



#SOCHALLENGE

1. Name 50 things you like about being a member of Girlguiding North West England
2. Name or take a picture of 50 badges that you have collected or earned - they don't all have to be guiding badges! If you haven't completed 50 yet, what 50 badges would you like to earn?
3. Make a nature picture from nature items
4. Sing 50 campfire songs
5. Find out 10 facts for each world centre
6. What do you think the world was like 50 years ago? Find out whether you were right!
7. Spend 50 minutes in the great outdoors - why not do something adventurous!
8. Find someone who was alive 50 years ago and take a picture of them (extra points for someone in guiding 50 years ago!). Why not interview them about what the world was like then, to help you achieve number 6!
9. Play some popular games from 50 years ago
10. Watch a film from 50 years ago
11. Listen to a song from 50 years ago
12. Read a book from 50 years ago
13. Find out what is 50 miles from your house? Can you visit it/there?
14. Bake something and decorate it with a gold theme
15. Make 50 people smile - you could undertake 50 random acts of kindness
16. Make a mood board including 50 of your favourite things
17. Take a picture each day for 50 days
18. Meditate or practice mindfulness each day for 50 days
19. Look at 1950s history and choose something that interests you to research further
20. Look at 1971 and find an interesting fact/song or piece of music/film/book from that year
21. Design a gold themed guiding uniform
22. Learn about 1971 world leaders and what has changed now
23. Find out about 50 influential women from the past 50 years
24. Find out about 50 forgotten women from history
25. Take part in the Express! photo challenge - follow them on **Instagram** to find out more

