Girl Guides
Stay At Home Challenge

#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.
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.
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.

Want to know more about worldly leadership and the WAGGGS leadership model? Read our Girl Guide and Girl Scout leadership model summary: https://www.wagggs.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
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<th>Number of activities to be completed</th>
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**ADDITIONAL ACTIVITIES**

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<th>Activity name</th>
<th>Description</th>
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<tr>
<td>Plank Together</td>
<td>Do plank together with your family members.</td>
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<tr>
<td>Speak Up!</td>
<td>Brush up your public speaking skills and improve your confidence.</td>
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<tr>
<td>New Hobby</td>
<td>Challenge yourself to learn a new skill, something that you are interested in.</td>
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<td>Be Creative</td>
<td>Share creative ways to spend time at home in social media.</td>
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<tr>
<td>Letter to future self</td>
<td>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.</td>
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<tr>
<td>Action Song Creation</td>
<td>Create an action song on guiding and record it.</td>
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</table>
Notes for Participants and Mentors

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

Tools required to do this activity

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:
- 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.
## Aim
The aim for the challenge is for participants to familiarise themselves with the theme:
- Spirituality,
- Integrity and
- Citizenship

## Outcome
- 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
- Each activity provides a list of material needed.
- Please use recycled materials where possible.

## How to get the badge?
- 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 summit their Digital Journal after doing each challenge.

## Facilitation
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.
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 HANOVER

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

Mentor’s registration link: bit.ly/StayAtHomeLeaders
PARTICIPANT GUIDELINE

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
Throughout MCO

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

Individual

Book/papers. Colourful pens. Pencil

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.

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.
**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!

**Stopwatch, Washable paint, Soap and water, Cloth**

**Two person**

**WHAT HAPPENS:**

1. In pairs, one person will be the assessor while the other will have paint (pretend 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.

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

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

Individual

Internet Access

WHAT HAPPENS:
1. Take a picture of a news that is circulating in whatsapp regarding Covid
2. Search for the source of the news.
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.

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

Get information from GGAM facebook or your leaders

1 to 2 hours
Individual

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?

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

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.

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

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

Two person (One player each team)

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

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 x 17 (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 ¼ 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.

WHAT HAPPENS:

Pre-game

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.

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

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 2 minutes (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:

#GGSAHDanceChallenge
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 #GGSAHDanceChallenge

#GGSAHSingChallenge
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 #GGSAHDanceChallenge

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.
To develop an understanding of food from different cultures.

To be able to prepare meal/snack for your family and practice gratitude

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)

One hour each recipe

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!

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<tr>
<th>Light Meal</th>
<th>Main course</th>
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<tbody>
<tr>
<td>Yam cake</td>
<td>Nasi Lemak</td>
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<td>Onde-onde</td>
<td>Budaejjigae</td>
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<tr>
<td>Samosa</td>
<td>Sushi</td>
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<tr>
<td>Cookies</td>
<td>Mee goring</td>
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<tr>
<td>Pancake</td>
<td>Fried Rice</td>
</tr>
</tbody>
</table>

*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

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

One hour

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.

paper and pen , internet access.

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.

A piece of paper, Pen/highlighter

One hour
Two persons or more

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 @persatuanpandutperi (Instagram) with the hashtag #GGStayAtHomeChallenge

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**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

**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.

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

Two hours

Individual

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.

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

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 pictionary, 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

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

Two or more people

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

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.
- Develop understanding and embrace “Diversity, Equity and Inclusion.”

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

30 mins

Individual

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

Two or more people

Chairs, Blanket, Pillows, Floor mat

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

Two or more people

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

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

Cotton ball/tissue/dirt (if possible). Seeds (green bean, okra, bird’s eye chili). Water. Toilet paper roll as pot (alternatives: container, instant noodle cup, egg tray, used hand gloves)

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:
   https://www.instagram.com/p/B-YLy53pwDF/?utm_source=ig_web_copy_link
7. Water the seed daily as to take care of the seed and watch it grow into a seedling
8. 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.
To instill the spirit of patriotism.
To understand more about the history of our nation

Prepare one patriotic movie, Some snacks

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

Smart Phone

Three people or more

10 minutes

WHAT HAPPENS:

1. Identify reliable and reputable online websites such as World Health Organization and Ministry of Health Malaysia to read on health facts and information posted.
2. 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
3. Take note of those information and where to retrieve reliable information
4. Write a summary on what you have learned and share in your social media account tagging @panduputerimalaysia for FB, @persatuanpanduputeri for IG, and hashtag #GGStayAtHomeChallenge

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

References links:

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

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

**One hour**

**Individual**

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**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

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

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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

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

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

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

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

Individual

One hour

WHAT HAPPENS:

1. Below are the Malaysian Girl Guide’s Promise in different languages. Choose one language which you are not familiar with.

2. Learn the pronunciation of each word in the Girl Guide’s Promise by using google or dictionary.

3. Make sure you pronounce each word correctly.

4. Take a video of you reciting the Promise in the language you have chosen, in a Girl Guide T-shirt.

5. 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

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

WHAT HAPPENS:

One hour
Individual

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

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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One hour
Individual

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One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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WHAT HAPPENS:

One hour
Individual

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- To appreciate the diversity of languages in Malaysia

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

WHAT HAPPENS:

One hour
Individual

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

- To spread positivity and build a caring community
- To be aware of the importance of good deeds and how it can create an impact to our circle.

**Camera / Phone camera**

**1 hour**

**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

Electronic devices and internet, recycled paper and pen

**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/](https://howsecureismypassword.net/) or [https://password.kaspersky.com/](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://wagggs.org.my/surfsmart](http://wagggs.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.
CITIZENSHIP
GET ORGANISED

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

Communication channel - phone call or teleconferencing application

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:

PART 1: Understanding the Buyerarchy of Needs Pyramid

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

PART 2: Get organized

1. 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.

2. 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
- Two hours

- To understand that food cooked using solar cooking is healthier and nutritious

**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:

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 Development Goals.
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.

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

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

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

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

Fasting plan

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?

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

- To take action on environmental issues and combat climate change
- To support strategies in decreasing global warming

Tools you require to do this activity

Individual

One hour

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

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.m till 8.15 p.m.

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

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

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

Phone / Laptop / Desktop, Internet access

Two people or more

30 minutes

WHAT HAPPENS:

1. 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?

2. 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

3. 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

Phone / Laptop / Desktop, Internet access

Two people or more

30 minutes

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

WHAT HAPPENS:

1. Pick one country from each WAGGGS region
   - Afrika
   - Arab
   - Asia Pacific
   - Europe
   - Western Hemisphere.

2. Find out one problem /issue each chosen country is facing (other than COVID 19)

3. Pick one problem/issue and share them on social media, together with an encouraging message.

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

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

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

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

One person or more

Smart phone

WHAT HAPPENS:
1. 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)
2. You may use different ways to share the topic. Be creative!
3. The video has to be less than one minutes.
4. 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
5. Upload the video on your social media account with a creative caption and tag ‘@panduputerimalaysia’ (Facebook) or ‘@persatuanpanduputeri’ (Instagram) with the hashtag #GGStayAtHomeChallenge
6. *For more information and ideas, click on the link below

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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