

Girl Guides Stay At Home Challenge



#GGStayAtHomeChallenge



What is the #GGStayAtHomeChallenge?

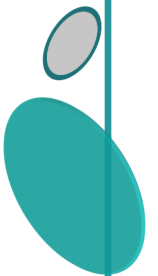


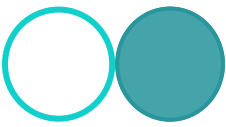
Being a guide is a holistic way of living– it's being bold and determined, reaching out to others and finding joy in the things around us. And none of this stops just because we are staying indoors!

There's a lot going on that deters you from meeting face-to-face with your friends right now, but you can still stay connected through Guiding.

As a Girl Guide you are prepared for anything!

Hence Girl Guides Association Malaysia (GGAM) has come together to share our latest activity pack -- so you can take up the #GGStayAtHomeChallenge. A team of young leaders have put together a series of creative challenges for you to spend your time more meaningfully while staying indoors! You will find activities here that you can use at home on your own, with your families, or digitally connected with friends.





Overview of Stay At Home Challenge



Before we dive right into our activity pack, let's take a moment to understand its four themes: Combat Covid-19, Spirituality, Integrity and Citizenship.

Combat Covid-19

Information today is just one click away, but did you know that not everything circulating on the Internet and social media platforms is true? With the ongoing pandemic and Movement Control Order (MCO), we want to do our part in combating fake news and inaccurate information while raising awareness on hygienic practices and proactive actions taken by member branches of the Girl Guides Association Malaysia. We also recognise the need to check in with our emotions from time to time while we practice social distancing. That way, we can all be both physically and mentally healthy!

Spirituality

In spirituality, we focus on our personal beliefs. We acknowledge and develop them while becoming more in-tuned with our inner self, discovering our potential and unleashing our creativity. Through this module, we want you to take time to understand yourself better and what makes you genuinely happy.

Integrity

Integrity is to live honestly by your value system, with self respect and self worth. Integrity is to do the right things even when no one is looking. Sometimes we can forget that our actions bring consequences, so this is the time to take full responsibility for our own actions and reactions to help us learn from our mistakes so that we can strive to be better versions of ourselves.

Citizenship

As active and informed members of the community, we respect one another, appreciate diversity and embrace our differences. We are all connected to the wider world and we want to take initiatives to make the world a better place. Because no matter how small our contribution is, we believe that it can make a lasting impact to the world around us.



WAGGGS leadership model



In GGAM, leadership development is a journey that we embark on to empower us to work together and contribute to a wider society. A leader actively learns about herself and others around her, and uses that learning to make an impact, however big or small.

The WAGGGS leadership model uses a system of six mindsets as the main tool to make leadership practice conscious.

Each mindset is like a window that we can look through to get different perspectives and to consciously influence our reactions, reflections, choices and behaviours. By using the six leadership mindsets as tools to draw meaning from our experiences, we become more aware of our leadership practice, and we can “internalise” leadership behaviours until they become a habit, part of who we are as leaders.

Before you start each challenge, reflect about how you can incorporate and put WAGGGS Leadership Mindsets into practice. Conscious leadership practices and behaviours will better prepare you towards achieving purpose of the Movement . Use it as a tool to reflect in your leadership journey.

THE WAGGGS LEADERSHIP MODEL

LEADING YOURSELF Reflective mindset

Draw meaning from your past experiences and think about your behaviour and its impact. Explore your values and how to be true to them when you practise leadership. Cultivate curiosity! Hold space for learning about and caring for yourself and recognise and create the conditions you need to thrive.

LEADING RELATIONSHIPS Collaborative mindset

Bring together different perspectives and inspire consensus around a shared vision. Listen to and learn from others. Share what you know freely. Create the structures, conditions and attitudes people need to reach their potential, and contribute fully to any team or situation.

LEADING IN CONTEXT Worldly mindset

Get inside the worlds of others, understand their needs and concerns more deeply. Observe, ask questions and educate yourself on local conditions and perspectives. Build meaningful connections with others through inclusive opportunities for shared leadership.

LEADING FOR GIRLS' EMPOWERMENT Gender equality mindset

Take gender into account when practising leadership, and challenge gender stereotypes. Understand the impact of gender barriers and empower yourself and others to recognise and overcome them. Champion the value of being a girl-led Movement.

LEADING FOR INNOVATION

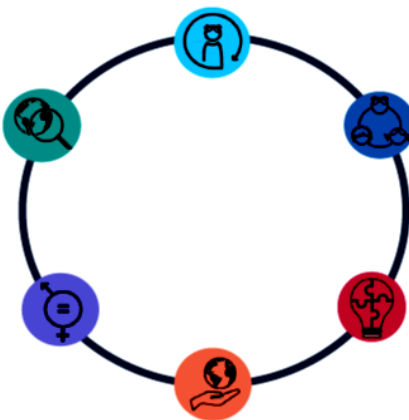
Creative & critical thinking mindset

Create an environment where both innovation and enquiry are valued. Seek data, analyse and learn from information and evidence. Look out for assumptions and challenge them. Encourage yourself and others to innovate. Seek new ideas and be open to changing your mind.

LEADING FOR IMPACT

Responsible action mindset

Mobilise energy around what needs changing, and what needs to be protected. Transform your values into action with authenticity. Practise leadership to create a world where all girls are valued and can reach their potential as responsible citizens of the world.



Want to know more about worldly leadership and the WAGGGS leadership model? Read our Girl Guide and Girl Scout leadership model summary: https://www.waggs.org/documents/2880/leadership_model_ENGLISH_WEB.pdf



The Sustainable Development Goals, or better known as SDGs, was created in 2015 by the United Nations as a plan to achieve a more sustainable future. There are a total of 17 goals, each targeting a different area, namely education, hunger, poverty, clean energy, climate change, gender equality among others.

In order to make the SDGs successful, member states of the UN come together to track and visualise their progress towards the goals to address the global challenges we face.

By completing the challenges in this activity pack, you are addressing more than one SDG at the same time.

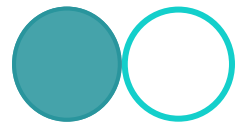
Learn about the 17 SDGs and understand how can you contribute towards achieving the goals through your actions.



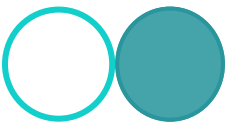
Source: United Nations SDGs Knowledge Platform



ACTIVITIES REQUIREMENTS



Theme	Activity name	Number of activities to be completed
Combat Covid-19	Stay at Home Diary	2
	Kill the Germs	
	The Responsible Samaritan	
	Donate Your Love	
Spirituality	Fitness at Home	2
	Indoor Soccer	
	Show Your Talent	
	Cook at Home	
	Fashion Show	
	Free Being Me	
	Scavenger Hunt Home Edition	2
	Self-Portrait	
	Happy Corner	
	The Inner Artist	
	Gadget Free	
	More Than Me	
	Integrity	
Thumbs Up!		
The Plant Buddy		
Patrio-vie		
Healthcare Tips		
Non-Dominant Hand		2
My Guiding Journey		
MY Promise		
Spread Positivity		
Surf Smart		



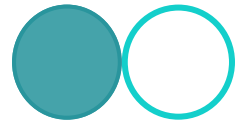
Theme	Activity name	Number of activities to be completed
Citizenship	Get Organised	2
	Solar Cooking	
	My Veggie Tale	
	Famine 10 Hours	
	Earth Hour	
	Recycling Campaign	
	SDG Wishing Tree	2
	TEDxTalk Party	
	Global Awareness	
	Reduce Waste	
	Tiktok Global Challenge	

ADDITIONAL ACTIVITIES

Activity name	Description
Plank Together	Do plank together with your family members.
Speak Up!	Brush up your public speaking skills and improve your confidence
New Hobby	Challenge yourself to learn a new skill, something that you are
Be Creative	Share creative ways to spend time at home in social media
Letter to future self	Reflect on yourself and write down what you wish to improve on yourself in one year's time. Set a date to open the letter and store it at a safe place.
Action Song Creation	Create an action song on guiding and record it.



Notes for Participants and Mentors



♣ The learning outcome which is a result of participants going through the activities.



Time required



Tools required to do this activity



Number of pax involved



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

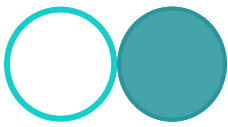
Learning steps:

- participants encouraged to look through the learning steps and plan actions to be taken. Making a plan before beginning is always helpful to determine flow of the activity.



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





Mentor's Guideline



Aim	<p>The aim for the challenge is for participants to familiarise themselves with the theme:</p> <ul style="list-style-type: none">• Combat Covid-19,• Spirituality,• Integrity and• Citizenship
Outcome	<ul style="list-style-type: none">• Develop an understanding of Spirituality, Integrity and Citizenship.• Able to reflect about WAGGGS Leadership mindset in leadership journey• Address 17 Sustainable Development Goals (SDGs) goals by going through the challenge.• Continue to be productive and develop new skills while staying at home.
Preparation /Materials needed	<ul style="list-style-type: none">• Each activity provides a list of material needed.• Please use recycled materials where possible.
How to get the badge?	<ul style="list-style-type: none">• Participants who complete 2 challenges from Combat Covid19, 2 challenges from each group of Spirituality, 2 challenges from each group of Integrity, and 2 challenges from each group of Citizenship. (Complete a total of 14 challenges)• Participants are required to submit their Digital Journal after doing each challenge.
Facilitation	<p>A facilitator is needed to make sure participants have gone through the challenges successfully. This could be a school guiding leader or an assigned mentor.</p>



MENTOR GUIDELINE



GUIDERS/ LEADERS REGISTER AS MENTOR THROUGH GOOGLE FORM (Link is included in the activity pack)

↓

DECIDE ON ONE COMMUNICATION PLATFORM TO START WITH PARTICIPANTS

↓

MONITOR PARTICIPANTS' PROGRESS ANSWER QUESTIONS IF ANY. (Please make sure participants use the correct link for digital journal)

↓

WHEN ALL ASSIGNED PARTICIPANTS HAVE COMPLETED CHALLENGES, SEND AN EMAIL TO (ggamalaysia@gmail.com) AND FILL UP THE LINK AS A FINAL HANDOVER

↓

CONGRATULATIONS! YOU HAVE EMPOWERED THE GIRL/ LEADER PARTICIPANTS AND IMPACTED THEIR LIVES



Mentor's registration link:
bit.ly/StayAtHomeLeaders



PARTICIPANT GUIDELINE

**STAY
AT HOME
CHALLENGE**

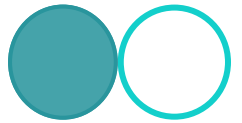
**REGISTER THROUGH
GOOGLE FORM
(Link is included in
the activity pack)**

**ASSIGNED MENTOR REACH OUT TO
YOU AND BRIEF ON
COMMUNICATION PLATFORM**

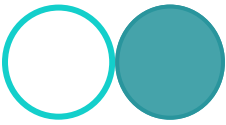
**START YOUR CHALLENGE!
FOLLOW REQUIREMENTS TO
QUALIFY A CERTIFICATE AND A
BADGE!**

**RECORD EVIDENCE IN THE DIGITAL
JOURNAL THAT WILL BE PROVIDED
BY YOUR MENTOR**

Participants' Registration Link:
bit.ly/StayAtHomeParticipants



COMBAT COVID-19



STAY AT HOME DIARY



- ♣ Perform daily self reflection for continuous improvement
- ♣ Remain productive during this quarantine period
- ♣ Able to identify emotions and feelings as a self care mechanism



Throughout MCO



Book/papers. Colourful pens, Pencil



Individual

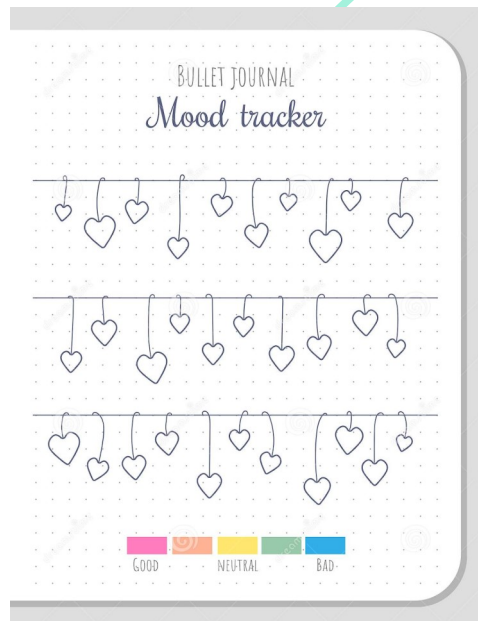


Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. Print out the mood tracker and the daily self reflection template online (or you can draw your own)
2. Every day, color the shade that best represents your mood and write a daily reflection.
3. Compile all and when you will have a collection to reminisce about your time spent at home.

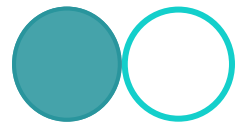


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KILL THE GERMS!



- ♣ To understand the correct techniques of handwashing and how to clean your hands.
- ♣ To discover the importance of clean hands
- ♣ To know what to look for in a hand sanitizer (at least 60% alcohol)
- ♣ To create your own short video #killthegerms--- a step by step guide on handwashing and share it with your friends!



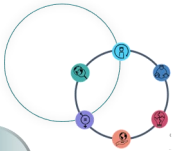
20 minutes



Stopwatch, Washable paint, Soap and water , Cloth



Two person



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. In pairs, one person will be the assessor while the other will have paint (pretent it's germs) smeared on her hands (infected).
2. The assessor gives the handwashing guideline to the infected.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. The infected has 10 minutes to memorize the correct technique.
5. The assessor smears paint on the infected and the infected needs to follow the correct technique to wash her hands using soap and water. This whole process is recorded.
6. At the end, the assessor needs to check the palm, back of the hand and in between the fingers of the affected to make sure there is no paint (germs) left.
7. Explain to your viewers one way how hand washing can prevent the spread of Covid19.



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.



THE RESPONSIBLE SAMARITAN



- ♣ To differentiate between true and false news
- ♣ To understand the effects of fake news during a pandemic
- ♣ To be able to identify reliable and accurate sources of information (MOH etc)



20 minutes



Internet Access



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

1. Take a picture of a news that is circulating in whatsapp regarding Covid
2. Search for the source of the news.
3. If the source is not provided, log onto <http://www.moh.gov.my/index.php/pages/view/2019-ncov-wuhan> and verify the information.
4. A table has been made to keep track of fake news as shown below
5. State the effects of fake news during a pandemic.



Senarai Berita Palsu Berkenaan

Wabak Novel Coronavirus (2019-nCoV)

Berita Palsu	Medium Sebaran	Tindakan
Tular satu mesej pekerja CM Klang disyaki terkena jangkitan Novel Coronavirus	WhatsApp	Penafian oleh pihak KKM
Tular satu mesej seorang tukang cuci tenat dirawat di hospital Shah Alam kerana jangkitan Novel Coronavirus	WhatsApp	Penafian oleh pihak KKM
Tular satu mesej kes positif Novel Coronavirus dirawat di hospital Timberland di Kuching	WhatsApp	Penafian oleh pihak KKM
Tular satu mesej sebuah kapal dari Wuhan yang berlabuh di pelabuhan Melaka	WhatsApp	Penafian oleh pihak KKM
Tular satu mesej seorang usahawan warganegara disahkan positif Wuhan virus yang tinggal di Bandar Botanic Klang	WhatsApp	Penafian oleh pihak KKM

UKK@MOH

KEMENTERIAN KESIHATAN MALAYSIA

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





DONATE YOUR LOVE



- ♣ To recognise and appreciate the contribution of each branch of PPPM.
- ♣ To identify various ways of doing good for/giving back to the community



1 to 2 hours



Get information from GGAM facebook or your leaders



Individual



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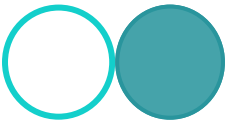
WHAT HAPPENS:



1. During the pandemic of Covid19, Persatuan Pandu Puteri Malaysia had donated some appliances to those in need. Get to know the contributions of at least three branches and state the moral values that they had achieved.
2. Answer the question below to fulfill your task.
3. Name the branches.
4. What did they contribute?
5. How did they do it?
6. What is the importance of their contribution?
7. Explain what/how you (your goodself) can do help those in need?

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SPIRITUALITY





FITNESS AT HOME



♣ To maintain your health by engaging in interactive physical activities



40 minutes to 1 hour



Music, Sport wear, A mat (if applicable)



3 persons or more



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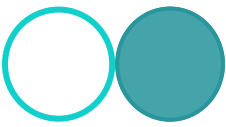
WHAT HAPPENS:



1. Look for a cool Zumba video in YouTube
2. Host a virtual Zumba Party with at least 3 friends. The duration of this 'party' has to be at least 40 minutes.
3. Put on your sport wear and start dancing.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





INDOOR SOCCER



- ♣ To foster stronger bonds between family members
- ♣ To spend quality time during MCO by engaging in a fun-filled interactive activity with your family members,



40 minutes



Player (A4 paper / recycle paper , marker ,paper and pen.)



Two person (One player each team)

How to create the player?

First, cut the paper into halves, make sure that the papers are in a vertical position. Next, fold the paper into half four times. Then, you can write names and jersey numbers for each of your players.

Goal (4 bottle caps, goal size: 14 x17 (cm)).

Place two bottle caps at opposite ends of your field to act as the goal for each team.

Ball (A4 paper/ recycle paper)

Crumple the paper into a ball. It should be about 1/4 of the size of your players.

The field (mahjong paper)

The size of the field must be 84 x 60 (cm) You can use a piece of mahjong paper as your field. You can also use any flat surfaces like your house floor as your field, but remember to mark the area of your soccer field.



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT

Pre-game

HAPPENS:

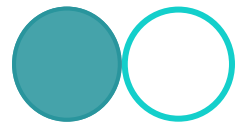
Rules of the game



1. Each team has six players including the keeper.
2. Every team will be represented by one person only.
3. Players will design their team in 18 minutes.



INDOOR SOCCER



WHAT HAPPENS:

1. Before the game starts, each team has to arrange their players as shown in the picture above.
2. The captain will be in front, followed by two strikers, two defenders and lastly, the goal-keeper.
3. Only the strikers and the captain can move towards the opponent's goal.

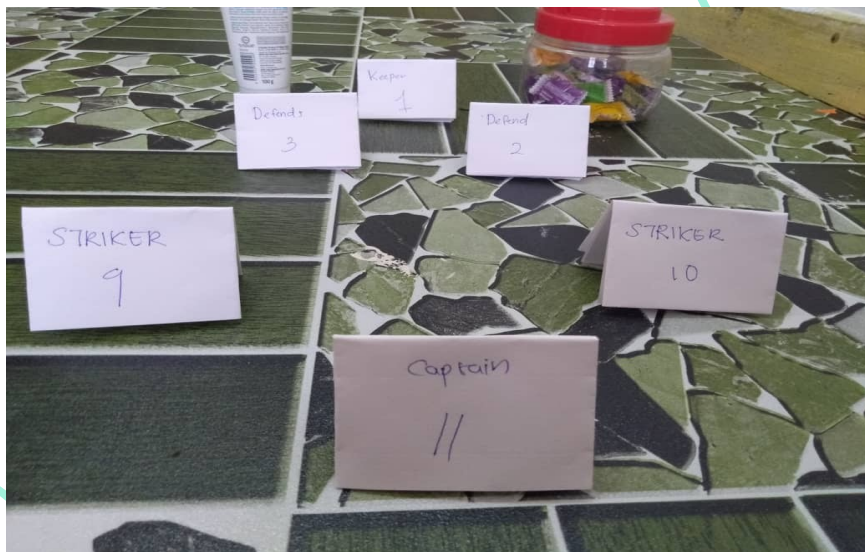
During the game

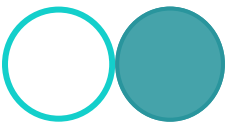
1. The game starts with a scissor paper stone between you and your opponent.
2. The winner can choose to either have the first kick of the ball or choose the side of the field they want to be on.
3. Participants can only move their players during their turn only.
4. There are 2 rounds of the game and each game will take 10 minutes. After the first round, there will be a two-minute break.



Last of the game

1. The person with the highest scores wins the game.
2. You will then have to snap a picture of you and your players.
3. Share it with us on Instagram and Facebook by tagging GGAM with #GGStayAtHomeChallenge





SHOW YOUR TALENT



♣ To be a more confident person while showcasing your talent



20 minutes
+ (learning)
Not less than
2minutes (product)



Camera / smartphone , Song / instrument



Two persons or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

#GGSAMDanceChallenge



1. Choose a dance and learn the steps. It can be a traditional or modern genre
2. The duration of the song and dance cover should be a minimum of two minutes
3. Record yourself performing to the dance
4. Upload the video on your social media account stating the reason you choose the dance and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge and #GGSAMDanceChallenge

#GGSAMSingChallenge

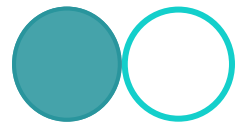
1. Choose a song which you would like to sing. You may compose a new song or choose an existing ones.
2. The song must include some motivational elements.
3. Record yourself singing the song.
4. Upload the video on your social media account and state the reason you for your choice and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge and #GGSAMDanceChallenge

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COOK AT HOME



- ♣ To develop an understanding of food from different cultures.
- ♣ To be able to prepare meal/snack for your family and practice gratitude



One hour each recipe

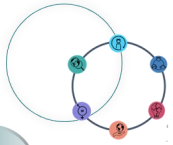


Food recipes / Cooking utensils (e.g.: frying pan, pot, spatula)

*choose the food that you could prepare with the material that you have in your house currently, without going out (# Stay at home)



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

1. Identify three dishes from three different ethnicities /countries you would like to cook. You may choose from light snacks or main courses.* You are highly encouraged to choose recipes in which the ingredients and cooking utensils are available in your house.



2. Follow the recipes and plan your cooking. You can cook all the food in one day or you can spread your cooking over a few days.

3. Remember to videotape your cooking. Enjoy the food with your family members.

*Don't know what to do? Here are some examples you can choose to prepare!

Light Meal	Main course
Yam cake	Nasi Lemak
Onde-onde	Budaejjigae
Samosa	Sushi
Cookies	Mee goring
Pancake	Fried Rice

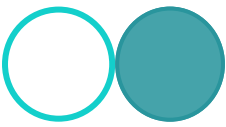
*Check out these links for more recipes!

<https://rasamalaysia.com/recipes/malaysian-recipes/>

<https://tasty.co/>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





FASHION SHOW



- ♣ To boost self confidence
- ♣ To develop creativity skills in utilizing eco-friendly resource



One hour



Materials (any 3R product, reduce, reuse and recycle, i.e. newspapers, paperbox, toilet paper roll holder, etc.), Scissors, Cellophane tape, Glue, Colour pencils



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

1. Imagine you are a fashion designer. Design an attire with the theme "ECO-FRIENDLY" (Materials used must be eco-friendly and sustainable)
2. Dress up in your masterpiece and do the catwalk.
3. Videotaped the fashion show and share your thoughts at the end of the video.
4. Upload the video on your social media account with the a unique caption and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge

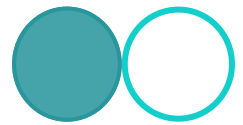


By going through this challenge, you would have achieved several of the 17 Sustainable





FREE BEING ME



To boost body confidence and self esteem amongst young girls and women around Malaysia.
To understand concepts such as image myth ,and the true definition of beauty.



20mins



paper and pen , internet access.



2



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

Imagine a world free from appearance-related anxiety. A world where people can define beauty for themselves - we are making this incredible vision A REALITY!



Challenge 1 - See the change. Facilitate 3 participants in this process.

1. What is your definition on the following.

Self esteem, Body Confidence, Image Myth

2. On a piece of paper list down features of a perfect looking woman.

Eg; white teeth, fair skin etc.

- If you have an artistic touch feel free to draw out the perfect model.
- If possible get your family involved too. Ask them list down their own version of beauty
- In your opinion is it possible for one person to have all these features?
- Do you think that in reality there is such a thing as he perfect looking girl?
- Is it possible to achieve everything on this list at once?
- Reflect upon your definition of the image myth and what you think now after completing the activity.
- What kind of social barriers would affect in bringing down the image myth ?
- Do you think this list has always been the same throughout the history of our society?

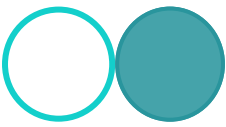
When you facilitate, add in the fact that beauty comes in all different shapes and sizes as each girl had their own unique features of a perfect girl. Emphasise that beauty has different perspectives among people and is not limited to just one criteria.

Give examples such as ...a uni-brow - where both eyebrows join in the middle - is seen as beautiful in women

In Tajikistan, women feel very lucky if their eyebrows grow across their foreheads. If they don't, they use a herbal mixture to draw a line and join their eyebrows together.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SCAVENGER HUNT HOME EDITION



- ♣ To identify and locate items and tools at home
- ♣ To be aware of essential items and their locations in time of need.
- ♣



One hour



A piece of paper, Pen/highlighter



Two persons or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

First 15 minute



1. Invite a family member/friend to complete this activity together. You can also find a friend virtually.
2. Print/write down the BINGO sheet given.
3. The BINGO sheet consist of essential items in the house

45 minutes

1. Complete the table and find as many items at home.
2. For each items to be valid, snap a picture and record as evidence
3. The first person to complete the BINGO sheet wins the game
4. Upload the picture of the BINGO sheet on your social media account , Share your experience and tag '@panduputerimalaysia'(Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge

Home Emergency

Fire extinguisher	Flashlight	Medicine	Candle	Face mask
Household Reys	Sport shoes	FREE	Batteries	Local authorities number (save)
First aid kit	Feminine supplies	Rope	Sanitizes	Board game
Emergency blanket (fire)	Water	Non-perishable food	Sleeping bag	Matches in a waterproof container
Local maps	Cash and change (in a waterproof container)	Manual can opener	Whistle to signal for help	Phone charger

myfreebingocards.com

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SELF PORTRAIT



- ♣ To promote relaxation while encouraging creativity
- ♣ To be meticulous and give attention to small details.



1–2 hours



Pencil / watercolor / pen / marker / anything that can be used to draw or paint ,

Eraser

Paper / canvas / anything suitable to draw on , Phone / camera / mirror



One person or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

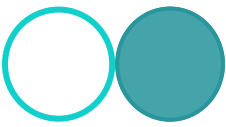
WHAT HAPPENS:

1. Prepare the materials needed
2. Find a suitable photo of yourself. If you do not have one, you may use a mirror or take a selfie.
3. If you are doing this activity in a group, then you can first decide on who will be the artist and who will be the model.
4. You can be creative in any way you like while using this time to appreciate your looks or the person that you are drawing e.g. aware of/respect differences, be tolerant, etc.
5. If drawing oneself, it encourages one to explore one's sense of self and build one's self-identity.



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





HAPPY CORNER



- ♣ To destress and practise daily self-care routine to improve well-being
- ♣ To prioritize cleanliness and live in a healthy environment at home.



Two hours



Broom, Mop, Individual preferences (decorative items, musical instrument, books), Smart Phone



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



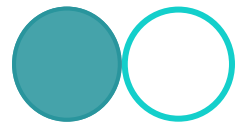
1. It is time to do spring cleaning. Start by cleaning your rm, sweeping and mopping the floor and using disinfectant spray to keep your room bacteria-free.
2. In your room, dedicate a corner to yourself known as Happy Corner.
3. In that corner, add anything that helps you to de-stress such as books, inspirational quotes, musical instruments etc.
4. After completing the happy corner, take a picture and share it in your social media accounts tagging @panduputerimalaysia for FB, @persatuanpanduputeri for IG and hashtag #GGStayAtHomeChallenge

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





THE INNER ARTIST



- ♣ To interact with others during quarantine period
- ♣ To engage in online games with friends
- ♣ To be more creative and express yourself through drawings



40 minutes- 1 hour



Access to the Internet



Three to four people



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

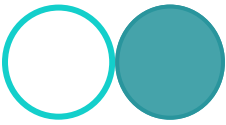


1. Find a minimum of two persons to join you for this activity.
2. Join a video call via Whatsapp and log into <https://skribbl.io/>. This game is similar to pictictionary, just an online version.
3. Play the game with your friends
4. One player draws while the rest guess. All the players take turns to draw and guess.
5. The one with the most correct guesses at the shortest time span is considered the winner.

Some other game suggestions that can be played by multiple players online: psych by ellen and risk

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





GADGET FREE



- ♣ To reduce the usage of digital devices and spend more time with family members
- ♣ To create an atmosphere whereby family members are able to interact more with one another.
- ♣ To develop a supportive and healthy family relationship



Two hours



Activities to be done during Gadget Free time
A box, Cellophane tape , Gadgets (Phone, lap-top, Ipad, tablet, mp3, etc)



Two or more people



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



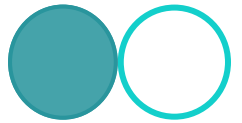
1. Design some activities to be carried out among you and your family members
2. Invite at least one family member at home to take part with you in this activity
3. Gather all digital devices (phone & laptop) and seal it in a box with cellophane tape
4. Keep the box in a safe place in your home for the next two hours.
5. During the two hours, you and your family member(s) are going to carry out the activities
6. At the end of the session, answer and reflect on these questions
 - What activities did we do during the last two hours?
 - How did I feel?
 - What did I learn from this activity?

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





More than me



♣ Able to reflect and act upon participants' responsibilities to each role in life.



30 mins



♣ Develop understanding and embrace "Diversity, Equity and



Individual

Paper and pen/color pencil, learning mandala, reflection sheet



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. Have reflection sheet and learning mandala printed out on separate sheet of paper.
2. As a person, we play different roles in life, at different levels, different settings. List down the roles you play in life, try reflecting on the more dominant ones.
3. Part One : Using the learning mandala, think about the following questions and record :
 - ♣ What are the things that I think I've done well as role?
 - ♣ What are the things I feel the other parties think I've done well?
 - ♣ The things I wanted to do/ planned to do but haven't achieve?
 - ♣ The things I achieved without myself expecting/knowing I would.
4. The alternatives to learning mandala could also be mind-map or draw a scenario, such as an Ocean, in the jungle, up to participant's creativity and choice.



5. Part Two : Think and make a plan for following:

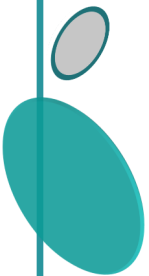
- ♣ The theme for World Thinking Day 2020 is "Diversity, Equity and Inclusion". Think about how you could embrace "Diversity, Equity and Inclusion" in each role you play?
- ♣ What do you aim to achieve for yourself, in each role?
- ♣ When complete, put up the learning mandala or mind map on your study desk/ wall for self-reminder.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





INTEGRITY





CAMPING TIME



- ♣ To enhance your creativity in planning an indoor camping experience
- ♣ To strategize suitable ways to build an indoor camp



One hour



Chairs, Blanket, Pillows, Floor mat



Two or more people



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

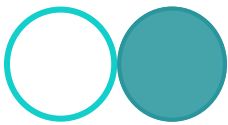
WHAT HAPPENS:



1. Find out on creative ways to build a camping den.
2. Look around for suitable materials available in your house to build the den.
3. Draw a layout of your den. (make sure you do not disrupt the living space of other family members/housemates).
4. Start building!
5. Take a photo/video of yourself in your cozy self-built camping den.
6. Upload the photo/video on your social media account with a unique caption and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge
7. For more ideas, refer to <https://www.wikihow.com/Make-a-Blanket-Fort>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





THUMB'S UP!



- ♣ To recognize the sacrifices of our frontliners.
- ♣ To appreciate and show gratitude to our frontliners.



30 minutes



Handphone, Paper, Marker/colour pencil/crayon, Ribbon, Cheering items



Two or more people



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

1. Plan a script and a video to show appreciation to our frontliners.
2. Produce the short video using your creativity.
3. Upload the video in your social media account with a creative caption and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge

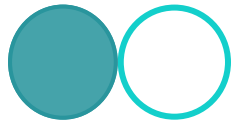


By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





THE PLANT BUDDY



♣ To understand the process of plant growth.



♣ To play a part in sustaining the environment



30 minutes



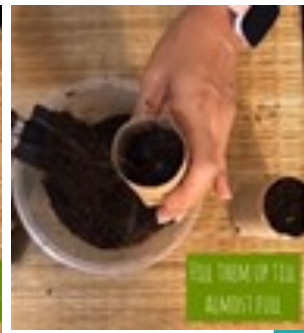
Individual

Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

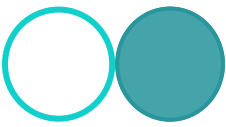


1. Choose a plant to grow during this MCO period.
2. Look around for any seeds available in your house/garden.
3. You can even use vegetables like spring onions and carrots.
4. Look up online or seek advice from your elders on how to grow your plant.
5. You may reuse items such as toilet paper roll, instant noodle cup, and egg tray as the pot. If you have used gloves, the seeds are placed at the fingertip inside of the glove.
6. Check out this link for tips to help you grow your seed:
7. https://www.instagram.com/p/B-YLy53pwDF/?utm_source=ig_web_copy_link
8. Water the seed daily as to take care of the seed and watch it grow into a seedling
9. Introduce the seedling after giving it a name, take a picture of it and upload on social media. Tag @panduputerimalaysia for FB, @persatuanpanduputeri for IG and hashtag #GGStayAtHomeChallenge



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





PATRIO-VIE



- ♣ To instill the spirit of patriotism.
- ♣ To understand more about the history of our nation



2 hours - 2.5 hours



Prepare one patriotic movie, Some snacks



One person or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

First 10 minutes



1. Set up a cozy corner to watch a movie
2. Prepare some snacks
3. Choose a movie from the following list:
 - Ola Bola by Chiu Keng Guan.
 - Kisah Hidup Lee Chong Wei by Teng Bee
 - The Kid from Big Apple
 - Sarjen Hassan by P.Ramlee

2 hours

1. Watch the movie together with your family
2. Collect all the key points that are required in the reflection session

20 minutes

Answer the questions below

1. What is the movie title?
2. Who is the main character in the movie?
3. What was main challenge faced and how was it overcome?
4. Is there a role model where you find worth learning from? State the name and reason
5. List three learnings from movies that promote patriotism

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





HEALTHCARE TIPS



- To be able to filter and identify health tips from reliable sources such as Ministry of Health and World Health Organization
- To educate those around you by sharing accurate information on health tips and self-care routine



10 minutes



Smart Phone



Three people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



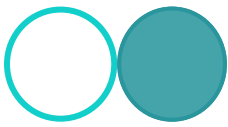
- Identify reliable and reputable online websites such as World Health Organization and Ministry of Health Malaysia to read on health facts and information posted.
- You may refer to this link for examples of health informations <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- Take note of those information and where to retrieve reliable information
- Write a summary on what you have learned and share in your social media social media account tagging @panduputerimalaysia for FB, @persatuanpanduputeri for IG, and hashtag #GGStayAtHomeChallenge

References links:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





NON-DOMINANT HAND



- ♣ To produce a piece of art using your non dominant hand
- ♣ To recognise your talent and develop artistic skills



One hour



Pencil/watercolor/pen/marker/anything that can be used to draw or paint, Eraser, Paper/canvas/anything suitable to draw on



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



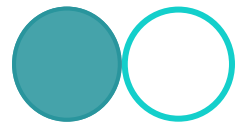
1. Plan and decide on what you want to draw.
2. Your drawing can be in line with one of the 17 SDG Goals to create awareness of people around you the importance of addressing the SDG Goals.
3. Draw or paint using only your non dominant hand.
4. Upload on padlet

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





MY GUIDING JOURNEY



- ♣ To appreciate and be grateful for all the experiences in your Guiding Journey.
- ♣ To share precious memories with a non Girl Guide.



15-30 minutes



Photo album/gallery on digital device



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

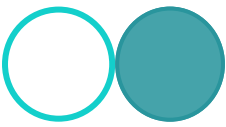
WHAT HAPPENS:

1. Recall your favourite moment in Guiding Journey. Was that moment captured digitally?
2. Look for the picture/video in your gallery
3. Share that moment in your social media social media account with the caption "I like Girl Guiding because...". Remember to @panduputerimalaysia for FB, @persatuanpanduputeri for IG, and hashtag #GGStayAtHomeChallenge



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





MY PROMISE



- To learn the Girl Guide's Promise in another language.
- To appreciate the diversity of languages in Malaysia



One hour



Guide's Promise in your non-native language
Wear a shirt which have guiding identity



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

- Below are the Malaysian Girl Guide's Promise in different languages. Choose one language which you are not familiar with.
- Learn the pronunciation of each word in the Girl Guide's Promise by using google or dictionary.
- Make sure you pronounce each word correctly.
- Take a video of you reciting the Promise in the language you have chosen, in a Girl Guide T-shirt.
- Upload the your video in your social media account with a creative caption and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge



Bahasa Melayu

Bahawa dengan sesungguhnya,
Saya berjanji dan bersetia,
Dengan sedaya dan upaya saya,
Menunaikan kewajipan saya,
Kepada Tuhan, Raja dan negara saya, Malaysia,
Menolong orang setiap masa, dan
Mematuhi Undang-undang Pandu Puteri

Bahasa English

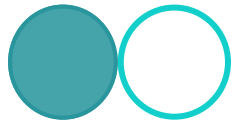
On my honour
I promise that I will do my best
to God, King, and my Country Malaysia
to help people at all times
and to obey the guide laws.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





MY PROMISE



- ♣ To learn the Girl Guide's Promise in another language.
- ♣ To appreciate the diversity of languages in Malaysia



One hour



Guide's Promise in your non-native language
Wear a shirt which have guiding identity



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

Bahasa Tamil

வாக்குறுதி

நான் என்னால் முடிந்தவரை என் கடமையை, கடவுளுக்கும், மன்னருக்கும் மற்றும் என் மலேசியா நாட்டிற்கும் செய்வேன் என்றும், எல்லா நேரங்களிலும் மற்றவர்களுக்கு உதவுவதுடன், சாரணியர் சட்டத்திற்குக் கீழ்ப்படிந்து நடப்பேன் என்றும் உறுதியளிக்கிறேன்

VAKKURUTHI

nāṅṅ eṅṅāḷ mudhintavarai eṅ kadamaiyai, kadavuḷukkum, maṅṅarukkum maṅṅrum eṅ malesiyā nāṅṅīrkum seyvēṅ eṅṅrum, ellā nēraṅgaḷilum maṅṅravargaḷukku uthavuvathudaṅ, sāraṅiyar sattaththikku kizheppadintu nadappēṅ eṅṅrum uruthiyaḷikkirēṅ

nadappēṅ eṅṅrum uruthiyaḷikkirēṅ

Bahasa Cina

我宣誓 尽我所能

wǒ xuān shì jìn wǒ suǒ néng

履行责任 与承诺

lǚ xíng zé rèn yú chéng nuò

信奉上天, 忠于君国

xìn fèng shàng cāng zhōng yú jūn guó

随时帮助他人

suí shí bāng zhù tā rén

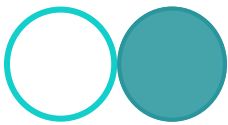
以及遵守女童军条规

yǐ jí zūn shǒu nǚ tóng jūn



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SPREAD POSITIVITY



♣ To spread positivity and build a caring community



1 hour



♣ To be aware of the importance of good deeds and how it can create an impact to our circle.



One person or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



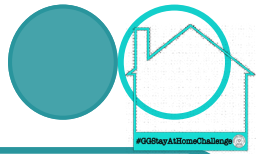
1. Observe the daily routines and behaviours of your circle of family members/friends/ neighbours (either online or offline).
2. If you happen to come across any good deeds done by those around you, take photographs or videos.
3. Post the photo or video on social media, tag @panduputerimalaysia (facebook), @persatuanpanduputeri (instagram), and hashtag #GGStayAtHomeChallenge.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





Surf Smart



- ♣ Know how to protect yourself in cyber world
- ♣ Learn about internet security



30 mins



Electronic devices and internet, recycled paper and pen



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

This activity require you to work individually and DO NOT share passwords with anybody.

Part One : Write down the password that you use frequently on the internet.



1. Write a set of new password with the same combinations.
2. Test out the new password on one of these site : <https://howsecureismypassword.net/> or <https://password.kaspersky.com/>
3. How secured are you in the cyber world? Learn how to protect yourself with a more secured password. A secured password Includes Numbers, Symbols, Capital Letters, and Lower-Case Letters: Use a mix of different types of characters to make the password harder to crack.
4. After getting yourself protected, share it with all your family members to let them understand the risk of using an unsecured password and guide them on creating the right combination.
5. A reminder to always change password, at least once a month, to stay safe.

Part Two : Many of us own more than one social media account, such as Facebook, Instagram, Twitter, LinkedIn and so on. Do you know all of them who are in your friend's list (for example on Facebook?) How often do you check and filter people who are in your circle of network?

1. On Facebook, check the setting to set to sharing with friends rather than the public.
2. Filter friend list to know who are the ones you know and who are not. Think about how to classify those, whether to remove.

For more info, get from this link : <http://waggs.org.my/surfsmart>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.



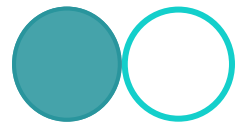


#909SayAtHomeChallenge

CITIZENSHIP



GET ORGANISED



- ♣ Understand buyerarchy of needs and practice it
- ♣ Reduce wastage of resources, thrift before buy



flexible



Communication channel-phone call or teleconferencing application



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

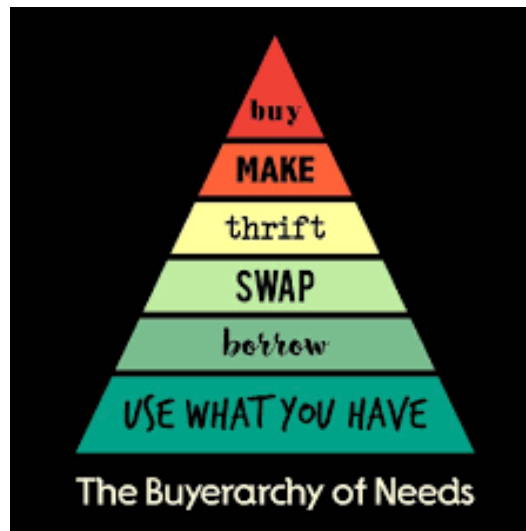
PART1: Understanding the Buyerarchy of Needs Pyramid



- Find 3 friends and discuss the following :
 - Define each section of Buyerarchy of Needs Pyramid.
 - Compare and contrast advantages and disadvantages of each section.
 - Based on the SDG 12 : Reduce consumption and production, what actions can you take towards achieving the goal?

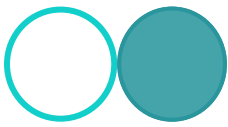
PART2: Get organized

- Reflect on your buying patterns, how you can make use of the pyramid. You might find some pre-loved items so think a way to repurpose them.
- Share with your family members the activity and process, invite them to work with you on it.



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SOLAR COOKING



- ♣ To be able to use renewable energy and preserve natural resources
- ♣ To understand that food cooked using solar cooking is healthier and nutritious



Two hours



Aluminum foil, Plastic wrap, Cardboard box with attached lid. Box should be at least 3 inches deep, Tape, Wooden skewer, Scissors, Ingredients for dessert, Black paper



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. Gather the materials needed in this activity
2. Line the inside of the cardboard box with black paper. A shoe box or pizza box works well as long as the lid stays attached.
3. Using scissors, cut a three-sided flap out of the top side of the box, leaving at least a 1-inch border around the three sides.
4. On the inside of the box, cover the opening under the flap with plastic wrap and tape or glue it in place.
5. Cover the flap with aluminum foil. Make sure the foil is flat and smooth as possible to make it like a mirror.
6. Using the wooden skewer or stick, prop the flap open. You may use tape or glue to make the stick stay put.
7. Pick a recipe which is suitable to cook using solar power.
8. Here are some suggestion of recipes:-
 - <https://blog.campingworld.com/at-the-campsite/diy-solar-oven-for-making-smores/>
 - https://www.solarcooker-at-cantinawest.com/solar_cooking_recipes_gingerbread.html
 - https://www.solarcooker-at-cantinawest.com/solar_oven_recipe_carmel_nut_pudding_cake.html
9. You can also take photos or make a video clip of your experience and share it via your social media account with a creative caption and tag '@panduputerimalaysia'(Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge

By going through this challenge, you would have achieved several of the 17 Sustainable





MY VEGGIE TALE



- ♣ To practice a healthy diet by going vegetarian for two days.
- ♣ To understand how vegetarian diets can help to sustain the environment



Two days



Food recipe, Cooking utensils, Vegetables , Other ingredients for preparation & cooking



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



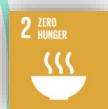
1. Learn about the benefits of going on a vegetarian diet. How can going on vegetarian diets save the environment? You may refer to - <https://www.downtoearth.org/go-veggie/environment/top-10-reasons>
2. Cook vegetarian meals for two days. Try to incorporate fun and colourful recipes.
3. Take a picture of each of your meals.
4. At the end of the second day, Share your Vegetarian Tale experience in your social media account with a creative caption and tag '@panduputerimalaysia'(Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge

References links:

<https://www.50waystohelp.com/>

<https://www.downtoearth.org/go-veggie/environment/top-10-reasons>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





FAMINE 10 HOURS



- ♣ To develop empathy towards people who are barely making ends meet.
- ♣ To prevent overeating while maintaining a healthy diet.
- ♣ To be more appreciative and reduce food wastage



Ten hours



Fasting plan



One people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. Decide on a day for fasting
2. Abstain from eating food for 10 hours, from 8.00 am till 6.00 pm. You are allowed to drink.
3. Carry out daily activities as planned, and be productive throughout the day.
4. You are highly encouraged to fast together with a friend or family member to ensure 100% success rate.
5. Make video call to monitor each other and share your experiences.
6. Towards the end of the day, reflect on these questions with your fasting partner
 - How did I feel throughout the day?
 - How can I play a part and help those who are barely making ends meet?

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





EARTH HOUR



♣ To take action on environmental issues and combat climate change



One hour

♣ To support strategies in decreasing global warming



Tools you require to do this activity



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

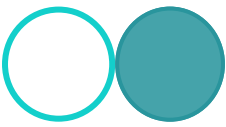
WHAT HAPPENS:



1. Earth Hour a worldwide event organised annually by the World Wide Fund for Nature to raise awareness about the need to take action on climate change. This year, Earth Hour fell on 28 March 2020. Households were encouraged to turn off their non essential lights for one hour, starting from 8.30 pm (local time).
2. You can also have your own Earth Hour among family members. Decide the date and time. Switch off the lights at home and put away / turn off your digital and electrical devices.
3. Utilize this one hour to reflect on how life is for those who have to live without electricity.
4. You may also plan some activities that do not require light or electricity.
5. At the end of the Earth Hour, write down five things you are grateful for in life.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





RECYCLING CAMPAIGN



- ♣ To practice recycling at home
- ♣ To reduce purchase or use of non-recyclable products.
- ♣ To raise awareness of the importance of recycling and its impact to the environment.



3 - 6 hours



Printer, Stationeries - Colour pencil, marker pen, Box



Three people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



1. Find out ways of recycling at home.
2. Convert a corner of your home into a recycling corner.
3. Create simple guidelines on the ways of recycling and decorate your corner using recycled materials.
4. Explain to your family members about the importance of recycling and how to utilize the recycling corner
5. Encourage your family members to practise recycling during the MCO period and record what has been done.
6. Be creative and make an effort to reuse and reduce

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





SDG WISHING TREE



- ♣ To practice gratefulness within oneself
- ♣ To foster interpersonal relationship with family members
- ♣ To become a goal-oriented person
- ♣ To practice SDG within oneself



One hour



Colour pencils, Pencils, Paper, Phone Camera / Camera



One people or more

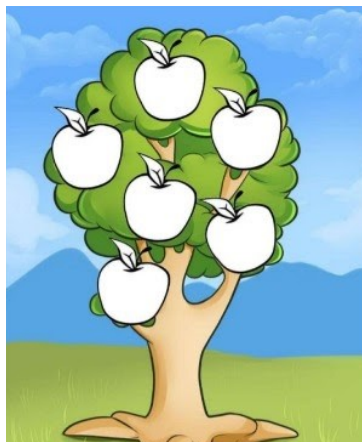


Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



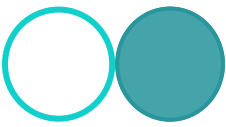
1. Draw a wishing tree with five apples (as shown in the picture) on a piece of paper and hang it on the wall of a common space in the house.
2. Learn about the 17 sustainable development goals (SDG) (<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>) and choose five SDGs to work on with your family members/housemates.
3. Write the chosen SDGs on the apples. Discuss how each goal can be achieved. For example, We choose SDG 7: Affordable and Clean Energy. We agree on saving energy in the house by switching off electricity for 15 minutes everyday from 8.00 p, till 8.15 pm.
4. Record a video or take photos as evidence of your achievements.
5. Share on social media at @persatuanpanduputerimalaysia (FB) or @persatuanpanduputeri (IG) with the hashtag #GGStayAtHomeChallenge



By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.

Depending on the activity held





TEDx TALK PARTY



- ♣ To gain knowledge from motivational Tedx Talks and share our thoughts with friends.
- ♣ To instill in ourselves the mindset that everything is possible regardless of age
- ♣ To experience virtual learning with friends



30 minutes



Phone / Laptop / Desktop, Internet access



Two people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



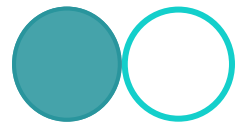
- Find at least one friend/family member and use these recommended apps (<https://app.kosmi.io/lobby> or <https://www.watch2gether.com/>) to watch Youtube together. Then complete two tasks below :
 - 'Try Not To Laugh' Challenge with friends, find any video named 'trynottolaugh' on Youtube and watch it together. See who is the winner.
 - Watch a Tedx Talk together, and answer the questions below.
 - *How do I feel after watching the video?
 - *3 key learnings from this video are...
 - *How will I use what I've learned in the future?
- You may choose Tedx Talk topic as below(you may also use Rave for watching video with your friends):
 - How a 13 year old changed 'Impossible' to 'I'm Possible' - by Sparsh Shah
 - The Mindset of a Champion - by Carson Byblow
 - We Are All Different - and THAT'S AWESOME! - by Cole Blakeway
 - A 10-year old's vision for healing the planet - by Genesis Butler
 - A 12-year-old app developer - by Thomas Suarez
 - I'm not your inspiration, thank you very much - by Stella Young
 - Kids Can Too - by Noah Diguangco
 - The three secrets of resilient people - by Lucy Hone
 - My journey to self love- by Dr Andrea Pennington
 - Faith - And The Power It Brings You - by Eric Smith
- If you want to post any reflection on social media, please remember to @persatuanpanduputerimalaysia (FB) or @persatuanpanduputeri (IG) with the hashtag #GGStayAtHomeChallenge.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





TEDx TALK PARTY



- ♣ To gain knowledge from motivational Tedx Talks and share our thoughts with friends.
- ♣ To instill in ourselves the mindset that everything is possible regardless of age
- ♣ To experience virtual learning with friends



30 minutes



Phone / Laptop / Desktop, Internet access



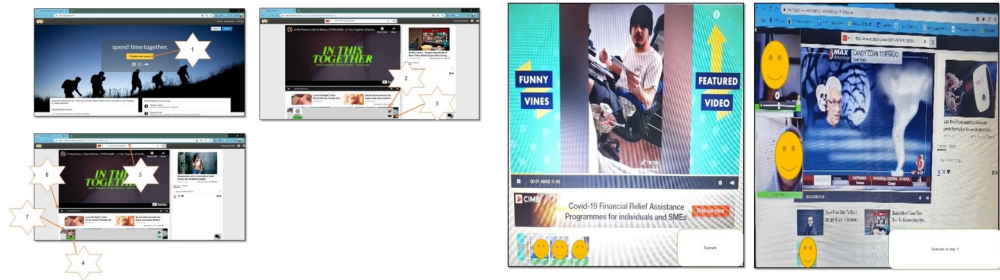
Two people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:

4. If you want to post any reflection on social media, please remember to @persatuanpanduputerimalaysia (FB) or @persatuanpanduputeri (IG) with the hashtag #GGStayAtHomeChallenge.

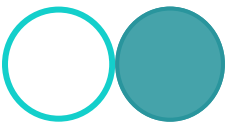


Guideline for watch2gether.com

- Step 1 : Create a room
- Step 2 : Invite friends via link
- Step 3 : Turn on participant's camera
- Step 4 : Unmute participant's microphone
- Step 5 : Search Try Not to Laugh or Tedx Talk relevant topic
- Step 6 : Button for play or pause
- Step 7 : Participant may expand his/her friends' frame (refer to the example) to see friends' face clearly

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





GLOBAL AWARENESS



- ♣ To be more aware of global news and current issues
- ♣ To develop critical thinking in reviewing global issues
- ♣ To be more mindful of your surroundings as a responsible citizen of the world



2 - 3 hours



Laptop / Phone



Individual



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



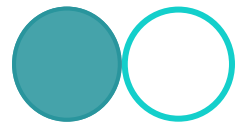
- Pick one country from each WAGGGS region
 - Afrika
 - Arab
 - Asia Pacific
 - Europe
 - Western Hemisphere.
- Find out one problem /issue each chosen country is facing (other than COVID 19)
- Pick one problem/issue and share them on social media, together with an encouraging message.

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





REDUCE WASTE



- ♣ To be more aware of ways to reduce waste at home.
- ♣ To produce fertilizers through composting



One week



Compost bin, Soil, Food waste (egg shell,vegetable peel,etc)



One people or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

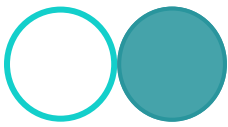
WHAT HAPPENS:



1. Go through your kitchen waste at home.
2. Segregate and keep aside vegetables, fruit peeling, eggshell and nuts. Do not include oils and fatty meats.
3. Add other organic materials to the compost such as sawdust. (if applicable)
4. Collect garden waste such as grass clippings and leaves to come up with a nutrient rich fertilizer.
5. To begin creating your compost, mix the kitchen waste and garden waste.
6. Keep the compost for 1 week until it reaches a soil like mixture that is dark in colour.
7. Once the compost reaches this appearance, spread it on plants.
8. You have now successfully created a DIY fertilizer!
9. For further references, please visit <https://medium.com/@courtneygreene/how-to-make-organic-fertilizer-from-your-kitchen-waste-9dc03b781e3>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.





TIKTOK GLOBAL CHALLENGE



- ♣ To unleash your talent and be a more confident person
- ♣ To be more creative and able to deliver messages through a short video
- ♣ To raise public awareness of WAGGGS as a global movement for girls



Preparation time: 1 hour
Length of video: 1 minute



Smart phone



One person or more



Before you start this challenge, consider how you could practice these leadership mindsets and use this experience to take lead in your life.

WHAT HAPPENS:



- Record a short video on a topic related to WAGGGS initiatives.
 - * recommended to use Tik Tok apps. You may download it in the Apps Store (Apple) or Google Play Store (Android)
- You may use different ways to share the topic. Be creative!
- The video has to be less than one minutes.
- Here are some topics that you can choose from :
 - Stop cyber bullying
 - *Stop The Violence
 - *Surf Smart
 - Be confident
 - *Free Being Me
 - *Action on Body Confidence
 - Nutrition
- Upload the video on your social media account with a creative caption and tag '@panduputerimalaysia' (Facebook) or '@persatuanpanduputeri' (Instagram) with the hashtag #GGStayAtHomeChallenge
- *For more information and ideas, click on the link below
 - https://www.waggs.org/en/resources/resource-listing/?resource_type=1&language=en&search=
 - https://duz92c7qaoni3.cloudfront.net/documents/Surf_Smart_Web_2016.pdf
 - <https://duz92c7qaoni3.cloudfront.net/documents/free-being-me-brochure.pdf>
 - <https://duz92c7qaoni3.cloudfront.net/documents/stop-the-violence-brochure.pdf>

By going through this challenge, you would have achieved several of the 17 Sustainable Development Goals, playing your part as responsible citizen of the world.



This #GGStayAtHomeChallenge module was co-created with valuable contributions around Malaysia:

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