



Little Red Riding Hood

A challenge created in conjunction with Health and Social Care, Manchester.

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 Girlguiding Manchester

Information

This challenge is split into 5 sections, based around the story of Little Red Riding Hood, safety, health care and helping others.

The majority of the clauses are suitable for all sections, however please feel free to adapt them to the needs of your unit. This challenge pack is only a starting point, if your group expresses a particular in something you can choose to explore it further.

To complete the challenge we recommend that the sections do the following:

All - Listen to/read/watch the story of Little Red Riding Hood and complete the underlined clauses

Rainbows - 1 clause from each section plus any 2 others

Brownies - 1 clause from each section plus any 2 others

Guides - 1 clause from each section plus any 3 others

Senior Section - 1 clause from each section plus any 4 others



Safety in the Home

Little Red Riding Hood's journey starts at home.

More accidents happen in the home than anywhere else.

More than two million children under the age of 15 experience accidents in and around the home every year, for which they are taken to accident and emergency units.

Complete one or more of the following clauses linked to staying safe at home.

1. Identify things in the picture (in the Resources Section) that are not safe.
2. Invite an Electrician to your unit to find out about to stay safe when using electrical items. Maybe he/she could teach you how to wire a plug correctly.
3. Visit the local fire station and ask the firefighters to talk to you about how you can help to make your home safe.
4. Find out what different symbols you might see on household products mean by taking part in the Symbols Quiz (in the Resources Section).
5. In small groups/Sixes/Patrols create an advert encouraging people to ensure their homes are safe.
6. Create an information booklet about different ways you could stay safe at home.



Links

- Rainbows** - Roundabout Get Healthy
- Brownies** - Fire Safety Badge, Home Safety Badge, Home Skills Badge, Adventures
- Guides** - Active Response Badge, Fire Safety Badge, Independent Living Badge GFI I Will Survive, GFI Lifewise, Challenge Badges
- The Senior Section** - Independent Living Octant



Useful Websites

- www.switchedonkids.org.uk/electrical-safety-in-your-home
- www.kidshealth.org/en/parents/household-checklist.html

Comfort Food

Little Red Riding Hood's mum gives her a basket off food to take to her poorly Grandma.

Often when people are ill they will only eat certain foods that they think make them feel a little better. These foods are often referred to as comfort foods.



What do you like to eat/drink when you are ill?

1. Make a list of food you like to eat when you are not feeling so good.
2. Have a go at making some 'comfort food'. (Chicken Soup, Apple Crumble and Custard, etc.)
3. Complete the 'Old Wives Tales' quiz (See Resources Section).
4. Play Charades using some of the Old Wives Tales from the quiz (See Resources Section).
5. Make a hot honey and lemon drink or hot chocolate with cream and marshmallows.
6. A cup of tea is said to make everything better, but which flavor? Try different flavoured teas to find your favourite. Maybe you could have a tea and toast night!

Links

Rainbows - Roundabout Get Healthy

Brownies - Cook Badge, Cook Advanced Badge, Healthy Heart Badge, Adventures

Guides -Chocolate Badge, Cook Badge, Independent Living Badge, Outdoor Cook Badge, GFI

Useful Websites

www.bbcgoodfood.com/recipes/collection/comfort-food

www.jamieoliver.com/comfortfood

www.southernliving.com/food/classic-comfort-food-recipes

www.rd.com/health/wellness/popular-old-wives-tales-fiction-or-fact

Personal Safety

Little Red Riding Hood's mother allows her to walk through the deep, dark woods alone. This is where she meets the Wolf.

Was it safe for Little Red Riding Hood to be alone? Was she dressed appropriately?

Find out how you can keep yourself safe by completing at least one of the following clauses.



1. Play the Wardrobe Game (relay race dressing for different types of weather - hat, gloves, scarf for Winter, Sunglasses for Summer, etc.)
2. Invite someone into the unit to talk to you about personal safety (i.e. a police officer) or invite someone to teach the members of your unit self defense.
3. Find out who you can go to for help and put them on your Helping Hands (an outline of a hand).
4. Find out what the signs of feeling unsafe are. Act out a situation that might make you feel unsafe. (See Resources Section for more information)
5. Learn how to be assertive by playing the 'Sausage Game'. (see Resources Section).
6. Find out about Cyber Bullying, what to do if you find you a victim of it and what you can do to prevent it.

Links

Rainbows - Roundabout All About Me, Roundabout Get Healthy

Brownies - Crime Prevention Badge, Finding Your Way Badge, Road Safety Badge, Adventures

Guides - Personal Safety Badge, Challenge Badges

The Senior Section - Independent Living Octant

Useful Websites

safetynetkids.org.uk

www.kidpower.org/who-we-serve/children

www.childalert.co.uk/article.php?articles_id=63

stopcyberbullying.org/kids/index.html

www.bbc.co.uk/newsround/13906802

Illness and Injury

Illness and injury are things that happen to us that usually can't be helped. In the story of Little Red Riding Hood, Grandma is poorly. But who can she call on for help? Where could she go?



Complete the first clause and others if you want to find out about looking after yourself and others when injured or ill.

1. Find out about different illnesses and injuries and where you should go for help. You could invite a medical professional into the unit to talk to you about different illnesses and injuries.
2. Play Bandaged Up (relay wrapping different parts of a patient's body with toilet roll) or Operation
3. Using sticky notes, label a member of your group's/Six's/Patrol's body parts.
4. Make a poster informing others of which medical service to use when.
5. Complete your First Aid badge.
6. Discuss or act out what you would do in different situations (see Resources Section for examples of scenarios).
7. Complete the 'Glitter Germs' activity (see Resources Section for instructions).



Links

Rainbows - Roundabout All About Me, Roundabout Get Healthy

Brownies - First Aid Badge, First Aid Advanced Badge, Home Safety Badge, Adventures

Guides - Active Response Badge, First Aid Badge, Personal Safety Badge

The Senior Section - Fit for Life Octant, Independent Living Octant

Useful Websites

www.redcross.org.uk

www.sja.org.uk

The Golden Years

We all grow old and sometimes it can be lonely. In the story of Little Red Riding Hood, Grandma lives on her own. Who does she talk to? Who visits her? Where does she go?



Complete the first two clauses and others if you want to find out about looking our elderly relatives, neighbours and friends.

1. Share an activity with an elderly relative, friend or neighbor. You could make a memory jar together, put memories in it throughout the year and then read them together at Christmas. Or you could share your favourite childhood stories/books.
2. Organise a social event for your elderly relatives, neighbours and friends. This could be a tea party, Sunday lunch, beetle drive, quiz, etc.
3. Complete your Hostess/Party Planner Badge.
4. Find out about the services available for the older generation, i.e. community groups, sewing circles, etc.
5. Make Christmas/Easter Cards, flower arrangements, photo frames, or similar and take them to the local Sheltered Accomodation/ Nursing Home/Care Home.
6. Invite members of the Trefoil Guild to your unit to share their skills - pioneering, wet felting, knitting, crocheting, etc.

Links

Rainbows - Roundabout All About Me

Brownies - Entertainer Badge, Hostess Badge, Adventures

Guides - Community Action Badge, Party Planner Badge, Performing Arts Badge, GFI Take Action

The Senior Section - Community Action Octant, Personal Values Octant



Useful Websites

www.ageuk.org.uk

www.which.co.uk/elderly-care/your-relatives-needs/tackling-loneliness

Be safe at home

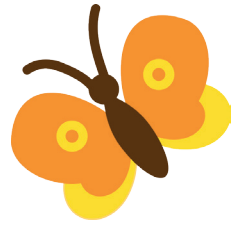


PICTURE
QUIZ

Homes can be very dangerous places!

- Can you spot the 10 unsafe things in this picture? Draw a ring around each one.
- Draw your own picture of other dangerous things that could happen in someone's home.
- Make a 'Be Safe at Home' poster.

What do these symbols mean?



1.



2.



3.



4.



5.



6.



7.



8.



9.



Safety in the Home

What do these symbols mean? - Answers

1. Hazardous to the Environment
2. Acute Toxicity
3. Gas Under Pressure
4. Corrosive
5. Explosive
6. Flammable
7. Health Hazard/Hazardous to the Ozone Layer
8. Oxidising
9. Serious Health Hazard





RESOURCES - CLAUSE 3

Comfort Food

Old Wives Tales - True or False

1. An apple a day keeps the doctor away.
- TRUE
2. Feed a cold, starve a fever.
- FALSE
3. Chicken soup will cure your cold.
- TRUE
4. Put some brandy on your baby's gums.
- FALSE
5. When boiling milk, it is bad luck to let it run over the side of the pan.
- FALSE
6. Fish is brain food
- TRUE
7. If you make a wish over burning onions, it will come true
- FALSE
8. No sweet dreams are made of cheese
- TRUE
9. Put butter on a burn.
- FALSE
10. Eat carrots to help you see in the dark.
- TRUE



Personal Safety

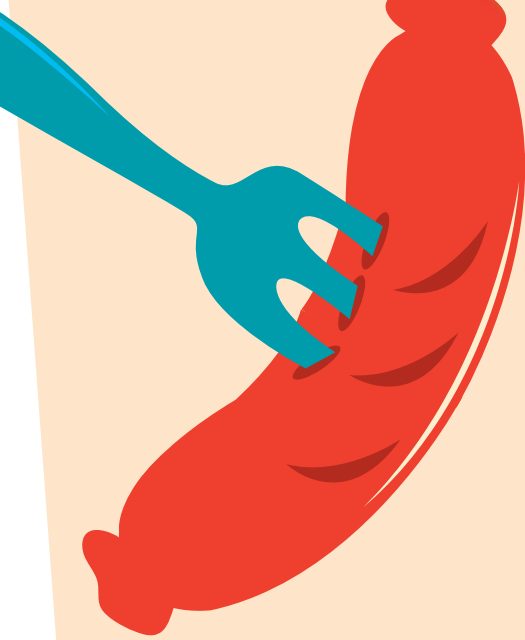
Signs of Feeling Unsafe (Taken from 'Safety Net Kids')

Early Warning Signs are feelings we get in our bodies that tell us we are feeling unsafe, worried or scared. If we learn to listen to them we can see dangerous and unsafe situations before they get out of control.

There are times when it is okay or fun to feel scared... A scary movie, before a big game or performance, on a rollercoaster.

- Sweating
- Shaking
- Gasping/Out of Breath
- Heart Pounding
- Butterflies
- Wobbly Knees





RESOURCES - CLAUSE 5

Personal Safety

The Sausage Game

(Taken from 'Safety Net Kids')

Why not play the sausage game and see if you can keep an assertive face? In pairs, one of you asks questions, these can be as silly as you like, while the other keeps calm and assertive and only replies by saying sausage!

RESOURCES - CLAUSE 6

Illness and Injury

Scenarios

- You have a runny nose and a headache.
- Your friend has a small splinter in her hand.
- Your sister has a rash on her tummy.
- Your brother has fallen off the climbing frame, hitting his leg on the way down. He can't put any weight on it.
- You cannot wake a relative, but they are breathing.
- A car accident has just taken place and a passenger is complaining of pain in their back.



Illness and Injury

Glitter Germs

(taken from 'Roundabout All About Me')

Choose three girls and put different coloured glitter on each of their hands. Ask the unit to move around the room in an action that the Leader chooses and when the Leader shouts "Stop!" each girl has to shake hands with the girl nearest to her. Continue this game until most girls have shaken hands. Sit the girls in a circle and ask them to look at their hands. Ask who has glitter on them and see if anyone has all three colours.

Explain that the glitter represents germs and that the game shows how easy it is for germs to pass from one person to another. Germs can cause people to become ill and it is important that the girls wash their hands properly to prevent germs spreading.

Discuss the times when you need to wash your hands. Get the girls to practice the six simple hand-washing steps as suggested by Scrub Club.



Badge Order Form

Please complete and post this form, along with full payment.

Name of Leader: _____

Name of Unit: _____

Address badges to be sent to: _____

Postage:

1 - 15 Badges £1.00
16 - 30 Badges £1.50
31 - 50 Badges £2.00

Number of Badges _____

at £1.00 each = £ _____

Postage at £ _____

Total £ _____

Please make cheques payable to 'Girlguiding Manchester' and post to:

Little Red Riding Hood Challenge
Girlguiding North West England
Guiding Road
Preston
PR2 5PD



