

Welcome to the Cambridgeshire East County Arts Committee

Arts 4 All Challenge



This is an activity pack for all sections. It is up to each section to decide how many activities you chose to do in order to gain your badge, but we suggest you learn at least one completely new skill, and complete at least the following;

Rainbows 4+ Brownies 6+ Guides 8+ Senior Section and Adults 10+

Try and chose activities from the different sections which are:

Section 1 - Music/Singing
Section 2 - Drama
Section 3 - Dance
Section 4 - Food and Drink

Section 5 - Needlecraft
Section 6 - Photography
Section 7 - General crafts
Section 8 - Floristry/Nature

You could use this badge as a theme for camp, holiday or sleepover, or simply complete the badge at unit meetings. Once you have completed the challenge, send off for your order form at the end of this booklet for your arts challenge badges.



Section 1 - Music/Singing

1. Use hand chimes to create some interesting tunes or music
2. Use Ocarinas to create some interesting tunes
3. Make your own wind chimes out of some old cutlery, spare keys shells or beads and hang them in the garden, take a picture to use in a collage for section 6
4. Make your own musical instruments out of junk modelling, then in groups of 4-5 chose a song you all know and practice the tune, then perform it in front of your unit, see if the others in your unit can guess the song you are playing
5. Learn some camp fire songs you don't already know and hold a campfire sing song during you unit meeting
6. Make up your own unit campfire song based on friendship or an element of your promise. Girls should identify different words that can be incorporated into the song and a tune to sing it by; then teach it to other units when you are away on camp or overnight trips etc.



Section 2 - Drama

1. Go to a local pantomime or play
2. Arrange a behind the scenes tour at a theatre to see how a play is put together, see how many different roles there are and how the props and backdrops are made, ask the actors how much time goes into making the performance happen, and how important all the different roles are.
3. Decide on a pantomime or play or write your own; allocate different tasks/roles to people in the unit. Arrange your own scenery and props, costumes etc. and put on a performance for your parents/family/friends.
4. Take part in a local carnival or fete, put on a show, dance or sketch which you can perform in front of a crowd of people, or take part in a parade
5. Make your own Chinese dragon out of paper mache or an egg box (loads of ideas available on the internet)
6. Make a costume you can get under and dance or make a puppet you can dance with, and celebrate Chinese New Year



Section 3 - Dance

1. Using paper and pens, draw a picture and design a pair of dancing shoes and explain which type of dancing you would use them for
2. Make your own tutu out of elastic and coloured netting, and dress up like a ballerina
3. Hold a dance evening and either invite a local instructor to come along and show you some new dance moves or may be use a play station or other similar device to have a dance night
4. In small groups learn a dance routine to one of your favourite songs, and perform it in front of your unit
5. Learn a ballroom dance
6. Learn how to salsa
7. Learn a country or square dance
8. Hold an exercise class and discuss why it is important to warm up and cool down your muscles when exercising
9. In small groups design an outfit for a particular dance style and make a wearable version of it, and hold a fashion parade to show off your designs
10. Hold a dance marathon in your unit and raise money for a local charity, keep going as long as you can or take it in turns to dance for 5 minutes each. Choose a dance style for all to do or different types of dancing for individual dancers to perform.



Section 4 - Food & Drink

1. Make a two minute sponge in a mug
2. Make a non-alcoholic cocktail using fruit juice and various sweets and food colourings, serve in cocktail glasses with umbrellas and furry animals
3. Decorate a biscuit with icing sugar and sweets
4. Complete the food and drink word search with this challenge
5. Play a food game either tummy ache or your own version of it. (Print out a placemat, make up different meal combinations either by drawing your pictures on cards or writing a description of the food options be as detailed as possible. You will need various starters, main courses with meat, fish, vegetables, desserts and drink options. All the food options can be a combination of real and made up concoctions. If you make up cards you can pick different combinations to put onto your placemat, and see if you have a good healthy meal or a horrible mess. See who gets the best and worst meal combinations, will it make you smile or give you a tummy ache.)



Section 5 - Needlecraft

1. Learn how to sew on a button and make a basic stitch using a needle and thread
2. Make yourself either a mini sewing wallet, a tissue holder or a doughnut pin cushion out of fabric, felt, stuffing, and beads
3. Learn how to knit and make a scarf or brooch
4. Learn how to crochet and make a coaster
5. Jazz up a pair of socks using buttons, fabric pens etc. personalise with your name
6. Make a soft toy or teddy out of felt, material or fur use stuffing to fill it out
7. Make some pin bead patterns using safety pins and beads.
(Patterns readily available to download from the internet)
8. Learn how to embroider and how to create at least 4 different stitches and embroider a handkerchief with a pattern
9. Using silk paints make a pattern and turn it into a silk painted purse or make a picture and frame it



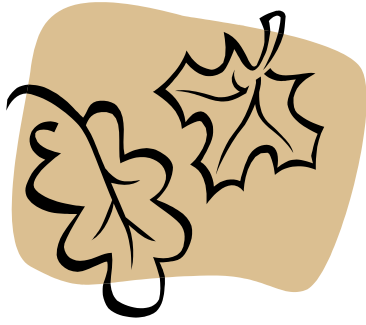
Section 6 - Photography

1. Develop your photography skills take some pictures based on a specific theme e.g. mirrors, wildlife, at the seaside etc. and hold a competition in your unit for the best picture
2. Make a record of the activities you have been doing in this challenge by taking pictures and hold an art exhibition to show off your achievements to parents, family and friends
3. Design a scrapbook page using your photos and embellishments
4. Ask someone from your local photography club or a professional photographer to show you some of their photographs, and to talk about tips and tricks of the trade, and explain to you what makes a good photograph.
5. Take a series of photographs on the theme 'a day in the life...'. Use them to make a collage or scrap book to remember the day



Section 7 - General Crafts

1. Make a Hama bead placemat or pattern
2. Try Glass or Porcelain painting: decorate a vase or mug for someone you know
3. Try Canal Art: use dark coloured plastic pots and really bright colours to create a beautiful flower pattern
4. Try Encaustic Art: use hot irons and special wax to create some beautiful unusual pictures
5. Try Glass engraving: using stencils with engraving pens etch patterns on to glass
6. Try Pyrography: using pyrography irons on wood, leather or cork you can burn patterns into your medium
7. Marbling paper: using Pebeo inks in water you can create some interesting patterns on paper, when the paper is dry try making your own journal or simply cover a book using the marbled paper. (Alternatively cut the paper into long triangular strips with one end being 2cm wide and the other graduating into a point, roll the strips of paper starting with the widest end first around a cocktail stick. Roll the paper to the point and glue in place or stick with clear tape. You have now made a bead, continue to roll the other strips in the same way, when you have completed this, use a piece of beading elastic and thread through the beads and make either a bracelet or necklace from your marbled paper)
8. Parchment Craft: create some fancy patterns in paper
9. Calligraphy learn how to write with a flourish and create a poem in calligraphy style
10. Sizzix: use a sizzix machine to cut and emboss shapes and make cards from sponge, fabric, felt, and cardstock



Section 8 - Floristry/Nature

1. Go fruit picking and find 10 fun facts about fruit and make a poster
2. Make a woodland elf from natural materials
3. Use coloured leaves to create a picture on a theme e.g. fireworks
4. Decorate a paper lantern using natural material
5. Invite someone from the local church or Women's Institute to come to a unit meeting and show you how to make a floral arrangement
6. Make a seasonal collage using natural materials found on the ground
7. Make something using a teasel

Badge order form

Unit

County

No of badges at £1 each £

Postage 2nd class letter post as follows:

for 1-25 badges	£ 1.00
for 26-65 badges	£ 1.50
for 66-130 badges	£ 2.00
for 131-200 badges	£ 2.50

Total cost of badges £

Contact name and address:

.....
.....
.....

Please make cheques payable to Cambs East Guides, and send your order to :

Arts 4 All Challenge
Cambridgeshire East Guides
County Office
3 Quy Court
Colliers Lane
Stow-Cum-Quy
Cambridge
CB25 9AU
Email: arts@Cambseastguides.org.uk

Food Word Search – ARTS

S X F S D S N X B V S E W I N G T U M X
 T T Q I C C C R P A P E R L A N T E R N
 N C M V B R H A F K Q Y X F E A G U L S
 E J U T P A A P M W C M X Y F N S K D M
 M F S A L P L P E A C H F I I S W G P B
 U L I L P B L W B W R H G R Q F C X D V
 R O C M A O E H K O Y D U M A D R N J Q
 T W A P K O N C T N O O J B Z V A B V S
 S E L C R K G X N E L K R H U L F J A O
 N R C A Z M E E R O V I M N D S T L D X
 I S M R Q A V U C G C Q F O I D S K S R
 J N T F E P T D L N D D O S X A F M H X
 M U T Z H A O W W T A W N X P E O T O U
 B Y M T E O T I A N O M Q Y R B R T R P
 G Y N R F T S E F H S A R D P U A R N J
 K B C D M A Q F L J Q T X O G S L P A J
 E G I S Z B Z S E B D H V U F U L F E W
 I C H O C O L A T E C A K E Q R W Y W G
 P P F R I E N D S H I P D W H T E W R Y
 D Z Q D A P V C T D Y N Y D S U L P J R

PERFORMANCE

WOODLAND

BEADS

CHOCOLATE CAKE

INSTRUMENTS

FOOD COLOURING

CREATURE

ELF

CRAFTS FOR ALL

CHALLENGE

CREATE

SEWING

PAPER LANTERN

MUSICAL

DRAMA

FLOWERS

SCRAPBOOK

FABRIC

SALSA

FRIENDSHIP