



Promise Challenge

The aim of this badge is to provide units with an exciting way of helping Brownies, Guides and Senior Section to think about their promise and what it means.

You need to complete Six Challenges - two from each section.

When you have completed the challenge how about renewing your Promise?

To Love my God

Do any two of the following:-

- 1. Attend at least two religious services**
For example: A Remembrance Day Service, A Thinking Day Service, A Church Parade Service, etc.
- 2. Make a craft item related to a religious festival**
For example: A Diwali Lamp, An Advent Calendar, An Easter Garden etc.
- 3. Celebrate a Religious Festival with your Unit**
- 4. Make and try some food traditional to a religious festival**
For example: Hot Cross Buns (Good Friday), Potato Pancakes (Hanukah) etc.
- 5. Write a Prayer which can be used at a Promise Ceremony**
- 6. Do an act of Service for your local place of Worship**

To Serve the Queen and my Country

Do any two of the following:-

- 1. Undertake an act of service for your local community**
For example: Litter Picking, Tree/Bulb Planting, Hosting a tea party for elderly people etc.
- 2. Learn a skill that will help you to provide a service to others**
For example: First Aid, Sign Language, Child Care etc.
- 3. Learn the National Anthem and/or take part in a ceremony which includes respect for the Union Flag**
- 4. Visit a Royal Palace or Garden**
OR
Discover which King or Queen is mentioned on your nearest Royal Mail Post Box. How many different ones can you find?
- 5. Find out what role the Queen plays within Girlguiding, and learn something about her family. Also can you discover what is the role within Girlguiding of her daughter-in-law Sophie, Countess of Wessex.**
- 6. With your Patrol/Six, write and perform a short sketch showing how you can keep this part of your promise.**

To Help other People and keep the Guide Law

Do any two of the following:-

1. Make a Poster or Collage showing how you could keep the Guide Laws (or the Brownie Guide Law)
 2. Use your abilities to make something which can be given away to help or cheer up someone else.
For example: A flower arrangement for someone who is ill or housebound, a bird box to put up near your meeting place, cakes for your school fair etc.
 3. Try something new
For example: Learn to knit, Go abseiling etc.
 4. Have a Guiding Pen Pal
There is information on the GirlGuiding Website for Leaders about how to set this up.
 5. Raise money for a charity of your choice.
 6. Adopt an animal through a charity such Dogs Trust or World Wildlife Fund
-

To Order Your Badges

When you have completed the challenges you can order the badges:-

The badges cost £1 each and are available from:-

Revd Jane Turner
1st Thurstaston Guides
77 Thingwall Rd
Irby
Wirral
CH61 3UB

Please make cheques payable to:-

1st Thurstaston Guides Camp Account

Please send a stamped addressed envelope for the return of your order.

Up to 25 badges

- Strong (preferably padded jiffy) A5 envelope, 1 large letter stamp.

26 - 100 badges

- Strong (preferably padded jiffy) A4 envelope, 2 large letter stamps.

All profit will be given to St. Bartholomew's Church, Thurstaston