



MGGA



Covid-19 Challenge pack



**MAURITIUS GIRL GUIDES ASSOCIATION
COVID-19 CHALLENGE PACK**



April 2020

Welcome to you all!

The Mauritius Girl Guides Association is launching a kit of activities for all our members confined actually at home during the Covid-19 quarantine.

“The MGGACovid Challenge Pack” is designed to keep our Blue-Birds, Guides, Rangers and Young Leaders active at home during their meeting time, through interactive activities, quiz, crafts, among others; Some of these activities being linked directly to the present situation and others to their girl guides experience and general knowledge.

Once the activities proposed are completed by the girls, the guider is invited to compile all the work done and send it to the following address:

mauritiushgirlguidesassociation@gmail.com.

The training team, will then post it online on the official Facebook page of the MGGA.

Concerning the Rangers, since some companies have very few members, we encourage guiders to group them together in order to perform some challenges. Guiders who do not have contact numbers of their colleagues from other companies can contact the Chief Commissioner through the official email address or by phone: 57246615.

It is important that for every challenge, the girls must by no means leave the security of their house. Finally, once completing the MGGA Covid Challenge Pack, all participants will obtain their Covid-19 challenge badge, which for sure will remain a ‘souvenir’ of the time when everybody got united against the virus.

It is a way for us, through the MGGA to do our part as organisation, during those tough days and to do what girl guides always do: “Have fun and make the world better”.

So, Stay home, Stay Safe and have fun! :)

Pascale Allet-Eléonore
Chief Commissioner



ACKNOWLEDGEMENT :

The Mauritius Girl Guides Association expresses its warm appreciation and gratitude to the dedicated team for their contribution towards the realisation of this Covid-19 Challenge Pack.

- | | |
|--------------------------|-----------------------------|
| ❖ Corinne Marco | Training Commissioner |
| ❖ Beatrice Beeharee | Commissioner |
| ❖ Karine Chan Kon | Commissioner |
| ❖ Ornella Thelva | Young Leader Representative |
| ❖ Pascale Allet-Eleonore | Chief Commissioner |



CRITERIA FOR OBTAINING THE COVID-19 CHALLENGE BADGE

Bluebirds:

- 1) Activity 1, 2, 3 and 7 are **compulsory**.
- 2) From Activity 4 to 6, you must make at least two crafts
- 3) As much as possible, use what you already have at home.
- 4) Creativity is very important
- 5) The deadline set by your guider for submitting activities must be respected.

Guides:

- 1) Activity 1, 2, 6, 11 and 14 are **compulsory**.
- 2) You must do at least **4** crafts activities.
- 3) DO NOT buy anything, use only what you already have at home.
- 4) Be creative!
- 5) Respect the deadline set by your guider to submit your work.

Rangers:

- 1) Activity 1, 3 and 11 are **compulsory**.
- 2) You must do at least **2** crafts activities.
- 3) Between activity 5 and 7, you must do at **least one**.
- 4) You need at least **one** community activity (2 or 6).
- 5) DO NOT buy anything, use only what you already have at home.
- 6) Be creative.
- 7) Respect the deadline set by your guider for submitting activities.

BLUEBIRDS

ACTIVITY NO 1

(Compulsory)

Create a poster on A4 or A3

Write a message or slogan related to COVID_19.

'What do you want to tell the Mauritian or the World?'

Be creative and use colours.

ACTIVITY NO 2 – Musical instruments

(Compulsory)

Make one of these below.

A tambourin taptap



Marracas



**MAURITIUS GIRL GUIDES ASSOCIATION
COVID-19 CHALLENGE PACK**



ACTIVITY NO 3

(Compulsory)

Read or ask an adult to read the blue bird law for you

- *Create a poster A4 or A3 to show your understanding
You can use paints, colouring pencils, markers or be creative and make a collage*
- *Demonstrate how you are putting the Bluebirds' laws into practice at home during the confinement period.*

ACTIVITY NO 4 – Photo frames

Make some "Bouchons porte-photos"



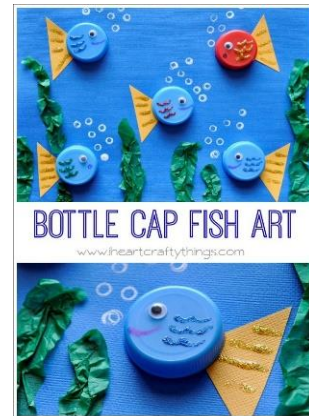
ACTIVITY NO 5 – Be creative

Make one of these

Noodles cards



Bottle cap fish art



Bee Hive decoration



Germs world



Pom Pom



ACTIVITY NO 6 – Easter crafts

Make some of these



ACTIVITY NO 7 – Games

(Compulsory)

You can create some of these games and have fun by trying them out.

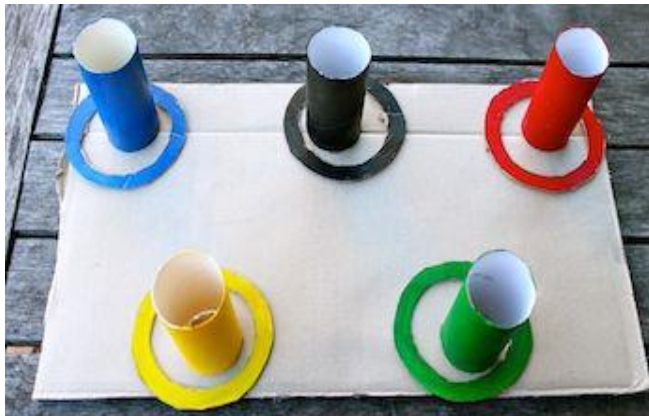
Labyrinthe



Place in the hole



Toss ring



Tic Tac Toe



GUIDES

ACTIVITY NO 1 – Guides' law

(Compulsory)

1. *A guide is loyal and can be trusted.*
2. *A guide is helpful.*
3. *A guide is polite and considerate.*
4. *A guide is friendly and a sister to all guides.*
5. *A guide is kind to animals and respects all living things.*
6. *A guide is obedient.*
7. *A guide has courage and is cheerful in all difficulties.*
8. *A guide makes good use of her time.*
9. *A guide takes care of her own possession and those of other people.*
10. *A guide is self-controlled in all she thinks, says and does.*

Demonstrate how you are putting the guides' laws into practice at home during the confinement period. Choose at least 4 laws.

ACTIVITY NO 2 – Poster

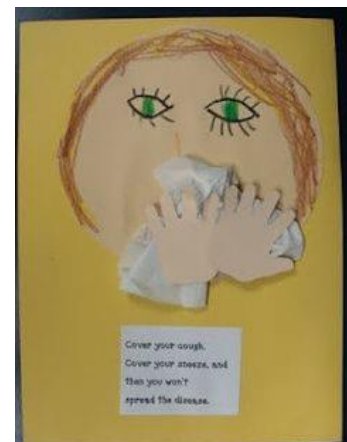
(Compulsory)

Create a poster on A4 or A3

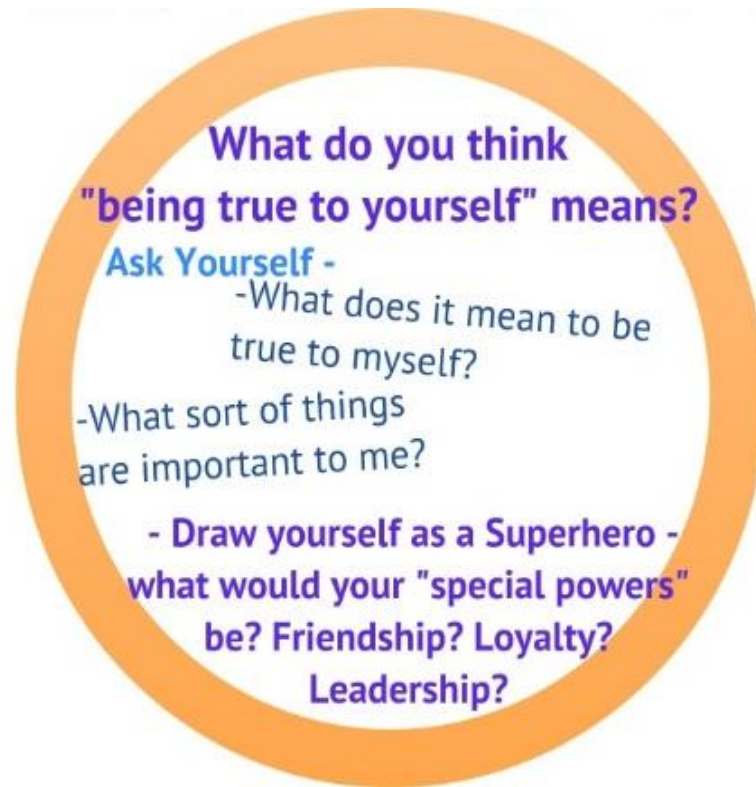
Write a message or slogan related to COVID_19.

'What do you want to tell the Mauritian or the World?'

Be creative and imaginative



ACTIVITY NO 3 – You as a Super hero!



ACTIVITY NO 4 – 3D shamrock



Looks like a trefoil -can use old magazines or recycled old papers

ACTIVITY NO 5 – Origami

Try to make some using old magazines and newspapers



ACTIVITY NO 6 – Tik Tok

(Compulsory)

Create a Tiktok video to spread awareness on how to prevent COVID-19. *(Please note that all videos will be kept for internal purpose within the MGGA)*



Tik Tok

ACTIVITY NO 7 – Blindfold

Have your youngsters carry out tasks or games blindfolded. The idea is that the games should be something they would usually do being able to see. For example, you could ask them to draw a picture, even describing exactly what you want them to draw. Tasks could also include making something from "playdough" or clay, or pouring water into a container. You may want to take some of these outside as they can get messy.



ACTIVITY NO 8 – Easter craft

Make some of these



ACTIVITY NO 9 – Easter Indoor Scavenger Hunt

Design your own scavenger hunt by giving your own clues to be played among your family members. Parents get the Easter eggs ready!!

<p>Easter is joyous, everyone knows.</p> <p>You'll find the next clue where the youngest person in the house keeps clothes!</p>  	<p>Let's celebrate! Easter time is here!</p>  <p>I hope you're listening to what I said...look for the next clue where we keep the bread!</p> 
<p>The next clue will take you far...</p> <p>to find it you'll have to look in the seat where we drive the car!</p>  	 <p>Think of all the pretty Easter colors: pastel pink, purple, green and blue!</p> <p>Now go and find the next clue hiding in a shoe!</p> 
 <p>You're almost there...don't give up! If Surf Sweets Organic Jelly Beans are part of your wishes...find your final clue where we clean the dishes!</p> 	<p>You found the last clue! Hurry...your Easter Basket is near!</p> <p>There's no math...just look and you'll find it where you take a bath!</p>  

ACTIVITY NO 10 – Grow your own fruits and vegetables

Give it a try by discussing with your parents. (*Don't forget that all the plants need to be transferred into soil*)



ACTIVITY NO 11 – Learn to tie knots & post videos of you doing them

(Compulsory)

Knots learning are a major part of girl guiding. The more you know the better it is to make some friendship bracelets, gadgets, lanyards, etc.



ACTIVITY NO 12 – Cooking time

Chocolate Mounds Candy

Ingredients:

1/2 cup dairy-free butter melted

2 cups powdered sugar organic

3 cups shredded coconut unsweetened,

16 ounces semi-sweet chocolate chips



1. Place a piece of wax paper in a cookie sheet (baking sheet). Set aside.
2. Melt the dairy free butter in the microwave. It only takes seconds.
3. Mix the melted butter, powdered sugar and shredded coconut in a Large Mixing Bowl.
4. Roll into about 36 balls.
5. Place back into the large bowl and refrigerate for about an hour. Until firm for rolling in chocolate.
6. Melt the chocolate. You can use a microwave or over a hot water bath.
7. Roll each ball in the chocolate, quickly, and lift with two forks. Place on the waxed paper that is on the cookie sheet.
8. Fill up the pan. You may need more than one. Try not to let them touch.
9. Place in the refrigerator when all done so that the chocolate can harden

ACTIVITY NO 13 – Tin can organizer

Have some empty tin cans at home. Clean them well and let your creativity run.



ACTIVITY NO 14 – Pen Pal

(Compulsory)

Find a pen pal from another local girl guides unit and learn to know her. Your parent or guider might help you on this one.



ACTIVITY NO 15 – Upcycling old magazines/newspaper

Make a collage using cut outs from newspaper or magazines related to covid-19. It can be positive words, words of encouragement, etc





RANGERS/YOUNG LEADERS

ACTIVITY NO 1 – Tik Tok

(Compulsory)

Create a Tiktok video to spread awareness on how to prevent COVID-19. *(Please note that all videos will be kept for internal purpose only within the MGGA)*



Tik Tok

ACTIVITY NO 2 – Neighborhood Watch

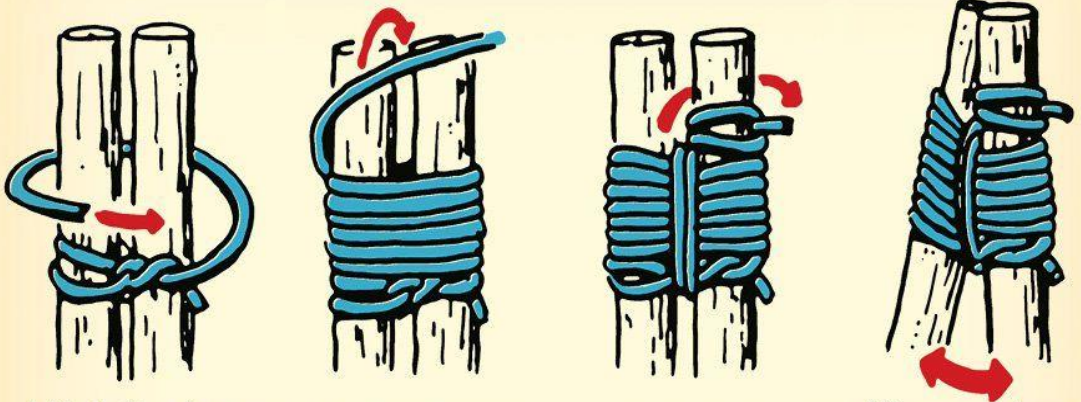
Neighborhood Watch is a good way to start conversations in your community and build safe, strong, caring, connected and happy communities. It is a method of reducing crime by encouraging you to learn how to recognize and report suspicious activity in your neighborhood, and how to make your home less inviting as a target for thieves.

Do some research and share it with us.

ACTIVITY NO 3 – Learn how to do some lashing and post a photo

(Compulsory)

SHEAR LASHING



1. Start with a clove hitch around just one of your poles before beginning your wraps.

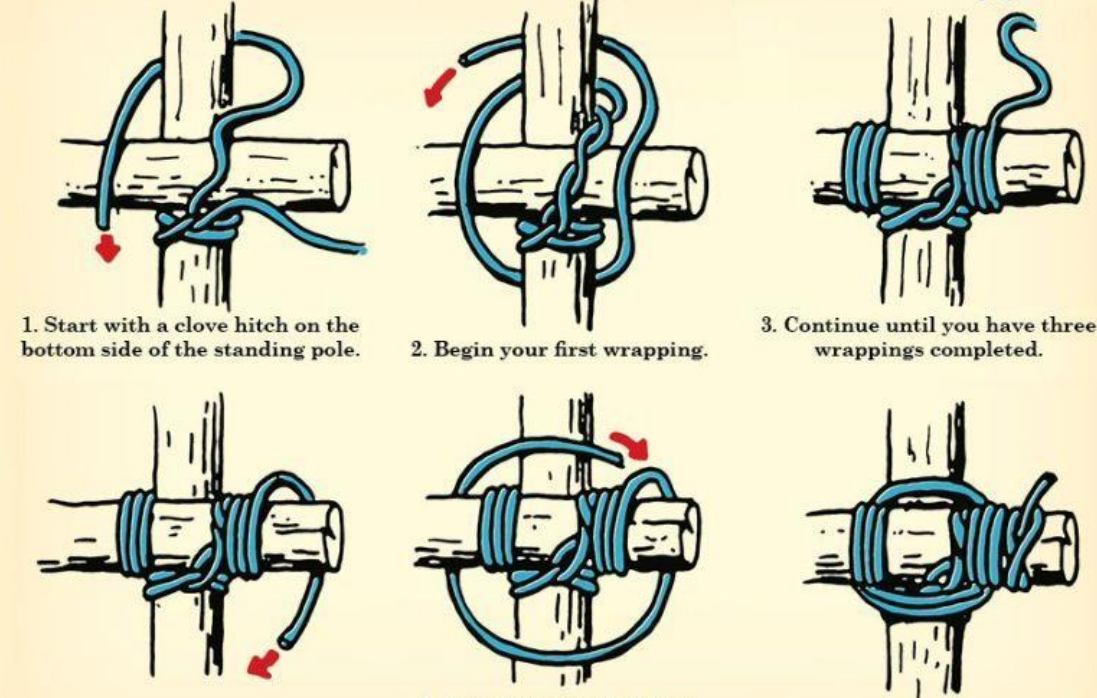
2. Complete six wraps before beginning your first frap.

3. Complete two fraps between the poles.

4. Secure your loose end with a clove hitch and separate the legs to complete your lashing.

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SQUARE LASHING



1. Start with a clove hitch on the bottom side of the standing pole.

2. Begin your first wrapping.

3. Continue until you have three wrappings completed.

4. Prepare to begin first frapping.

5. Complete your first frap, cinching down on your existing wraps, not the poles.

6. Complete three fraps and then finish with another clove hitch.

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ACTIVITY NO 4 – Upcycling old magazines/newspaper

Make a collage using cut outs from newspaper or magazines related to covid-19. It can be positive words, words of encouragement, etc



ACTIVITY NO 5 – Grow your own fruits and vegetables

Give it a try by discussing with your parents. Don't forget that all plants need to be transferred into soil.



ACTIVITY NO 5 – Self- isolation challenge

Coronavirus 14 day self-isolation activities. Challenge your friends and relatives and succeed at least 4 of them.

ELSA SUPPORT 14 day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.

<p>Happy fab Booklet</p> <p>Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.</p>	<p>Jar of Courage</p> <p>Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!</p>	<p>Hug in a Mug</p> <p>Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow.</p>	<p>Star Breathing</p> <p>Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.</p>	<p>Self-esteem Bookmark</p> <p>Colour your own self-esteem bookmark, and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time.</p>
<p>Mindful Flip Flop</p> <p>Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!</p>	<p>Happiness Challenge</p> <p>There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!</p>	<p>Mandala Wishes</p> <p>Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.</p>	<p>Mindful Rainbow Walk</p> <p>You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?</p>	<p>A- Z of Self-care</p> <p>What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.</p>
<p>Doodle a Day</p> <p>Doodling is relaxing. Try filling this all in today. What creative doodles can you do?</p> 	<p>20 Faces</p> <p>Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.</p>		<p>Mindful Challenge</p> <p>There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!</p>	<p>My Perfect Day</p> <p>What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.</p>

ACTIVITY NO 6 – Service to the community

What does this mean to you? ['service to the community'](#)

List down service that you can give to your community starting

- At home
- Neighbourhood
- City

Try one idea and share your feelings

ACTIVITY NO 7 – Cooking time

Cupcakes

Ingredients:

110 g butter softened,
110 g caster sugar,
110 g plain flour,
2 tsp baking powder,
1/4 tsp salt,
2 medium eggs,
1 tsp vanilla extract

1. Preheat the oven to 180C/ 350F / Gas 4. Line a muffin tin with paper cases.
2. Put the butter and sugar in a bowl and beat until pale and fluffy.
3. Sift the flour, baking powder and salt into the bowl.
4. Beat the eggs and vanilla and add to the bowl. Beat until just combined.
5. Spoon the mixture into the paper cases.
6. Bake for 18 to 20 minutes until risen, golden and firm to the touch.
7. Cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.
8. you can add a filling to the cupcake

ACTIVITY NO 8 – Easter

Try to make some of these or create your own Easter crafts



ACTIVITY NO 9 – Card Castle

Easy in principle but not so much in practice! The goal here is to build a structure out of playing cards; a house and a roof. Balancing cards on one another is not easy and it becomes more difficult as you build up the cards and they get higher. Plus, changing the shape when you get to the roof will make the structure even more wobbly.



ACTIVITY NO 10 – DIY Jean master piece

(Compulsory)

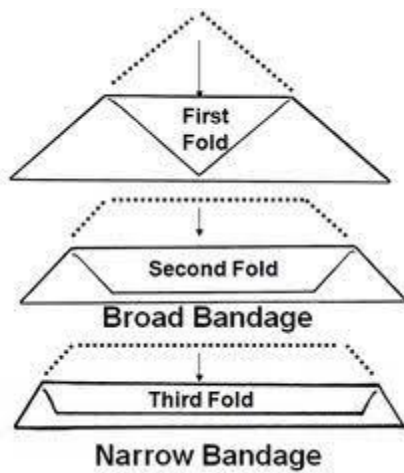
You do have some old clothes that can't be worn anymore but don't want to throw them away. Here are some ideas for you.



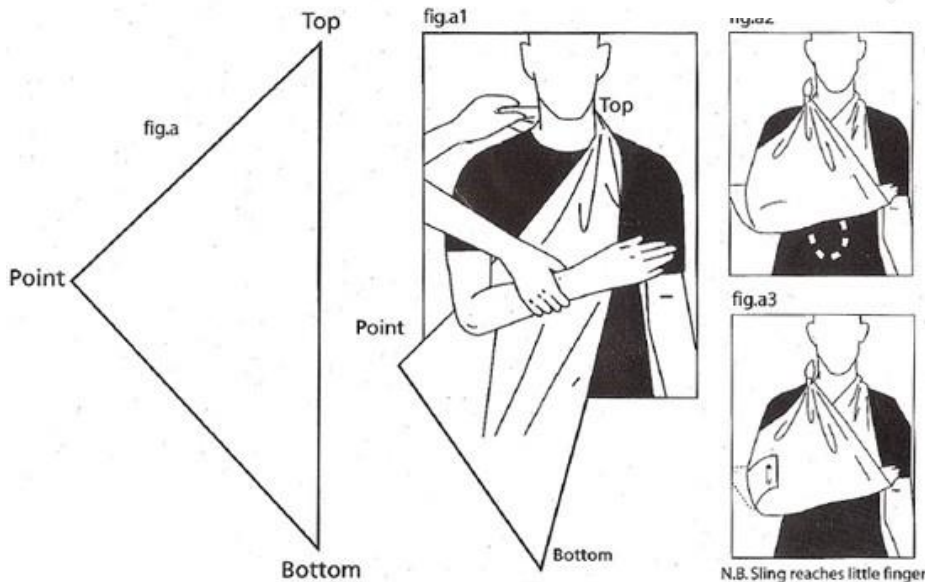
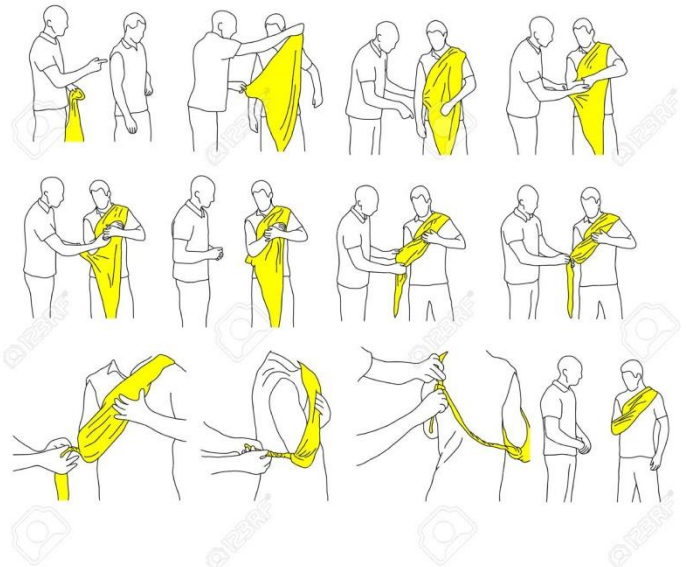
ACTIVITY NO 10 – First aid

First aiding saves life. Why not to learn some basic first aid procedures that will be more that useful to be known.

- Know what consist of a basic first aid kit
- Learn how to work with a triangular bandage to make several different slings and pads.



First Aid : Broken arm, using a triangular bandage





ACTIVITY NO 11 – Quiz time

(Compulsory)

You must answer all the questions.

1. What does the term WAGGGS stand for?
2. What does the term MGGA stand for?
3. What is the World Chief Guide's full name?
4. Name all WAGGGS's world centres and their locations.
5. When and where did the "Thinking day" idea originate?
6. How is call the Guides' program and name the different parts.
7. Where does Girl Guides got their name?
8. When did Girl Guiding officially started in Mauritius?
9. Who formed the 1st Girl Guides unit?
10. Who was the 1st Island Commissioner?
11. When did the World Chief Guide visited Mauritius and what did she do at Le Reduit?
12. When did MGGA became a WAGGGS's full member?

THE END