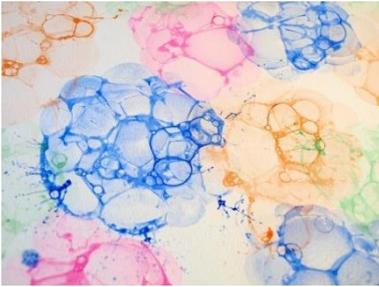
It is great fun to create your own ice lollies. Whether your recipe begins with using a squash or milk base, you can make the lollies as colourful as you want and exactly to your taste. Will you stick to familiar flavours or can you come up with your own flavourings?

Go apple bobbing

Grab yourself a washing up bowl or bucket and fill it with about 10-20cm of water and drop a few apples in. Without using your hands how many can you get out? You may want to challenge other members of your family to try too!

Enjoy some bubble art

Grab your paint, a straw and some paper and create some colourful patterns. There are 2 main ways to create your art: create the bubbles in a cup first and then put the paper on top or use the straw to blow paint directly onto the paper. They both create different effects. Which one do you prefer?



See the colours run... Paper chromatography

Are your markers/felt-tips made from the same colour ink or do they blend different inks to create the right colour? Use this simple experiment to find out which colour is made up of the most inks. Seemingly “boring” colours can separate into many unexpected colours!

What you need:

- Permanent markers or felt-tips in a variety of colours
- Glasses with a small amount of water
- Paper towels
- Scissors

What to do:

1. Cut paper towels into long strips about an inch wide.
2. Draw a heavy line with a marker near the top of one strip.
3. Hang the paper strip over the edge of the glass of water so that the paper towel touches the water, but the line is above the water.
4. Watch the colour spread as the water travels up the paper.

Decorate a swimming hat

Take a simple swimming hat and decorate it to your style. You could use permanent markers to draw on your designs or use fabrics to cut out shapes to glue on.



With a stream (if you have one!)

Play pooh sticks

Who can find the best stick and win the race?

What you need:

- two or more players with a stick of their choosing.
- a bridge over moving water.

What to do:

1. Stand on the bridge over moving water.
2. Make sure you've already checked which way the water is flowing so that you throw your sticks in on the right side, so that they'll get carried underneath the bridge with the current.
3. On the count of three everyone must throw their pooh stick into the water below.
4. The stick that floats underneath the bridge fastest wins

Be a beaver

Beavers build dams to help create a small pond where they can build their lodge and protect themselves from predators. You might not have your own stream to build your dam in but you could use a washing up bowl or plastic box and fill the sides with sand to create riverbanks and then use sticks and stones to construct your dam. Don't forget to take your dam down afterwards.



Junk boat modelling

Have a look in your recycling pile/craft box for items you can use to build your teddy bear or other soft toy a boat. You can use whatever items you have at home. Once it is complete see if your boat floats with its precious cargo.



3, 2, 1, Duck!

A traditional water activity! Have a duck race in your stream - make sure you can catch your ducks at the end - a fishing net may come in handy. If you don't have a stream handy though you can hold it in your bath or a paddling pool. Gather your ducks into a row and see which one gets to the other end of the bath/ pool first.

Muddy puddles

Everyone loves to put on their wellies and jump in some puddles. How many puddles can you jump in along your walk?

Mastering the waves...

Surf's up!

Ready to hit that gnarly wave? Grab your surfboard (real or imaginary) and let's go!

What you need

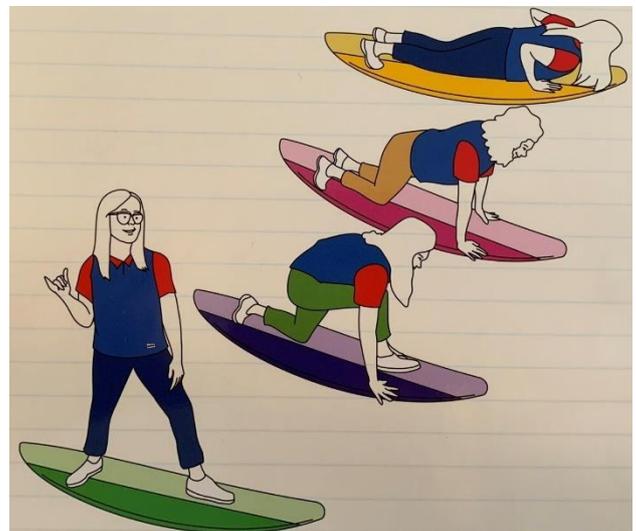
A surfboard, or a body board or actually a beach towel will do.
 And some space

What to do

Firstly, you need to master the SHAKA which all surfers do when they've caught a great wave. Stretch your little finger and thumb out and tuck all your other fingers away.

Now you are going to practise the pop-up technique for getting up onto your board.

1. Lay your towel or board out on the ground.
2. Lay flat on your front with your elbows bent either side of your ribs, palms of your hands on the floor.
3. Push onto the palms of your hands, lift your head and arch your back slowly keeping your elbow bent.
4. Push harder to straighten your arms and bend both your knees.
5. Bring one foot forward between your hands and stand up by straightening your back leg.
6. Bend your knees and put the heel of your back leg to the ground and turn your back foot outwards to help.



When you've perfected your pop-up, you can try other surfing moves:

- A helicopter - pop-up, spin in a circle then get back into your balance position.
- Hang ten - pop-up and bring both feet to the very front of your surfboard.
- Air - pop-up, jump and go back to your balance position.

Get it together

We all like to watch the synchronised swimmers on the tv and wonder how they manage to be perfectly in time. Well now is your time to find out! Ask a family member or friend to join you in the paddling pool or in the garden and come up with your own routine. You may want to pick a song to help your dance come together and keep you on the beat. A well decorated swimming hat could be worn at this point.....



Learn a skill

With restrictions being slowly lifted, see if there is somewhere local that you can go to learn a new water skill. Maybe you could try canoeing, kayaking or paddle-boarding. You might want to check out the programme at Leicester Outdoor Pursuits Centre (<https://www.lopc.co.uk/>)

Musical sounds

Use water to create a tune. You could channel your inner “Miss Congeniality” and play the water glasses.

What you need

Glass jars/tumblers/wine glasses

Water

What to do:

1. Collect a number of glasses/jars. Wine glasses work best if you are allowed to use them!
2. Fill them with different amounts of water.
3. Wet your fingertip well.
4. Lightly run your fingertip around the rim of the glass to produce a sound.
5. See the varying sounds you can make from the different glasses.



Name that tune

Can you gargle? Enough to make a tune? Take a large sip of water and try to ‘sing’ your favourite camp song. Can somebody else guess what song it is?

Indoor rowing

Flex your arms and see how far you can go. Find a couple of broom handles or mop sticks and a large space. Sit on the floor with your legs straight out in front of you and the ‘oars’ out to the side a bit and pretend to row down a river. You could find a watery playlist to add to the scene and imagine you are somewhere else. Where would you like to be in the world. For a change you could stand up and pretend to be in a gondola in Venice!



Turning off the Tap

Make a shaduf

A shaduf is a primitive structure of poles and buckets, used to raise water from a river for use in irrigation ditches. You can make one from broom handles, garden canes or even pencils.

What you need

- 3 poles/canes/pencils of the same length,
- 2 smaller poles/canes/pencils
- String
- Large bucket
- Small bucket

What to do

1. Firstly, make a tripod from three poles, use the 2 smaller poles to brace these - if you have extra poles, you can tie these in too so your shaduf stands up by itself.
2. Attach the small bucket to the long poles and using your weight, you can move the bucket up, down and side to side. See how much water can be raised and tipped into your larger bucket.



Build a bee bath

Did you know bees need water too? A bee bath gives bees a source of drinking water in your garden and keeps them buzzing happily. It needs to be in a cool, sheltered spot that the bees will want to visit so not far away from plants and the water needs to be shallow so they won't drown.

What you need

- a shallow dish or bowl (a flowerpot saucer works well)
- an upturned flowerpot to put it on
- some pebbles or marbles
- some water



What to do

Simply put your dish/saucer on top of the larger pot.

1. Add pebbles or marbles into your dish.
2. Add water but make sure that water doesn't cover your pebbles so the bees can rest on them while drinking. Change the water every few days or so.



Water filter

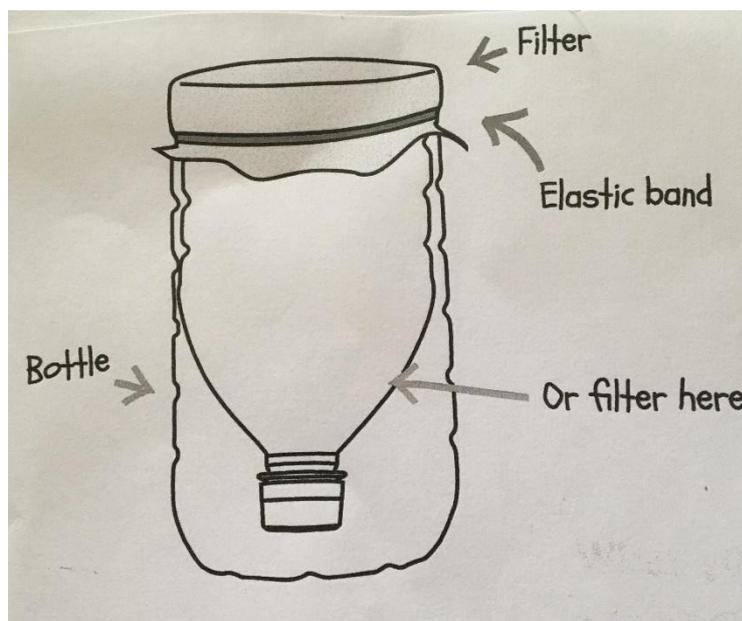
In this country, we are lucky to have clean water in our taps. It has been filtered to remove any impurities. You can make your own homemade water filter with objects found around the house and garden.

What you need

- A plastic bottle (any size)
- A pair of scissors
- Some dirty water (water mixed with soil)
- An elastic band
- One or more of the following:
 - Old clean tights
 - A torn-up t-shirt
 - Sponge
 - Gravel
 - Kitchen towel
 - Sand
 - Moss
 - Charcoal powder (crush up some BBQ fuel - NOT if it has been treated with anything to make it easy to light!)

What to do

1. Cut the empty bottle across the middle - please ask a grown-up to help you here. Take the lid off the top of the bottle and turn it upside down.
2. Take the top half of the bottle and attach whatever you want to use as a filter to the large open end with an elastic band. Be careful- the edges that you have cut will be sharp. If you want to use a loose filter like gravel (or sand), line the bottle with some kitchen roll to stop it falling through. See the picture above.
3. Now place your filter bottle over the leftover bottle base and slowly pour the dirty water through. You may have to wait a while for the water to get through some of the filters.
4. Try it again with different filters and see which works best.



Water safety

During the summer, water safety is often in the news- on the radio, on the television or in the newspapers.



- If you do have to rescue someone, always put your own safety first
- Keep calm and think before you do anything; try to get help by shouting “Help” as loudly as you can and never enter the water yourself.
- Try to pull the person out of the water with a pole, towel or piece of clothing - lie down so you don't get pulled in too.
- If you can't reach the person, throw them something that floats - a life belt or an empty canister.
- If no-one comes when you shout, run to the nearest house and call 999.

Activity ideas

- Can you make a leaflet about water rescue suitable for a particular age group?
- Practice throwing a rope to someone
- Make an alphabetical list of dangers or emergencies
 - **A** is for alcohol. Every year people drown because they go swimming when they have drunk too much.
 - **B** is for life belt
- Make a play or shoot a video based on one of these headlines:
 - Hero Lucy helps save two by dialling 999
 - Guides rescue a child after river terror (you could use a teddy!)
 - Girl rescued by lifeboat after being swept out to sea.



Water wordplay

Using this simple phrase how many different words can you make? You can use any of the letters once and in any order to create your new words. You could see if you can come up with more than a friend or family member.

Guides love water camp!

Water Wise wordsearch

Can you find all the words in the grid?

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t r t a m y d e u i o s c l t y n
r c r m s m a e r t s m y m c p o
a g r o u n d w a t e r u c u e i
n s o u a y g m p o w n s e y r t
s w g s d o t d g c l p v w g c a
p l p m s p e y e y v s i e v o t
i o d y p r d l n w r a m n d l i
r o s e g o e p c e p r m s l a p
a u c w m r s i v y s o p i c t i
t n a e c o e i c o c u i c m i c
i t t r d d r n i a w r n n p o e
o i w a t r s l e t l o e c t n r
n u s u g n y o y v l g m t g s p
m a c c u m u l a t i o n w a d t
g c l y l o d c y y o n i l v w p
i r g r n t g o n a a i o e t d d
p m u p n n n o i t a r o p a v e
  
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accumulation
glaciers
precipitation
transpiration

dew point
ground water
rivers
water cycle

energy
ocean
soil

evaporation
percolation
streams

Save a drop

In summer it is particularly important to save water when the temperatures are generally higher. Think of how many ways you can save water in just one day. Maybe you could...

- Take less time in the shower
- Put the plug in when washing your hands
- Turn off the tap when brushing your teeth
- Make sure the washing machine/dishwasher is full before using it
- Fill up a bottle of water and put it in the fridge overnight
- Collect rainwater to use for watering the plants

Spread the word about how vital it is to save water.

- Make a diary and see how much you and your family can save over a week.
- Draw a comic strip



HOME₂O

Badge ordering form

Thank you for taking part in our Home₂O challenge.

Please complete this form and send it with your cheque made payable to 'The Guide Association - Leicestershire' and post to Home₂O Challenge, Girlguiding Leicestershire, 97 Princess Road East, Leicester, LE1 7DW.



Unit Leader name:	
Unit and section:	
District:	
Division:	
Contact email address:	
Address for posting:	

Number of badges required	@ £1 each	£
Postage for	1-10 badges @ £1	
	11-40 badges @ £2	
	41-100 badges @ £3	
Collection from County Office	Free	
	Total	£