

# MOONWALK



# Challenge



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[Download  
resource  
pack here](#)



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# Contents

## Welcome to the Girlguiding Cymru Moonwalk challenge pack

**Thank you for downloading our challenge pack. We are really excited to re-release our Moonwalk Challenge pack with brand-new activities and inspiration.**

**In this pack there are challenges suitable for all sections. You can do these at home or in your unit meetings.**

**Not only will you learn about space and complete the activities in the pack, but you can also earn yourself an exclusive Moonwalk Challenge badge.**

**Our aim is to work together to provide Girlguiding Cymru members with the opportunities and experiences to learn more about space and walking in a fun and accessible way.**

**We'd love to see pictures of you completing the challenges! Please send them to us at [lisa@girlguidingcymru.org.uk](mailto:lisa@girlguidingcymru.org.uk)**



**[Download resource pack here](#)**



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# Challenge info



Below is the challenge badge criteria for each section



**Rainbows 4-7 - Must complete the 4 mandatory challenges plus 2 of their own choosing. 6 challenges in total**



**Brownies 7-10 - Must complete the 4 mandatory challenges plus 3 of their own choosing. 7 challenges in total**



**Guides 10-14 - Must complete the 4 mandatory challenges plus 4 of their own choosing. 8 challenges in total**



**Rangers and YL- Must complete the 4 mandatory challenges plus 5 of their own choosing. 9 challenges in total**



**Rangers and YL- Must complete the 4 mandatory challenges plus 5 of their own choosing. 9 challenges in total**



**Leaders 18+ Must complete the 4 mandatory challenges plus 5 of their own choosing. 9 challenges in total**



**Inspire 1 Must complete the 4 mandatory challenges plus 5 of their own choosing. 9 challenges in total**



**Trefoil Guild must complete the 4 mandatory challenges plus 4 of their own choosing. 8 challenges in total**

# Part 1

## Walking the walk

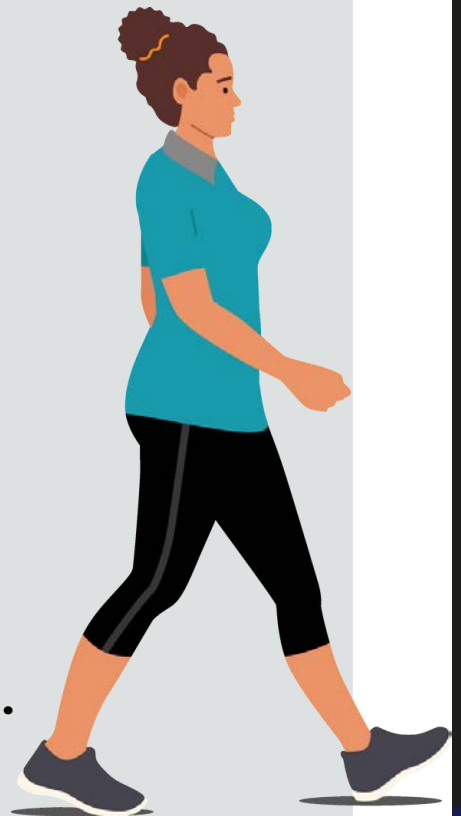
**Section one is all about Walking!**  
**In this section, you will take part in a group walk, and learn about the benefits of walking, activities and quizzes.**

**Walking for half an hour each day improves your mood and can help your learning ability, it promotes concentration and relaxation. Walking also helps with your imagination.**

### Health Benefits

**There are lots of health benefits to walking.**

- **Maintaining health**
- **Prevent or manage health conditions.**
- **Healthy heart.**
- **Strengthen your bones and muscles.**
- **Improve muscle endurance.**
- **Increase energy levels.**



# Part 1 – Walk the walk



## Sections

### GO FOR A WALK

This challenge can be done with your unit, group or family and friends.

This challenge can be done on foot or using a mobility aid if needed.

All sections



Rainbows – 1km



Brownies – 3km



Guides – 5km



Rangers – 5km



Young Leaders – 5km



Leaders – 5km



Inspire – 5km



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Trefoil Guild – 5km



## Distances

All sections should go for a walk.

You will need to plan your route and prepare equipment for the walk.



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# Part 1 – Walk the walk

Sections

## PACK YOUR BAGS

Imagine that you are going on a long walk with your unit. What kind of things do you think you would need?

Draw them inside the bag and label the items with arrows.

All sections



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# Part 1 – Walk the walk

## Walking fact finding

Using the internet, find out the answers to the questions below.

You will increase your knowledge of walking and hiking.

### Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

1. Who sang the 1961 song Walking Back to happiness?

2. How many official national trails are in the UK?

3. How many times does Offa's Dyke cross the border?

4. How long is the Wales coast path?

5. What country hosts the Nijmegen marches?

6. How many days does the Nijmegen marches last?

7. How many metres did Captain Tom walk to raise money for the NHS?

8. Who were the first brothers to walk from Lands end to John o'Groats?

9. If you walked from NYC to California, how many states would you pass?

10. Where did Ursula Martin walk to and from?

11. What is pedestrianism? And what year did it start?

12. Which UK Royal castle has "The Long Walk" leading to it.

13. How much did Helga Estby raise by crossing the USA.

14. What is hiking called in Australia?

15. What is the longest hiking trail in the world?



You will need :

- Pen and paper
- Device with Internet



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# Part 1 – Walk the walk

Sections

## Best foot forward

The market for outdoor wear is lucrative! Did you know that In the UK every month there are 109,000 searches for "Womens Walking Boots" on average.

You can design your own pair of walking boots below. You can trace the boot below or download a sheet in our pack resources.

All sections



You will need :

- Printer, felt pens or coloured pencils



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# Part 1 – Walk the walk

## Sections

Rainbows

Brownies

Guides

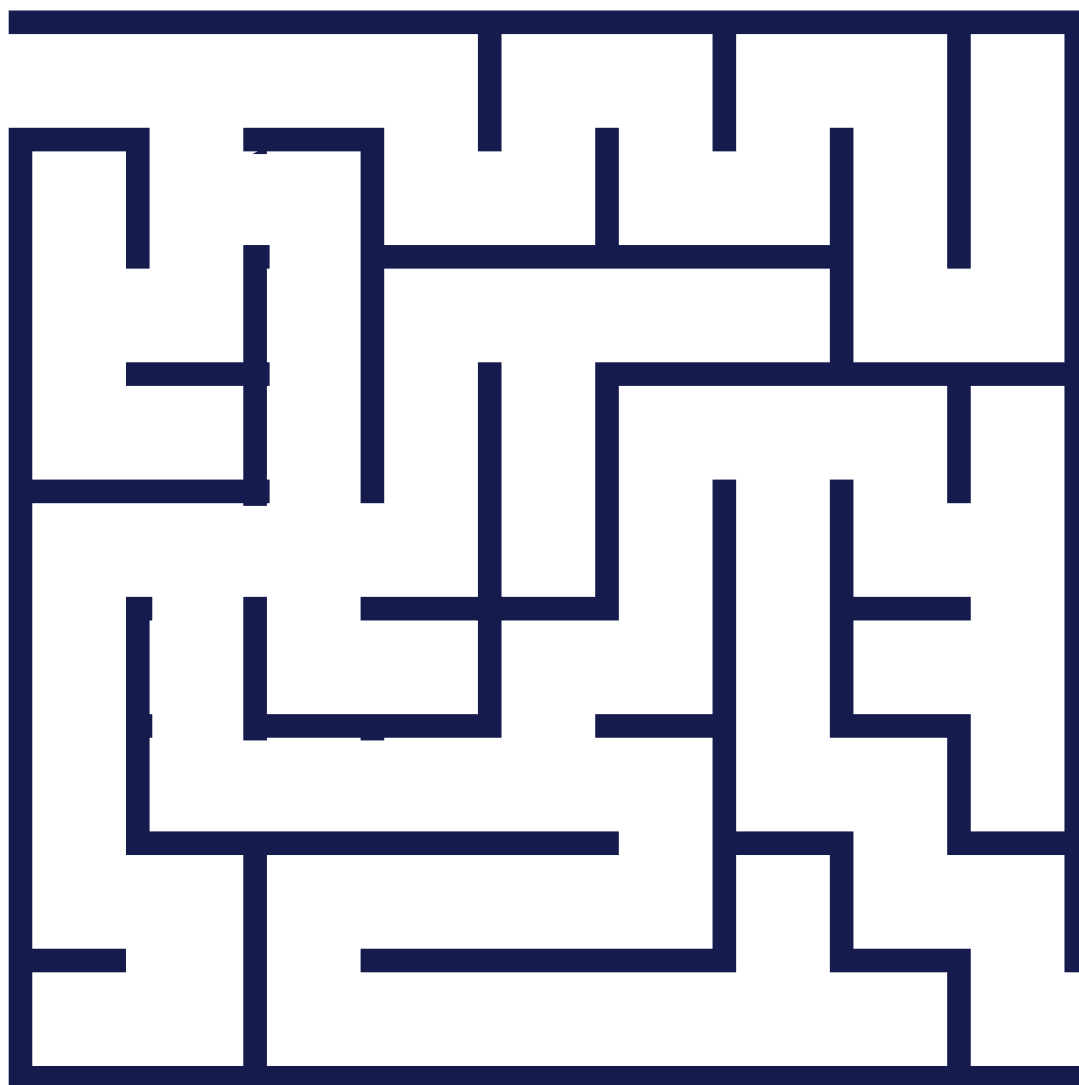
# A'mazing!

A maze is a path or collection of paths, typically from an entrance to a goal. Did you know that the first recorded maze in history was the Egyptian Labyrinth. Herodotus, a Greek traveler and writer, visited the Egyptian Labyrinth in the 5th century, BC.

**Task:** Bethan the Ranger needs to find Flossie the Brownie. Using a pen help her find a route.



## Maze 1



You will need :

- Printer, felt pens or coloured pencils



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# Part 1 – Walk the walk

## Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

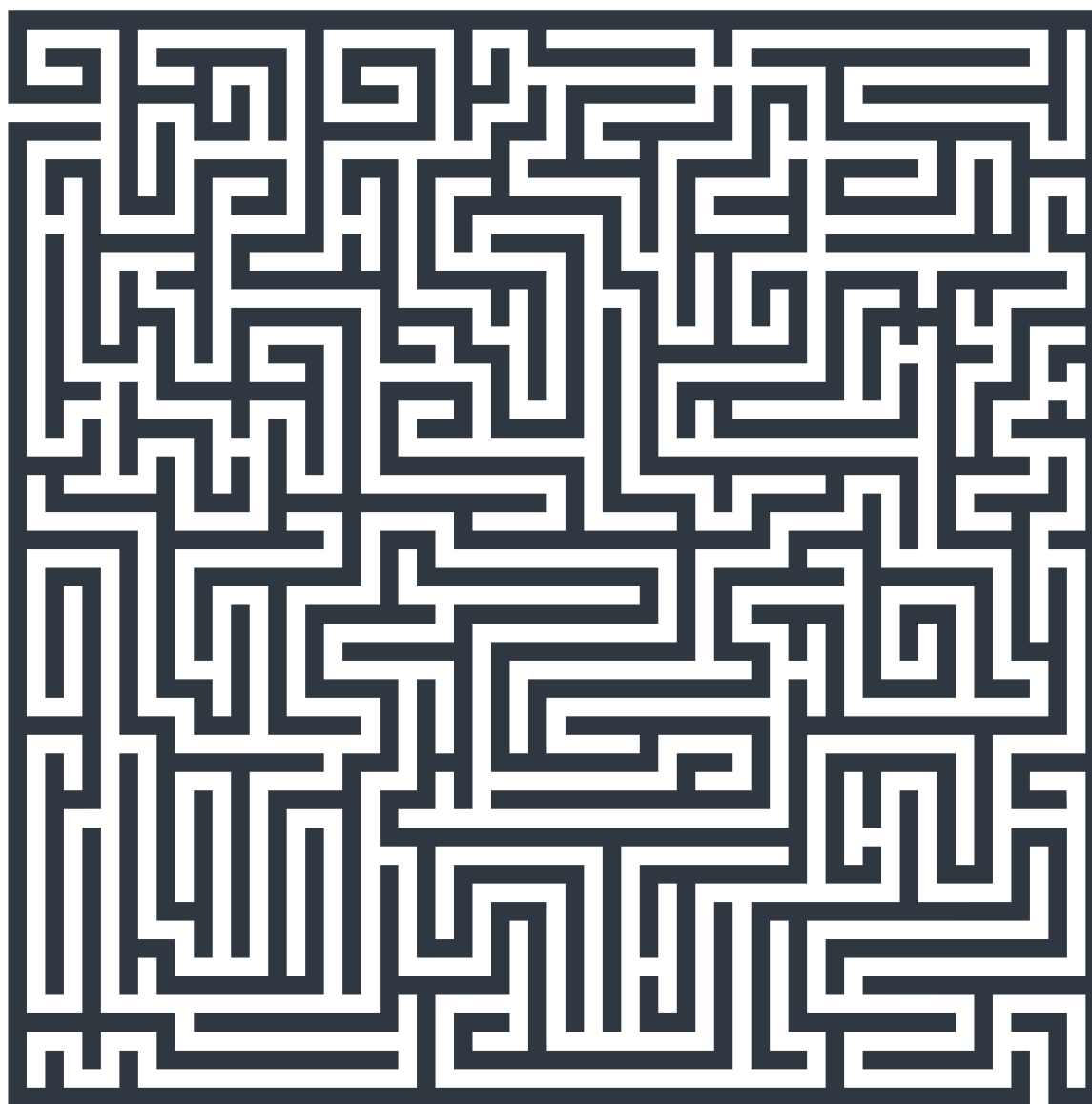
# A'maze ing!

A maze is a path or collection of paths, typically from an entrance to a goal. Did you know that the first recorded maze in history was the Egyptian Labyrinth. Herodotus, a Greek traveler and writer, visited the Egyptian Labyrinth in the 5th century, BC.

**Task:** Bethan the Ranger needs to find Flossie the Brownie. Using a pen help her find a route.



## Maze 2



**You will need :**

- Printer, felt pens or coloured pencils



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# Part 1 – Walk the walk

## Sections

Rainbows

Brownies

## Skills builders

As a group, complete a skills builder activity from the list below. These have been selected

This can be used towards a skill builder badge as well as this challenge.

## Complete one of these

### Rainbows



A country walk  
(explore stage 2 skills builder)

### Brownies

A country walk  
(explore stage 2 skills builder)

OR a city walk  
(explore stage 3 skills builder)

### Guides

City walk (explore stage 3 skills builder)

OR root out the way  
(explore stage 5 skills builder)

### Rangers

Root out the way (explore stage 5 skills builder)



You will need :

- Skills builder pack and equipment



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# Part 1 – Walk the walk

## Walking fuel

As a group or individually. Plan and pack a bag with all the food that you might need for a 10 mile hike which will include Pen-Y-Fan Mountain.

The food must have plenty of calories and it must be something that is easily carried.

### Sections

Guides

Rangers

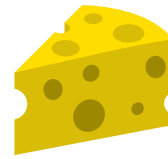
Inspire

YL

Leaders

Trefoil

## Shopping List



### Remember

- Walking 10 miles burns 700–1,200 calories.
- You may need to carry a minimum of 2.3 litres of water.
- You lose salt when you walk a long distance.

Photo here

**You will need : Printer, pen, containers, ingredients and rucksack**



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# Part 1 – Walk the walk

Sections

## Mapping it out

Using your art skills, create a map of your local area and use it to plan a route.

You can be creative and use found materials to add to your map or use it to show interesting things in your community.

All sections



## Helpful links

Google maps - [google.co.uk/maps](https://www.google.co.uk/maps)  
OS maps - [ordnancesurvey.co.uk](https://www.ordnancesurvey.co.uk)  
History - [oldmapsonline.org](https://www.oldmapsonline.org)  
Old Welsh maps - [library.wales](https://www.library.wales)  
WW1 Map - [astreetnearyou.org](https://www.astreetnearyou.org)

## Ideas

- A map of your favourite places.
- A map of cool architecture.
- A map of your ancestors lived.
- A map of old street names.

You can use the internet to help you.



You will need :

- A3 white card, felt pens or coloured pencils



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# Part 2

## To the moon and back

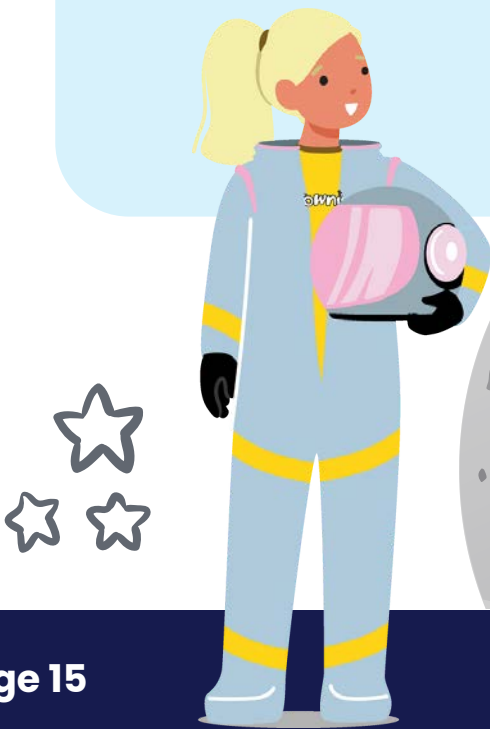
**Section two is all about the Moon!**

**In this section, you will learn all about the moon and get creative.**

**Did you know...**

### Facts about the moon

- **The Moon is Earth's only natural satellite and the fifth largest moon in the solar system.**
- **The Moon's presence helps stabilize our planet's wobble and moderate our climate.**
- **The Moon's distance from Earth is about 240,000 miles (385,000km).**
- **The Moon has a very thin atmosphere called an exosphere.**
- **The Moon's surface is cratered and pitted from comet and asteroid impacts.**



# Part 2 – To the moon and back



Sections

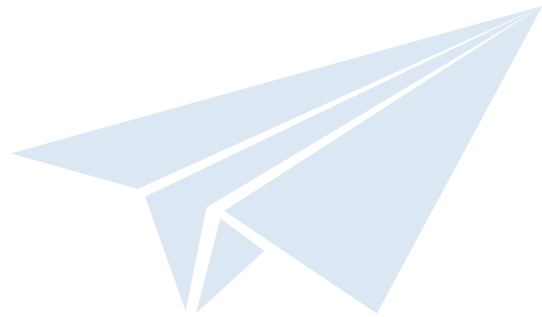
## Race to the moon

Make rockets (paper aeroplanes) and see who's rocket can get closer to the target. You can decorate your rocket and try and improve your design.

The target is the moon. This can be a hula hoop or chalk circle.

All sections

You can use the internet for ideas about aerodynamics!



You can move the target further away each time.



You will need :

- Paper, pens, hula hoop or chalk



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# Part 2 – To the moon and back

Sections

## Space Style

Imagine that you are going to the Moon.

To prepare for your trip you will need to design a space suit out of different materials like paper, plastic bottles, cardboard... you could have a fashion show to show off your creations!

All sections

**For design inspiration, research the following designers.**

**Pierre Cardin**

**Hussein Chalayan**

**André Courrèges**

**Reed Crawford**

**Christopher Kane**

**Giancarlo Zanatta**

**Thierry Mugler**



Older members could use a sewing machine to create their outfits! You can use recycled fabric from charity shops.

**You can use the internet for ideas.**



**You will need :**

- **Bin bags, recycling items, tape, scissors.**

# Part 2 – To the moon and back

## Moon fact finding

Using the internet, find out the answers to the questions below.

You will increase your knowledge of the moon!

### Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

1. Which one is a moon, Titan or Pluto?

2. Who was the second person to Walk on the moon?

3. Who directed the 1902 film A "Trip to the Moon"?

4. Who composed the song "Clair de Lune"?

5. Is there water on the moon?

6. Does the moon have earthquakes?

7. What year was the movie Apollo 13 released?

8. How many people have walked on the moon?

9. Has a woman walked on the moon?

10. Who was the youngest person to walk on the moon?

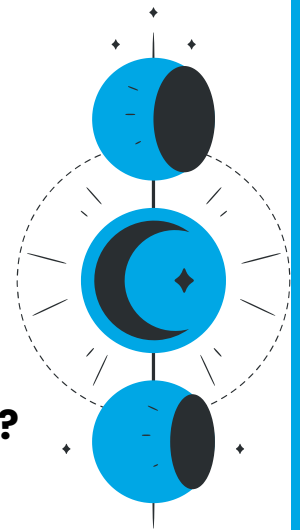
11. How far is it to the moon?

12. What was the name for the Moon in Medieval England?

13. How many phases of the moon are there?

14. Which retailer had a Christmas advert – "Man on the moon"?

15. Which planets have no moons?



You will need :

- Pen and paper
- Device with Internet



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# Part 2 – To the moon and back

Sections

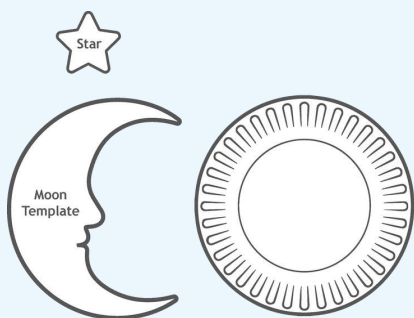
## Moon mobile

Using a paper plate and paint and embroidery thread, you can create a beautiful man in the moon decoration.

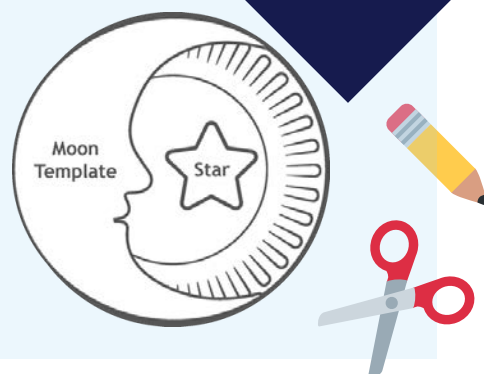
There is a template in the resources section to trace the plate.

All sections

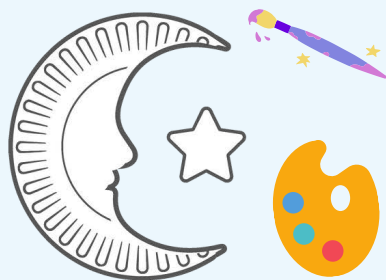
**Step 1.** Cut out templates and get a paper plate.



**Step 2.** Trace the shapes on the plate and then cut them out. The star needs to be on a flat part.



**Step 3.** Paint your moon and star. You could use marbling or paint splattering.

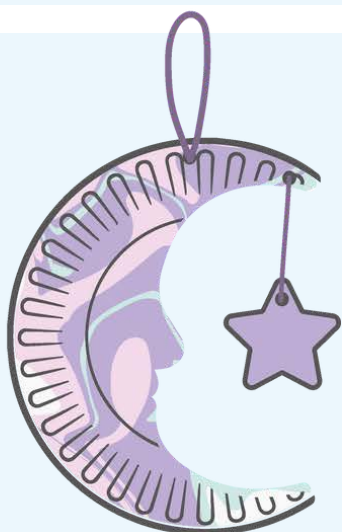


**Step 4.** Using a single hole punch, or pencil and blu-tac make three holes in the dry painted moon and star. You could add extra stars if you wish.



**Step 4.** Using embroidery thread, create a loop at the top and attach your star. You can add smaller stars to add a tiered effect.

You can also add glitter or tiny metallic stars.



You can use the internet to find ideas for painting styles.

**You will need :** Template, 23cm Paper plate, scissors, paint, thread and brush and punch



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# Part 2 – To the moon and back

Sections

## It's a phase!

There are eight phases of the moon. The phases are, new Moon, waxing crescent, first quarter, waxing gibbous, full Moon, waning gibbous, third quarter and waning crescent.

The cycle repeats every 29 days.

All sections

In a small group, use Jaffa Cakes to illustrate the Phases of the moon. See resources for the sheet.

Delicious and educational!



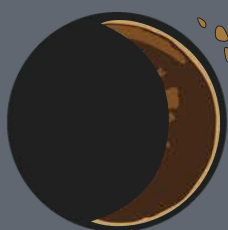
Download the template in the resource section or create your own.

As a team use the jaffa cakes to show the phases of the moon.

## Moon Phases



New Moon



First Quarter



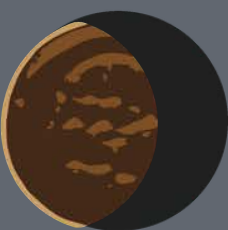
Waxing Crescent



Waxing Gibbous



Full Moon



Waning Gibbous



Last Quarter



Waning Crescent



New Moon

## Inclusive Adaptions

**Orange allergy** – Strawberry Jaffa Cakes

**Gluten free** – Schar GF Jaffa Cakes

**Egg allergy:** Oreos.

**Vegan:** Oreos.

**Halal:** Jaffa Cakes are halal certified. If using a different brand, check labels.

**Diabetic:** Gullon sugar free biscuits.

**Peanut and Tree nut allergy:** Mcvities Jaffa Cakes do not contain nuts and do NOT have a "may contain nuts warning"

You can also use Play-doh if you wish to.



You will need :

•Printer and Jaffa Cakes. Or card and pen.



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# Part 2 – To the moon and back

Sections

## Tasty moon pies

A Moon Pie, is an American snack, popular across much of the United States, which consists of two digestive type biscuits, with marshmallow filling in the centre, dipped in a chocolate coating.

They are popular in the Southern states.

All sections

### Did you know?

Moon pies were invented in 1917 when local miners in Kentucky wanted a sweet treat "as big as the moon"

### Ingredients

2 Digestive biscuits  
Marshmallow fluff  
Cooking chocolate

### Equipment

Pyrex bowl or jug  
Microwave  
Metal cake spatula  
Plate

### Instructions

1. Put two digestive biscuits on a plate. Using a spoon, put a generous scoop of marshmallow fluff in the centre of the biscuit and create a sandwich.
2. Using a microwave, melt a small amount of cooking chocolate. Cook for 20 seconds at a time and stir each time.
3. Use the cake spatula to gently lower and lift the moon pie into the melted chocolate. Ensure that younger members are supported during this step.



Idea: older members could bake their own biscuits. [Recipe here](#)

### Vegan / Egg/Lactose free recipe

Mcvities brand x 2 Digestive biscuits  
Biscoff spread  
Holland & Barrett Vegan Oat Chocolate Drops

### Gluten free recipe

Gluten free digestive biscuits  
Marshmallow Fluff  
Cadburys buttons

Members who are gluten free and vegan can use gluten free peanut butter or melted buttons or mashed banana.



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# Part 2 – To the moon and back

## Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

## Lunar effects

The moon affects earth and its inhabitants in many different ways. In this challenge you will find out what these effects are and whether they affect you.

You will need to keep a diary for 29 days to discover the effects.

Create a poster, vlog or powerpoint presentation about one of the effects of the moon. You can use the internet for your research.

You can also include data from your diary.

Circadian rhythms

### Ideas of topics to research

You can find helpful links in our resources section.

Mental health

Criminal behaviour

Sleep health

Human behaviour

Menstrual cycles



You will need :

- A diary, A3 card and pens and laptop/phone



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# Part 2 – To the moon and back

Sections

## Moon party

Have you noticed how many songs have references to the Moon?

Idea 1: With your unit, you can either have a moon themed party. You can have moon music, and make invites & decorations.

Idea 2: Hold a music listening night.

All sections

## Moon Playlist

Walking on the moon  
The Police

Talking to the moon  
Bruno Mars

To the Moon & Back  
Savage Garden

Bad Moon Rising  
Creedence Clearwater Revival

Fly Me to the Moon  
Frank Sinatra

The Killing Moon  
Echo & the Bunnymen

The Whole of the Moon  
The Waterboys

Can't Fight the Moonlight  
LeAnn Rimes

Space Man  
Sam Ryder

Dancing in the moonlight  
Jubël



You will need :

- Music streaming access
- Card and pens



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# Part 3

## Out of this world

**Section three is all about space!**

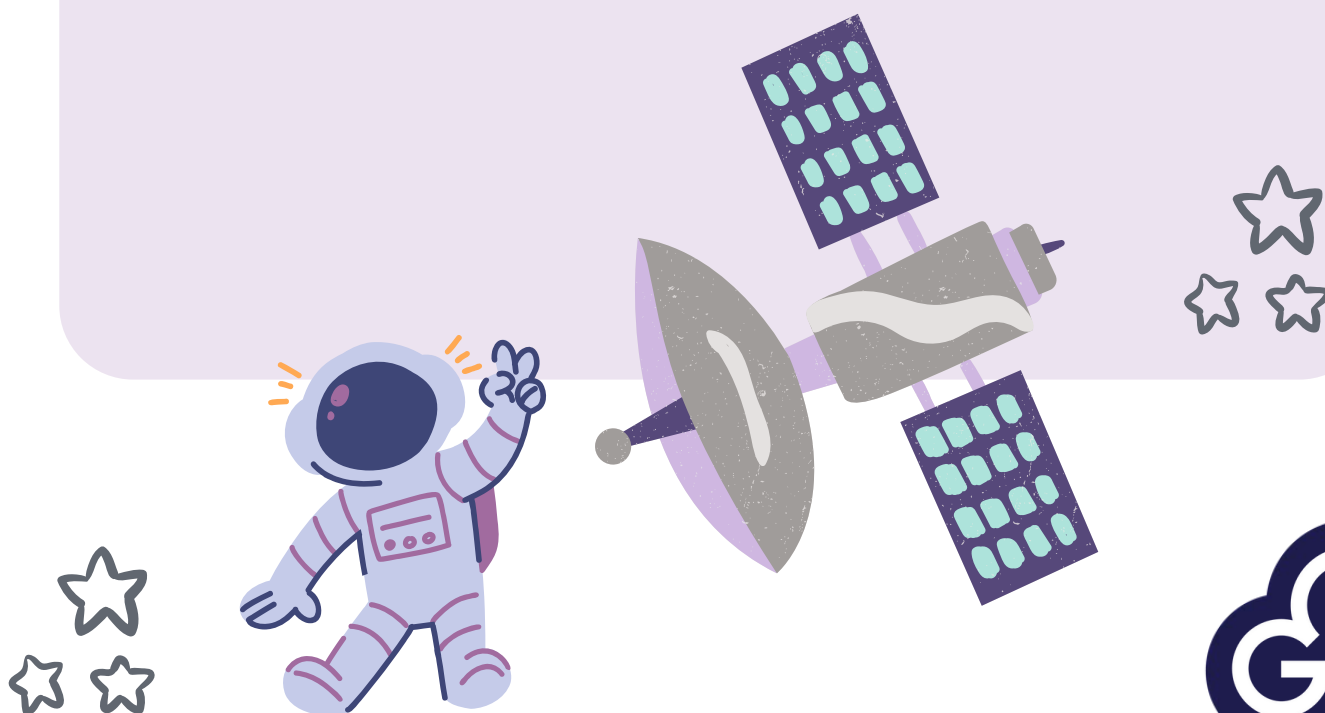
**In this section, you will learn all about space, the planets and space exploration!**



**Did you know...**

### Facts about space

- **Space is completely silent.**
- **The hottest planet in our solar system is 450° C.**
- **Nobody knows how many stars are in space.**
- **One day on Venus is longer than one year.**
- **Mercury and Venus are the only planets with no moons.**



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# Part 3 – Out of this world



Sections

## Space women

Women have flown and worked in outer space since almost the beginning of human spaceflight. A considerable number of women from a range of countries have worked in space

All sections

**Choose one female astronaut and find out the following facts about them.**

**Name**

**Nationality**

**Year travelled to space**

**Role in space**

**What spacecraft?**

**Other facts**

**You can use the internet for research**



**You will need :**

- Printer, internet access, pen.



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# Part 3 – Out of this world

Sections

## Alien drive

**Play Alien drive! This is a beetle drive adaption that is very fun to play!**

**You can play this in small groups.**

**All sections**

**Roll the dice then pass it to the left  
You must roll a 6 to start drawing your alien  
Check the table to see what you need to add  
The first one to complete shouts ALIENS!! to win.**

### Dice roll value

**6 – head – 1 required**

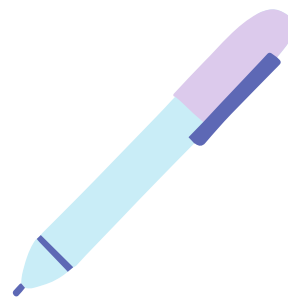
**5 – body – 1 required**

**4 – eye – 3 required**

**3 – arm – 4 required**

**2 – leg – 2 required**

**1 – feet – 2 required**



**You will need.  
Paper, Dice, Pens**



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# Part 3 – Out of this world

Sections

## Drops of jupiter

Have a bath that is out of this world with one of these handmade bath bombs.

Drop into a hot bath for an explosion of colour and essential oils. It's time to get fizzical!

All sections

## Method

- 1 Add the dry ingredients to a bowl and mix
- 2 In a separate bowl add the oil, essential oil and food colouring and mix well
- 3 Mix the liquid ingredients with the dry ingredients stirring as you go
- 4 Add a few drops of water and continue stirring – it will start to fizz
- 5 The mixture should start to clump together
- 6 Pack the mixture tightly in to a ball and place on a sheet of baking paper to dry for 4 hours

## You will need

- 100g bicarbonate of soda
- 50g citric acid
- 25g cornflower
- 2tbsp oil (sunflower eg)
- Optional- 3 drops of food colouring
- Optional ¼ teaspoon essential oil
- Bowls, baking tray, spoon



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# Part 3 – Out of this world

Sections

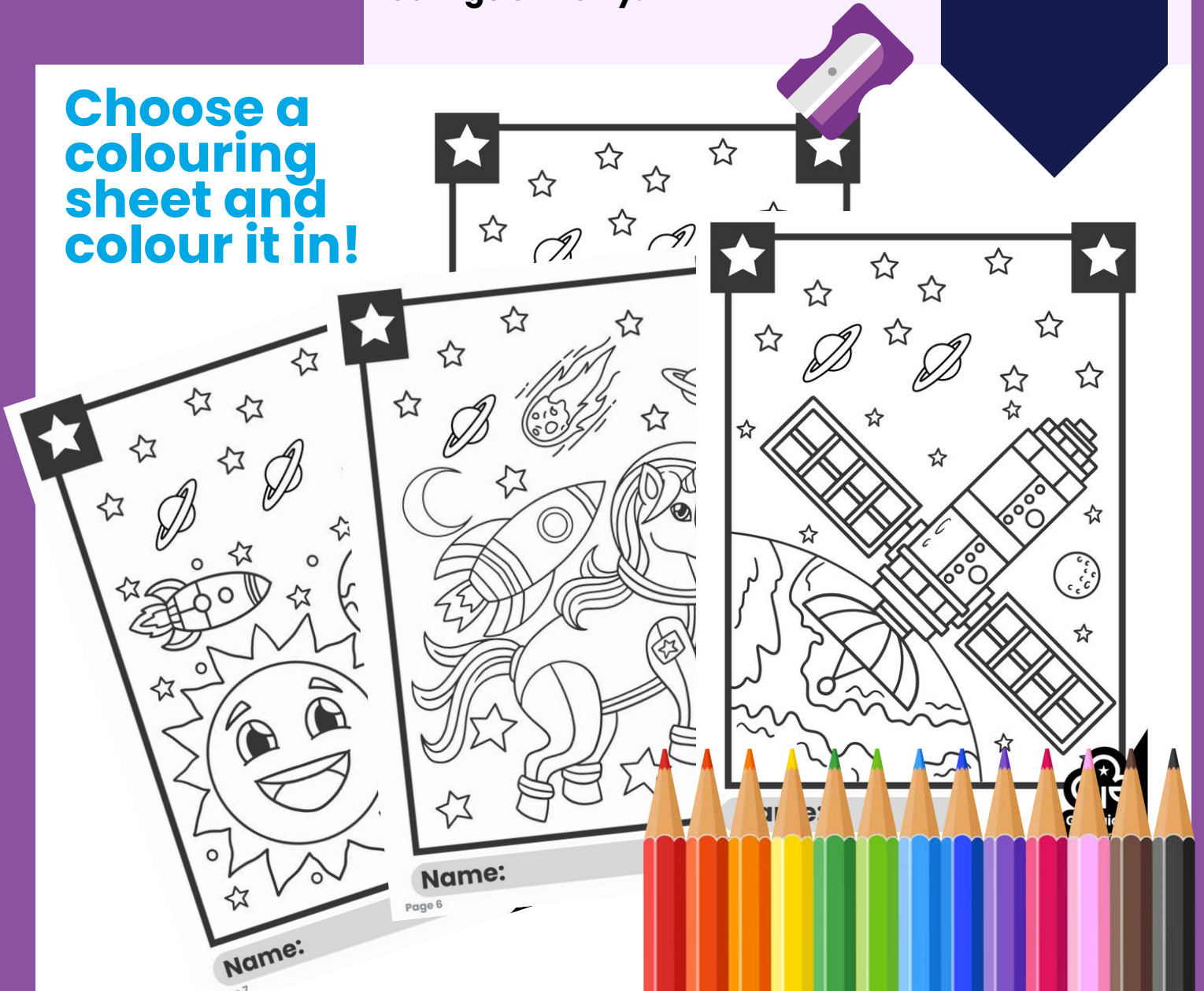
Bring the colour

Colouring is a healthy way to relieve stress. It calms the brain and helps your body relax.

This can improve sleep and feelings of worry.

All sections

Choose a colouring sheet and colour it in!



## You will need

- Printer and paper
- Colouring Pencils
- Felt tip pens



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# Part 3 – Out of this world

Sections

## Magnetic slime

Did you know that it's possible to make slime that is magnetic?

Have fun creating this slime with magical magnetic properties!

All sections

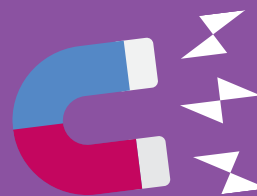
## Method

- 1 Mix the PVA glue and paint together in till it is combined.
- 2 Mix in the baking soda.
- 3 Spray in the air freshener and mix again!
- 4 Keep spraying in the air freshener and mixing in till the mixture has turned in to slime.
- 5 Knead in the iron filings.
- 6 Place the slime on a non-stick surface. Use your magnet and move and stretch the slime.

## You will need

You can increase quantities

- PVA glue (3-6 tablespoons)
- Paint (1 teaspoon in your colour of choice)
- Baking soda (1 heaped teaspoon)
- Air freshener (1 spray)
- Iron filings (a couple of tablespoons)
- Bowl, spoons, magnets, plastic plate



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# Part 3 – Out of this world

Sections

## Word search

Word Searches keep the mind active.

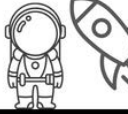
They can help with literacy and this activity can help people sharpen their reasoning skills.

All sections

Print out the word searches. They can be found in the resource section along with the answers

### Space travel word search

Can you find the words hidden in the puzzle?

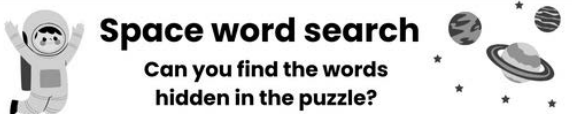


C	A	G	E	V	U	L	G	I	T	D	C
H	X	R	O	B	O	T	A	R	M	T	S
F	P	A	C	A	G	I	L	N	I	R	P
L	O	V	N	M	O	O	N	T	D	I	A
O	M	I	M	G	S	S	N	T	A	E	C
A	S	T	R	O	N	A	U	T	I	A	E
T	T	Y	G	S	M	E	R	N	S	R	S
E	T	A	K	E	O	F	F	X	O	T	U
R	R	P	R	E	S	E	N	T	N	H	I
D	O	E	X	E	R	C	I	S	E	I	T
D	F	C	O	N	F	H	S	A	A	E	N
S	P	A	C	E	S	H	U	T	T	L	E

ASTRONAUT    LAND    TAKE OFF    EAR  
SPACE SUIT    FLOAT    DO EXERCISE    MOON  
ROBOT ARM    GRAVITY    SPACE SHUTTLE    SHUTTLE

### Space word search

Can you find the words hidden in the puzzle?




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

SUN    MERCURY    MARS    JUPITER    URANUS  
STARS    VENUS    SATURN    NEPTUNE  
MOONS    EARTH    COMETS

Name: \_\_\_\_\_

Page 11



## You will need

Printer

Pen



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# Part 3 – Out of this world

Sections

## Planet hunt

Cross word puzzles keep the mind active.

Using the picture clues, complete the cross word puzzle to find the names of all places in the solar system.

All sections

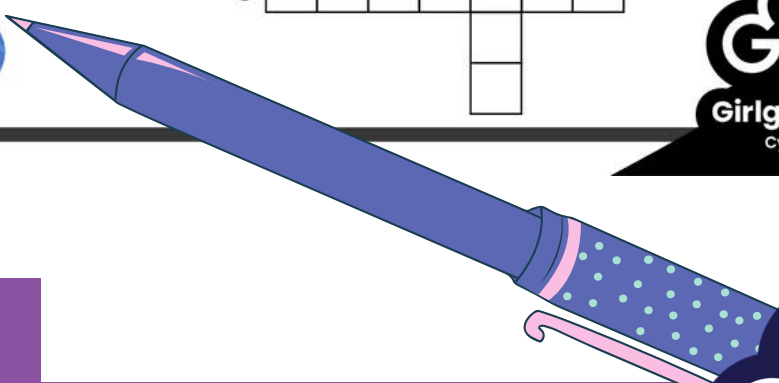
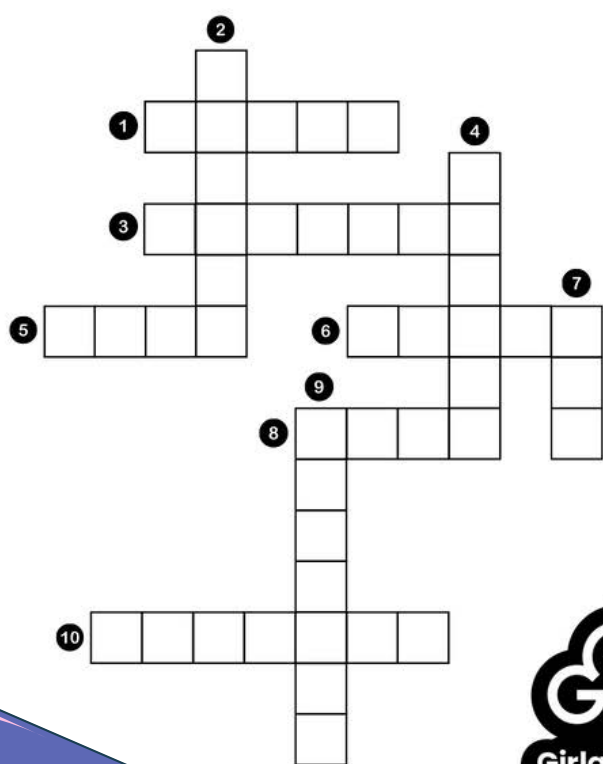
Print out the planet Crossword. This can be found in the resource section along with the answers











Page 12


### Planets Crossword

Look at the clues and write the correct words

Name: \_\_\_\_\_



	2	
	4	
	6	
	8	
	10	



## You will need

Printer

Pen



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# Part 3 – Out of this world

## Sections

Rainbows

Brownies

Guides

## Put a ring on it

Did you know that Jupiter has four rings!

Play a game that includes hula hoops with your unit.



## Ideas

- Musical hoops
- Hula hoop skipping
- Hoola hoop hoopla with skittles
- Beanbag throwing into target hoops
- Hula hoop tournament
- Pass the Hula hoop around the circle without breaking the chain



## You will need

Hula hoops  
Plenty of space!



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# Part 4

## Among the stars

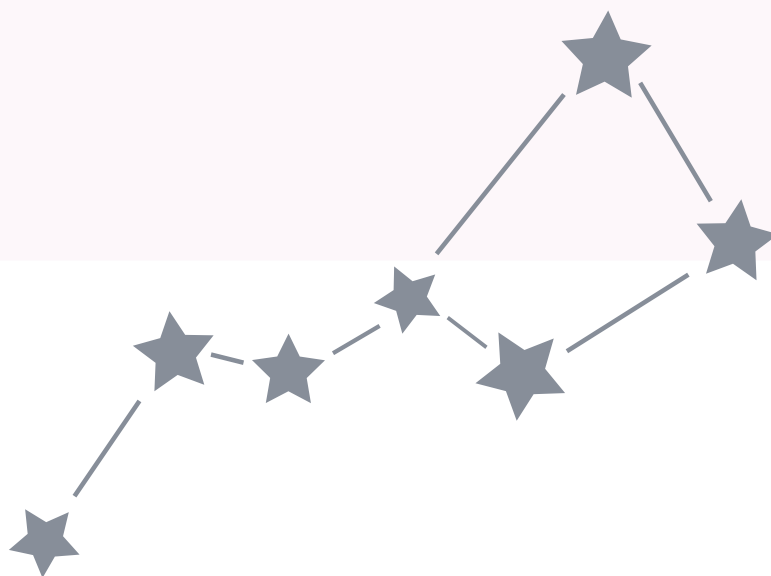
**Section three is all about stars!**

**In this section, you will learn all about the stars, being a star, star signs and looking after you!**

**Did you know...**

### **Facts about all kinds of stars**

- **The Sun is the closest star**
- **The largest stars are the shortest lived**
- **There are more than 2,500 stars on the Hollywood walk of fame!**
- **Star signs have existed since 5BC**
- **Stars are used in many organisations and religions**



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# Part 4 – Among the stars



Sections

## Floating in the stars

Meditation is something everyone can do. Take twenty minutes to take part in meditation.

Use the steps below to relax. Write down how you feel before and after.

All sections

- Take a seat on the floor pillow or other calm comfortable place.
- Play the video audio quietly
- Close your eyes
- Take 20 deep breaths
- Slowly mentally scan your body for any aches and pains starting with your toes
- Take 20 more deep breaths
  
- Imagine you are floating in space and you are weightless
- Think of three amazing things about yourself
- Finally lie down with the blanket over you for five minutes. Listen to the music and drift away



## You will need

Pillow to sit on

Device to play youtube audio

blanket to stay warm

[Click here](#)



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# Part 4 – Among the stars

## Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

## Starry night

Take inspiration from The Starry Night painting by Vincent Van Gogh.

Create your own starry night art using paint or glitter.

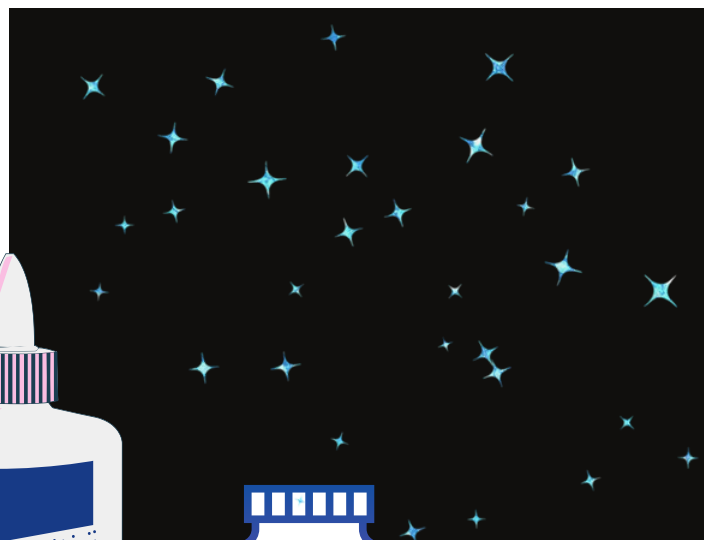
- Place a piece of newspaper on to the table.
- Use a pencil to draw out your night sky on the black paper or card.

### Glitter method

- Spread the glue where your pencil marks are
- add glitter if using glitter
- Let your masterpiece dry.

### Paint method

- Paint on your stars and moon if using paint
- Let your masterpiece dry



## You will need

- Black paper or card
- Pencil
- PVA glue
- Glue spreader
- Glitter or paint or both
- Newspaper



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# Part 4 – Among the stars

## Sections

Guides

Rangers

Inspire

YL

Leaders

Trefoil

## Star symbols

Stars appear as symbolism in many religions and organisations. They are also the basis for many corporate logos.

Find as many stars as you can and list their meaning.

### Did you know?

Each part of the Girlguiding trefoil has a meaning.

Three leaves – The trefoil has 3 leaves, to symbolise the three main elements of the promise.

Star – The star had 5 outer points and 5 inner points to symbolise the original 10 Laws.

Scroll – At the base is a scroll in the shape of a flame, pointing upwards, to show that guides should always aim upwards in life.



Using the internet and a pen and paper find as many stars as you can in symbolism, logos and identities.

List their meanings

### Suggestions

- Star of David
- Texaco
- Converse
- Paramount

## You will need

Internet access

Pen

Paper



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# Part 4 – Among the stars

Sections

## Walk of fame

The Hollywood Walk of Fame is a historic landmark which consists of more than 2,700 five-pointed brass stars. They are embedded in the sidewalks along 15 blocks of Hollywood Boulevard and three blocks of Vine Street in Hollywood, California.

All sections

Using the printable walk of fame stars, design your own star! Be as creative as you want!  
There are three stars to choose from.

- **Movie star**
- **TV Star**
- **Rock or pop Star**



**Extra activity**  
Using the Internet, find out

1. What actress was named on the first walk of fame star?
2. Who is the youngest person honoured and how old were they?
3. Who is the oldest person honoured on the Walk of fame?
4. Which 80s pop icon has refused to have her name on a star?



## You will need

- Printer
- Coloured pencils or felt pens
- Internet access (optional)



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# Part 4 – Among the stars

## Sections

# Star jump

**Jumping for the stars!**  
Did you know that jumping....

- Improves your sense of balance.
- Improves circulation.
- Strengthens the heart.
- Increases energy.

Rangers

Inspire

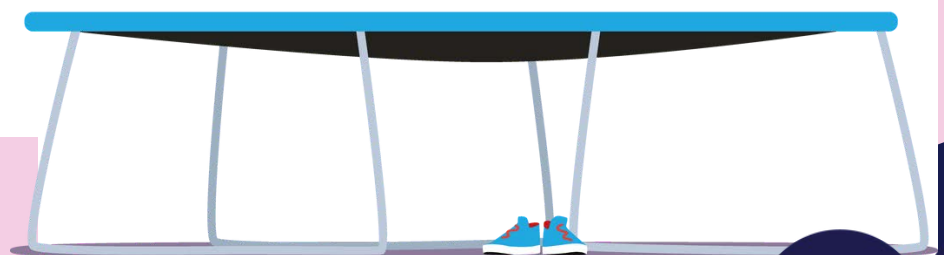
YL

Leaders

Trefoil

## Ideas

- Hold a skipping night, try individual skipping and double dutch.
- Try trampolining, contact your local trampoline club or visit a trampoline centre. Rebound therapy is an excellent activity for members who need accessible trampolining.
- Try jumping games with your unit (See video below).



## Links

Rebound therapy - [Here](#)

Trampoline clubs - [Here](#)

Skip2bfit - [Here](#)

Jumping games - [Here](#)



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# Part 4 – Among the stars

Sections

## Stars in your eyes

Stars in Their Eyes' is a TV talent show with a twist – contestants mimic their favourite singers.

Contestants appear briefly as themselves, to talk to the presenter, before speaking the famous catchphrase: 'Tonight, I'm going to be...

All sections



## ★ Activity

Hold a Stars in your eyes night.

Members may compete individually or form a team with responsibility for costumes, choreography, music, and even staging and lighting.

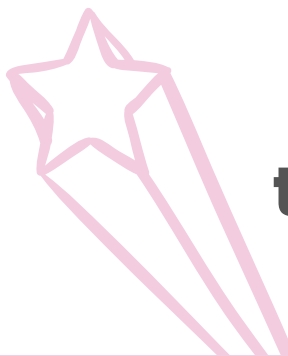
Contestants can either sing live vocals or they can lip synch.

You can vote for your favourite act, or have votes on categories like costumes, voice and dance moves.

Remember to encourage each other!

## You will need

- Device for music.
- Costumes/props (optional)
- Lighting (optional)
- Microphone (optional)
- Stage (optional)



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# Part 4 – Among the stars

## SECTIONS

Brownies

Guides

Rangers

YL

Leaders

Inspire

Trefoil

## Star signs

A collage is a type of art which is made up of overlapping pieces of material, such as photographs, fabric, and coloured and textured paper.

Create your own collage using magazines, printed images and any other found items.

### Activity:

Find out what your star sign is and create a collage based on this. Rip up pieces of magazines to create the collage. Try and find images that represent your personality and star sign elements. You can use pens to write over the design.

Sheets for each star sign can be found in resources.



## You will need

- A3 Coloured Card
- Fabric scraps, glitter etc
- Magazines/birthday cards
- Glue stick
- Apron and table cover
- Scissors/pens/  
glitter/washi tape
- Extra optional sheets (resources)

**Top tip:** Check magazines and newspaper for content with younger members



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# Part 4 – Among the stars

## SECTIONS

Guides

Rangers

Inspire

YL

Leaders

Trefoil

## Reach for the stars

Thinking about our future can be difficult.

We put things off due to home life, commitments and how we are feeling.

You are never too old to set new targets and have new dreams.

Print out the sheet. This can be found in the resource section



**Life Goals** Name: \_\_\_\_\_

For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

Remember to be kind to yourself, and celebrate what you are doing well

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/SCHOOL			
HEALTH AND FITNESS			
WELLBEING			
SKILLS FOR MY FUTURE			

Page 29

A purple and red marker and a blue pen are shown lying diagonally across the bottom right of the worksheet.

## You will need

- Paper
- Pen
- Printer



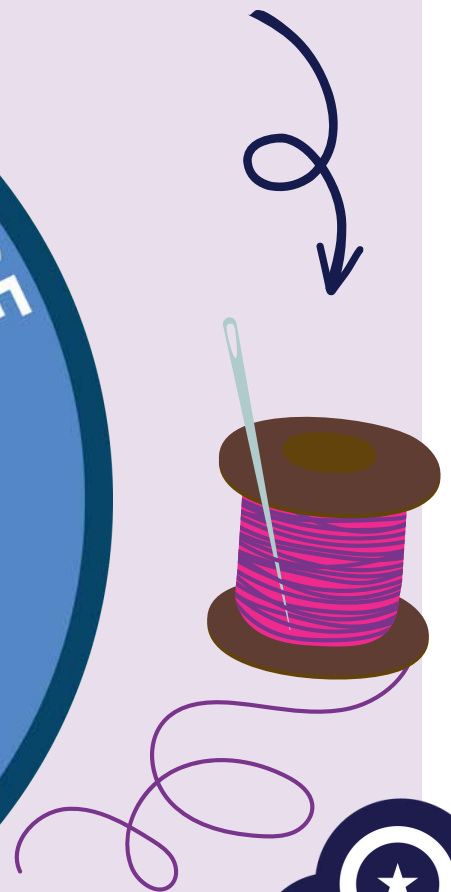
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Cymru

# How to order the badge

Once you have completed this Challenge pack  
(either on your own or with your unit).  
Please visit the Girlguiding Cymru on-line shop to  
order your  
Moon Walk Challenge Badge.

[www.girlguidingcymru.org.uk/shop](http://www.girlguidingcymru.org.uk/shop)

## Get sewing!

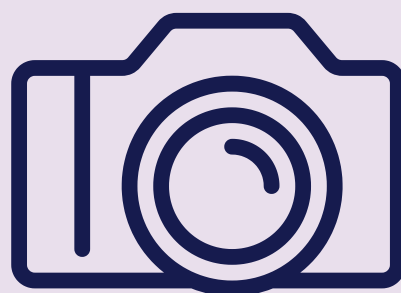


# Share your stories

We'd love to see pictures of you completing the challenges!

Please upload your pictures on social media and use the hashtag:

**#Moonwalkcymru**



## Our Socials



**@GirlguidingCymruWales**



**@guidingcymru**



**@guidingcymru**



**@girlguidingcymru**



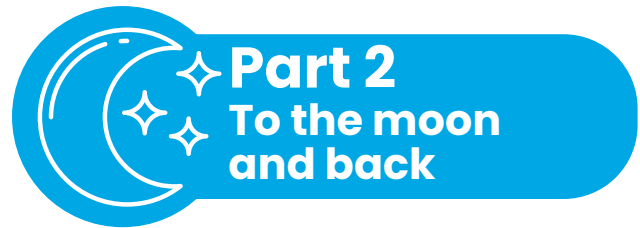
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# Tick list

The pink tasks are mandatory



- Go for a walk
- Pack your bags
- Walking fact finding
- Best foot forward
- A'Maze-ing
- Skills Builders
- Walking fuel
- Mapping it out



- Race to the moon
- Space Style
- Moon fact finding
- Moon Mobile
- It's a Phase
- Tasty Moon Pies
- Lunar effects
- Moon party



- Space women
- Alien Drive
- Drops of Jupiter
- Bring the colour
- Magnetic slime
- Word Search
- Planet Hunt
- Put a ring on it!



- Floating in the stars
- Starry night
- Star symbols
- Walk of fame
- Star jump
- Stars in your eyes
- Star signs
- Reach for the stars



**This certificate is presented**

**to**

**Rainbows**

**of**

**For completing the**

**MOONWALK  
CHALLENGE**

**Leader**

**Date**





**This certificate is presented**

**to**

[Yellow rectangular box for name]

**Brownies**

**of**

\_\_\_\_\_

**For completing the**

# MOONWALK CHALLENGE

**Leader**

\_\_\_\_\_

**Date**





**This certificate is presented**

**to**

**Guides**

**of**

**For completing the**

# MOONWALK CHALLENGE

**Leader**

**Date**





**This certificate is presented**

**to**

**Rangers**

**of**

**For completing the**

# MOONWALK CHALLENGE

**Leader**

**Date**





**Young  
Leaders**

**This certificate is presented**

**to**

**Unit**

**of** \_\_\_\_\_

**For completing the**

**MOONWALK  
CHALLENGE**

\_\_\_\_\_  
**Leader**

\_\_\_\_\_  
**Date**



**girlguiding**  
Cymru

# Leaders

**This certificate is presented**

**to**

**Unit**

of \_\_\_\_\_

**For completing the**

# MOONWALK CHALLENGE

\_\_\_\_\_

**Leader**

\_\_\_\_\_

**Date**



**Girlguiding**  
Cymru



**This certificate is presented**

**to**

**Inspire group**

**of**

**For completing the**

**MOONWALK  
CHALLENGE**

**Leader**

**Date**





**Trefoil Guild**

Cymru



**This certificate is presented**

**to**

**Trefoil Guild**

**of**

**For completing the**

**MOONWALK  
CHALLENGE**

**Leader**

**Date**



**girlguiding**  
Cymru