



# The Scottish Highlands Challenge

*"Wherever I wander, wherever I rove, The hills of the Highlands for ever I love"*

Robert Burns

We created this challenge in 2015 to support one of our leaders to attend the GOLD (Guiding overseas linked with development) Ghana trip - we wanted to create something packed full of all the wee delights from the Scottish Highlands to introduce you to this beautiful part of the country, our traditions and the activities our units love. The challenge has been an overwhelming success & we are so proud of our Wee Scottish Coo! We have had to hibernate her for a small while but are super excited to be bringing the new updated challenge back for 2020!

This challenge is all about traditions, adventurous activities, yummy food, local wildlife & mythical creatures! The challenge is ideal for Burns Night (25<sup>th</sup> January) or St Andrews Day (30<sup>th</sup> November) - but can be done any time of the year! It also makes a great theme for overnights or camps - particularly if you want to come visit our lovely area!

We have tried to give a range of activities, which should suit different age groups & abilities – a lot of the ideas are adaptable for whichever section you are working with.

Rainbows	4+ activities
Brownies	5+ activities
Guides	6+ activities
Rangers & Adults	8+ activities

**Please note:** We have marked the ideas with these symbols ✨ ✨ ✨ ✨ ✨ to show which sections they may be most suitable for (but you know your unit best!) . Although older sections may want to read this pack & choose ideas, it is designed for Leaders to read.

This pack contains 5 sections:

- Scottish Beasties (p3-7)
- Traditionally Scottish (p8-10)
- Yummy Treats (p11-13)
- Highland Hijinks (p14-15)
- Highland Bound (p16)

*These ideas were created by members & leaders of 1st Kingussie Guides - links to our inspirations & activity ideas are shared in our Pinterest board.. Any similarities to other materials are purely coincidental*

You can pick activities from as many or as few categories as you like! For a quick activity:

- Crossword & Wordsearch (p20-23)
- Games (p17-18)
- Colouring pages (links on our pinterest board)

To order badges please visit our online form (more info on page 25):

<https://form.jotform.com/kingussieguides/scottish-highlands-challenge-order->

We have created a Pinterest board which is full of printables, ideas & other resources - if you see this symbol (P) next to an activity suggestion then we have more ideas on the board

<https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/>

We have use hyperlinks for this challenge page, for links that you can copy & paste please go to page

# Scottish Beasties

We have some amazing wildlife throughout the Highlands, both real & fictional! In this section are some activity ideas themed around our amazing Scottish Beasties – along with the below information on some animals common to the Highlands to give you some inspiration!


























## Highland Wildlife












- \* **Red Squirrels** - our lovely reds are far more common in the Scottish Highlands than grey squirrels & there is a big effort to keep it that way! Their numbers have decreased over the years with 120,000 red squirrels remaining. Visit [Saving Scotland's Red Squirrels](#) for more information & a map of locations you may be able to see red squirrels - you can even report your sightings to help monitor the population!
- \* **Highland Cows (or Coos)** - Highland cattle can be found on farms throughout Scotland, raised mainly for their meat but can also be quite a tourist attraction. Highland cattle have a history that dates back to at least the 6th century so they have been around a lot longer than us!
- \* **Scottish Wildcats** - They may look very similar to plain old moggies but these are incredibly tough super-predators capable of surviving Scotland's harshest winters. Unfortunately there are now less than 100 in the wild. Many organisations are working to save the Wildcat including our own Highland Wildlife Park, for more info visit [Scottish Wildcat Action](#)
- \* **Dolphins** - When you think of places you may find dolphins, Scotland is probably not the first place that springs to mind! But the Moray Firth is host to not only a large number of dolphins, but also seals, otters, ospreys and gulls. The Scottish Dolphin Centre is an amazing place to visit, offering free educational sessions & dolphin watching [Scottish Dolphin Centre](#)
- \* **Deer & Sheep** – These animals are very common throughout the Highlands – but are also incredibly important to our economy & tourism. In 2013, it was reported that there were more sheep in Scotland than people & they are capable of living on the remote islands, for example the Soay Sheep of St Kilda. Sheep are also very important in the production of Harris Tweed produced in the Outer Hebrides. Deer are one of Scotland's most iconic species, and play an important part in our rural economy and culture, an integral part of Scotland's biodiversity, and provide us with healthy food and recreational opportunities.




## Mythical Beasties

- ✱ **Unicorns** - The unicorn is a symbol of purity & innocence but also power in celtic mythology – there are many tales of their chivalry! It is believed to have been chosen as the national animal because like Scotland it remains unconquered! Did you know that 9th April is Scotland's National Unicorn Day!
- ✱ **The Loch Ness Monster (aka Nessie)** -Nessie is probably one of Scotlands, if not the world's, most famous unsolved monster mysteries! A creature supposedly inhabiting Loch Ness with a long neck and humps protruding from the water was first sighted nearly 1,500 years ago - it was said a giant beast leapt from the lake & ate a local farmer! For more info on Nessie we highly recommend the [Loch Ness Centre and Exhibition](#)
- ✱ **Selkies** - Creatures who can switch between human & seal form - the name is the word for 'seal' in traditional Orkney dialect. Many myths are told about selkies, they are fallen angels, humans doomed to live at sea or the souls of those who died at sea. In human form they are said to be very beautiful & there are many tales of humans stealing their 'seal-skin' to prevent them returning to the sea. Local Kingussie author Caroline Logan has penned a great tale featuring selkies, [The Stone of Destiny](#), a great read for Guides & above
- ✱ **Kelpies** - Another shape changer, kelpies are said to be aquatic spirits who take the form of a horse. They appear tamely on river bank but once mounted you will find yourself unable to move & be dragged into the river to be eaten!
- ✱ **The Big Grey Man of Ben Macdhui (Am Fear Liath Mòr)** - an extremely tall man or a presence causing unease which is said to haunt Ben Macdui, the highest peak of the Cairngorms. Nearly all the reports include the sound of crunching footsteps nearby.
- ✱ **Wild Haggis** - a creature with four legs and long shaggy hair - the wild haggis is said to have uneven legs which allow it to easily scale the Scottish hills. Don't believe us? You can see one at Kelvingrove Museum in Glasgow!

## Scottish Beastie Crafts, Games & Ideas

Craft/Activity/Game	Ideas	Adaptable for
<b>Toilet Roll Squirrel (P)</b>	There are many variations of this craft, from simply folding & paint to including more complex cutouts	   
<b>Squirrels</b>	A fun game all about squirrels collecting nuts - see page 17 for details	  
<b>Paper Plate Coos (P)</b>	Use paint, paper, card, wool or any other craft materials to make your own Highland Coo	 
<b>Highland Coo Felt Decoration (P)</b>	Using our template on page... 1. Cut out the coo's body, horns & nose from felt. Stick the nose in the centre & horns on the head (we stuck horns to the back). You can also add a loop of wool to the back so you can hang your coo. 2. Cut small strands of wool, about an inch in length. 3. Starting at the bottom of the coo spread a line of glue & stick on a row of wool pieces (we used glue guns so this dried quickly but you could use fabric glue) 4. Add another row of glue a little way up so the next row will overlap the one below. Continue until you reach the top of your coo!	  
<b>Coo Treats (P)</b>	Try decorating cakes or biscuits as Coos! Younger sections could use lace sweets & older sections could try piping some icing!	    
<b>Beastie Gift Boxes (P)</b>	These adorable gift boxes can be designed in the likeness of any of our Scottish Beasties (squirrels & coo examples can be found <a href="#">here</a> ) Tutorials and templates to make a pillow box can be found on our pinterest board.	  
<b>Shiny Salmon (P)</b>	Salmon are also incredibly important in the Highlands, providing both tasty treats and recreational activities. Why not create foil fish with Rainbows & Brownies ( <a href="#">Foil Fish</a> ) or cut scales from plastic bottles or plastic spoons with older girls.	    

<a href="#">Salmon Obstacle Course</a>	You could learn about the salmon lifecycle & how they journey upstream to lay their eggs using this great obstacle game	
<b>Sheep Treats (P)</b>	Buy or bake chocolate cupcakes, spread frosting or chocolate spread on to the top of the cakes and decorate using mini marshmallows for wool and maltesers, fondant or buttons for heads.	 
<b>Sheep Herding Game</b>	Sheep herding is more difficult than it looks! You may not be able to try it with real sheep but why not try our herding game on page 17 If you want to learn more about sheep herding why not look out for demonstrations in your area? If you're visiting the Highlands we recommend this local farm <a href="http://www.leaultworkingsheepdogs.co.uk">http://www.leaultworkingsheepdogs.co.uk</a>	 
<b>Fluffy Sheep Crafts (P)</b>	You can find a number of different sheep crafts on our pinterest board including pom pom sheep, pencil toppers, button sheep, paper sheep & even sheep masks!	 
<b>Yarn &amp; Tweed</b>	You could visit a local farm or even a spinning mill to find out more about sheep, their wool and its uses. You can find out about Harris Tweed and how it is created in the Highlands here <a href="http://www.harristweed.org">http://www.harristweed.org</a>	
<b>Fictional Beasties</b>	The Scottish Highlands have helped to inspire a large number of fictional beasties (some make an appearance in Guiding – the Brownie six emblems Ghillie Dhu and Kelpie both come from Scottish folklore). Visit Scotland has a great eBook on <a href="#">Scottish Ghosts, Myths &amp; Legends</a> – why not share stories or draw pictures using Scottish folklore as inspiration.	
<b>Nessie Crafts (P)</b>	There are lots of crafts you can try to pay homage to our famous monster –on our pinterest board you will find sewing, origami & paper crafts. We highly recommend using clay or play dough to make Nessie models (ours can be seen on our Pinterest	 





	page). Younger groups can also create Nessie using <a href="#">this online printable</a> . Knitting & Crochet patterns for Nessie can also be found on <a href="http://www.ravelry.com">www.ravelry.com</a> (membership required).	
<b>Nessie Tig</b>	An adaptation of Centipede, see page 18 for instructions	
<b>Unicorn Crafts (P)</b>	Unicorns have become hugely popular in the last few years and there are now a huge variety of unicorn based crafts & activities! Check out our pinterest page for puppets, toilet roll crafts hama bead patterns, headbands, jewellery etc etc	 

All our Scottish Beasties ideas can be found here  
[Scottish Beasties Pinterest Board](#)







# Traditionally Scottish





The Scottish Highlands are full of culture and tradition whether it's craft related, dancing or music. This section will help you discover some of these traditions for you to recreate in your unit!

## Traditionally Scottish Crafts, Games & Ideas

Craft/Activity/Game	Ideas	Adaptable for
<b>Weaving (P)</b>	<p>Weaving is one of Scotland's most historic crafts with Harris Tweed being one of its most famous brands. The history of Harris Tweed is rich &amp; its production is even protected by acts of parliament. To find out more visit <a href="http://www.harristweed.org">http://www.harristweed.org</a>.</p> <p>All sections can try weaving:</p> <ul style="list-style-type: none"> <li>- Simple paper weaving is great for younger groups but can be made more complex using these <a href="#">weaving coasters</a></li> <li>- If you want to try weaving with wool or fabric why not try straw weaving which can be done with wool or embroidery thread – use your weaving to create bracelets, bookmarks or even monsters (tutorials on our Pinterst board)</li> <li>- You can create your own loom using cardboard and weave decorative hangings – <a href="#">a great tutorial can be found here</a></li> <li>- There are also many tutorials &amp; kits available for weaving small baskets or bowls</li> <li>- At a camp or sleepover why not try a giant weaving project!</li> </ul>	 
<b>Tartan (P)</b>	<p>Designing your own Tartan is a great way to get in touch with Scottish culture – it has been used since the 19<sup>th</sup> century to represent Scottish clans, families, or institutions.</p> <ul style="list-style-type: none"> <li>- Many colouring sheets are available which can be used to create your own tartan. Or use strips of paper, paint or ribbon to create a tartan collage</li> <li>- Off cuts of tartan fabric can often be found on eBay &amp; can be used for small fabric crafts like badges, keyrings, bunting, ornaments etc</li> </ul>	 



<b>Kilts (P)</b>	<p>Tartan, of course, is traditionally used for kilt making, another familiar element of Scottish culture!</p> <ul style="list-style-type: none"> <li>- Why not use some of your newly created tartan or plaid fabrics to create a mini kilt</li> <li>- Try <a href="#">decorating shortbread petticoat tails with icing</a></li> <li>- Kilt pins are worn on the lower corner of the kilt to prevent it blowing open &amp; to add some personal decoration. Try threading things onto large safety pins or you can buy kilt pins with loops for hanging charms or beads</li> <li>- No kilt is complete without a sporran – a pouch worn at the front of a kilt, used as a pocket. A tutorial on how to make your own sporran, including templates, <a href="#">can be found here</a></li> </ul>	 
<b>Music &amp; Dance (P)</b>	<p>Music and dance are also very important in Scotland – they're a main feature of most Highland ceilidhs (A social event with Scottish folk music and singing, traditional dancing, and storytelling).</p> <ul style="list-style-type: none"> <li>- Why not throw your own ceilidh and learn some Scottish country dancing, such as <a href="#">the Dashing White Sergeant</a> or <a href="#">Strip the Willow</a></li> <li>- Try learning some traditional Scottish songs – the <a href="#">Scots Language Centre</a> has a large range of songs (including lyrics &amp; tunes) for different age groups.</li> <li>- To really get a Scottish music experience, you need bagpipes! Traditional bagpipe tunes can be found on YouTube or why not try making your own – <a href="#">this video shows how to make your own bagpipe</a> from a rubber glove, card tube &amp; a straw! (Leaders you might want some earplugs...)</li> </ul>	 
<b>Gaelic (P)</b>	<p>Did you know we have our own language in the Highlands? Scottish Gaelic is not spoken very commonly, but it is found mostly in the Highlands, particularly the Western Isles. If you come to visit us you will often see Gaelic on road signs as well as English.</p>	 

	Some useful websites to help you learn gaelic include <a href="http://learngaelic.net/index.jsp">http://learngaelic.net/index.jsp</a> or <a href="https://www.gaelic4parents.com/">https://www.gaelic4parents.com/</a>	
<b>Thistle (P)</b>	<p>According to legend the Thistle became Scotland's national flower after a party of Scots warriors were saved from ambush by an invading Norse army when one of the enemies trod on the prickles – his cry woke the Scots who went on to defeat the invaders!</p> <ul style="list-style-type: none"> <li>- Templates &amp; ideas are available on our pinterest board for creating paper thistles or use felt to create a thistle brooch</li> <li>- Older groups can create <a href="#">thistle pom poms</a> (this tutorial is for a dandelion but yellow wool could be exchanged for purple).</li> </ul>	 
<b>Celtic Knots (P)</b>	Celtic knot symbols have lots of different meanings & are common in many cultures including Scottish & Irish. Check out our pinterest board for colouring pages, paper folding activities and celtic knot crafts. These can be made more complex for older groups	 

All our Traditionally Scottish ideas can be found here [Traditionally Scottish Pinterest Board](#)

# Yummy Treats

There are a number of yummy treats that hail from Scotland, which are enjoyed throughout the world! In this section we have collected some of our favourite recipe ideas - why not have a Scottish banquet or hold a Burns Night Celebration!



- all recipes can be eaten by any section! But not all recipes may be suitable for all sections to cook, you know your group best so please adapt these activities how you wish! Shorter recipes may be suitable for meeting times & longer may be better for camps & trips.

## Burns Night

Traditionally a Burns Supper is held on or around the 25<sup>th</sup> January to celebrate the life and poetry of Robert Burns, author of many Scots poems.

These celebrations often include bagpipe music, dancing and lots of food! The traditional menu includes cock-a-leekie soup, haggis, neeps & tatties and Cloutie Dumpling. A number of Robert Burns's poems are used during the celebration including the "Address to a Haggis" which is recited as the haggis is presented to the group.

A breakdown of a traditional Burns Supper [can be found here](#)

## Yummy Treat Recipes & Ideas

Recipe	Time Taken	Ideas
<b>Shortbread</b>	Approx. 1hr	Traditionally Shortbread was seen as a luxury food, saved for special occasions such as Christmas, Hogmanay (Scottish New Year's Eve), and weddings. Did you know in Shetland, it is traditional to break a decorated shortbread cake over the head of a new bride on the entrance of her new house! A great traditional recipe can be found here: <a href="#">Traditional Shortbread Recipe</a> but there are many different variations.
<b>Bannocks</b>	Approx. 30mins	The traditional Scottish Oatcake! Although found throughout the UK oatcakes are traditionally from Scotland. They can often replace toast at breakfast in Scotland but are also served with cheese, smoked salmon & dill or chutney. Traditional Scottish Bannocks are cooked on a griddle as done in this recipe: <a href="#">Traditional Oatcakes</a> but can also be <a href="#">baked in the oven</a>
<b>Cranachan</b>	Approx. 30mins	This is a Scottish dessert similar to trifle. Traditionally the oats are soaked in whisky but we advise skipping this step (unless it's for leaders only)! A traditional way to serve cranachan is

		<p>to bring dishes of each ingredient to the table so that each person can assemble their dessert to taste – a great way to share the desert in a meeting!</p> <p>A whisky free recipe can be found here: <a href="#">Cranachan for Kids</a> but there are a number of different recipes using different fruits &amp; flavours.</p>
<b>Clottie Dumpling</b>	Approx. 25mins	<p>This dessert is traditionally eaten at Christmas. It gets its name from the Scots word 'clout' a strip or piece of cloth, as the pudding is wrapped in cloth before steaming.</p> <p>It can be steamed over a pan but <a href="#">this recipe uses a microwave</a>. A more traditional recipe can be found here: <a href="#">steamed clottie dumpling</a></p>
<b>Empire Biscuits</b>	Approx. 40mins	<p>Found throughout the UK, but popular in Scotland these treats consist of two biscuits (commonly shortbread), sandwiched together with jam &amp; topped with icing and a cherry or jelly tot. The biscuit was originally known as the "Linzer Biscuit", and later the "Deutsch Biscuit" but after the outbreak of World War I it was renamed to Empire biscuit. A simple way of making these would be to buy shortbread biscuits or similar &amp; construct, but a recipe to make from scratch can be found here: <a href="#">Empire Biscuits</a></p>
<b>Scotch Pancakes</b>	Approx. 30mins	<p>Also known as drop scones Scotch pancakes are commonly mixed up with American pancakes. There are however much smaller &amp; are eaten at tea time with jam and butter, rather than for breakfast (although we wouldn't say no to them then!)</p> <p>A recipe to make them from scratch can be found here: <a href="#">Scotch Pancakes</a> – although you could buy them ready made to try with different toppings!</p>
<b>Tablet</b>	Approx. 1hr 30mins – 2hrs	<p>This Scottish treat has been around since the 18<sup>th</sup> Century – similar to fudge but more brittle. The traditional recipe uses just sugar and cream but more modern recipes substitute condensed milk and butter for the cream, as it's slightly easier to cook.</p> <p>A quick recipe can be found here: <a href="#">Carnation Tablet</a> but does not specify how long the tablet takes to set. Another longer recipe can be found here: <a href="#">Traditional Tablet</a></p>

<b>Haggis, Neeps &amp; Tatties</b>	Approx. 1hr	Haggis is one of the most commonly recognised Scottish foods – although it may not appeal to everyone! Both meat and vegetarian haggis are available and are often served with neeps (mashed turnips) and tatties (mashed potatoes). A lovely recipe of this warming meal can be found here: <a href="#">Jamie Olivers Haggis, Neeps &amp; Tatties</a>
<b>Stovies</b>	Approx 1hr 30mins	Stovies are a Scottish dish based on potatoes & often use leftover meat from a roast dinner. It's a great meal to prepare ahead & is often served at outdoor events like Highland shows & Shinty matches. They're also perfect for cooking at camp as they can be made all in one pot. You can use all sorts of meat or veg but here is <a href="#">a simple stovies recipe</a>
<b>Tattie Scones</b>	Approx. 35mins	Also known as potato scones, these are a regular feature in a full Scottish breakfast (a great addition to a camp breakfast!). They are traditionally made from mashed potato & fried, but once cooked can be reheated in a toaster! This recipe for <a href="#">Tattie Scones</a> has methods for baking and frying.

All our Yummy Treats recipes can be found here  
[Yummy Treats Pinterest Board](#)

# Highland Hijinks

There are many fun games and activities to take part in here in the Scottish Highlands. The Highlands contains some of Scotland's most amazing scenery ranging from remote and unspoilt areas to vast mountains, glens and lochs. All this gives us space to try many adventurous activities!

## Highland Games

The games have been going for so long, they pre-date records! Now the largest games are held annually in Dunoon but games are held throughout the world. The games consist not just of sporting events but also bagpipe and highland dancing competitions.

Visit Scotland have an excellent resource for creating your own Highland Games, from picking you clan name, creating a flag to a range of kid friendly games. [It is available here](#) (we have a copy saved if unavailable).

## Skiing & Outdoor Activities



Aviemore (down the road from us in Kingussie!) became one of Scotland's first ski resorts in 1961 and is now Britain's most visited ski resort.





Skiing and snowboard aren't just popular activities for tourists but are also well attended by the locals! Many of our Brownies and Guides have skiing lessons in the winter months instead of PE! Why not take a visit to your local dry-ski slope to give it a go!

As well as skiing, Aviemore and many other areas in the Highlands have facilities for adventurous activities including gorge walking, mountain biking, climbing & rafting. Do you have something similar in your area that you can try? If you're visiting the Highlands we highly recommend activities at Loch Insh Watersports <http://www.lochinsh.com>. Always check the [Girlguiding Website](#) before embarking on adventurous activities!

Below are some ideas of how you can bring these hijinks to your unit.

## Highland Hijinks Crafts, Games & Ideas

Craft/Activity/ Game	Ideas	Adaptable for
Mountains (P)	<p>There are many mountains within a stones throw of Kingussie including Creag Bheag &amp; Cairn Gorm, then further afield Ben Macdui &amp; Ben Nevis.</p> <ul style="list-style-type: none"><li>- Why not try making Egg Carton Mountains Turn an egg carton upside down, paint brown or grey, then (once dry) top with white paint or glitter. You can even add trees <a href="#">like in this tutorial</a></li></ul>	 

	<ul style="list-style-type: none"> <li>- Try making Mountain Bunting! Using felt cut out mountain shapes in shade of grey then snow and clouds in white. Glue snow onto mountains then glue all pieces onto a long piece of string (you can also thread string through felt using a sharp needle.</li> <li>- Create mountain landscapes using torn paper or water colour paints</li> <li>- Try using clay or fimo to make different mountain photo holders</li> <li>- Older sections could try mountain string art, the design being as simple or as complex as you like!</li> </ul>	
<b>Snow (P)</b>	<p>The Scottish Highlands do see their fair share of snow!</p> <ul style="list-style-type: none"> <li>- No snow where you are? Try making some! Tutorials for fake snow, snow dough &amp; other pretend snow crafts can be found on our pinterest board</li> <li>- There are also plenty of snowflake crafts from cutting snowflakes from paper, using clothes pegs, cotton buds, pipe cleaners &amp; lolly pop sticks</li> <li>- As a sit-down game alternative try Snowed In, see page 18. For more indoor winter ideas, <a href="#">visit this great site</a></li> <li>- Why not have an indoor snowball fight using scrunched paper, tissue or even marshmallows. You can even create your own <a href="#">snowballs pom-poms!</a></li> </ul>	 
<b>Skiing (P)</b>	<p>Skiing is a great way to keep fit &amp; allows you to see all wonderful kinds of scenery!</p> <ul style="list-style-type: none"> <li>- Why not try making a mini skier, <a href="#">this great resource gives templates</a>, which can be coloured in &amp; stuck on lollipop sticks. Alternatively <a href="#">you can use pinecones</a>, which can be painted, glittered or sprayed then decorated with woolly accessories &amp; toothpick poles, before sticking onto lollipop sticks.</li> <li>- Why not try creating an indoor ski slalom race using cones or markers as posts for girls to run relay races around. You can even <a href="#">create your own skis</a>.</li> </ul>	 

All our Highland Hijinks ideas can be found here  
[Highland Hijinks Pinterest Board](#)

# Highland Bound

This section contains some ideas of places you might like to visit in our neck of the woods - Why not take a visit to explore the Scottish Highlands!

## Campsites & Holidays

- Girlguiding Inverness-Shire Leachkin Hall, in Inverness, is a great venue for small groups to have sleepovers or use as a base. The hall is close to the city centre as well as supermarkets, bus routes & a number of great Highland activities. Contact [kgbadges@gmail.com](mailto:kgbadges@gmail.com) & we will pass on the current contact details or try visiting [the Girlguiding Inverness-Shire Facebook Page](#)
- Girlguiding Ross-Shire's [Killearnan Activity and Training Centre](#) is an excellent place to visit for a camp (currently not available for indoor sleeping) with plenty of space for tents and a huge indoor space for activities.
- [Badaguish Outdoor centre](#) is a great place to stay in Aviemore with indoor and camping accommodation. They also have a large range of outdoor activities available.
- Kincaig, down the road from Kingussie also has a number of places suitable for Guiding trips including [Cairngorms Christian Centre](#), [Kincaig Community Hall](#) & [Loch Insh](#)

## Activities

- Loch Insh Watersports <http://www.lochinsh.com>
- Lagganlia Centre for Outdoor Learning <http://www.lagganlia.com/>

## Sights & Fun Days Out

- Highland Wildlife Park <http://www.highlandwildlifepark.org.uk/>
- The Scottish Dolphin Centre [http://www.wdcs.org/connect/wildlife\\_centre/index.php](http://www.wdcs.org/connect/wildlife_centre/index.php)
- Dolphin tours – there are a number of different companies who run dolphin boat tours in the Moray Firth, but we recommend <http://www.dolphintripsavoch.co.uk/>
- Loch Ness – this is a hugely popular tourist destination and there are many tours, boat trips and an exhibition. For more info visit <http://www.lochness.com/home.aspx>



# Games

## Squirrels

You need:

- \* Dried peas/beans/lentils (or similar)
- \* A small pot/bowl for each team
- \* A large pot/bowl
- \* Wool

To Play:

- Every girl gets a piece of wool (approx 25cm) to use as a tail, they need to attach it in such a way that it can be easily pulled off (e.g. tucked it into trousers). Leaders can keep spare tails
- Each team sits in a corner of the area with a small pot/bowl, the pot filled with dried beans placed in the centre (the 'nuts'). Each member of the team gets a number
- Leader calls out a number & the girl with that number runs to collect a nut (only one at a time) & take it back to their team.
- While collecting they can also steal other squirrels tails! If their tail is stolen they cannot continue collecting nuts until they get a new tail from the Leader.
- The number called continue collecting nuts & stealing tails until the leader shouts 'hibernate!' & they return to their team. Another number is called until everyone's had a turn (or everyone's had enough)
- Teams count up their points, Nuts are worth 1 point, tails are worth 3. The winning team is the one with the most points.

## Sheep Herding

You need:

- \* White Balloons
- \* Extra markers or objects for pens or obstacles
- \* Something to mark a start & finish line

To Play:

- Blow up large white balloons (you can use a marker to create sheep faces).
- Choose a starting point and an ending point.
- Divide the group into two teams and have them stand in a line behind the starting line.
- At the blow of the whistle (or shout Go) the first girl in the line needs to get the sheep from the starting line to the ending line and back to the starting line, using their hands to waft the balloon.
- When they return to the start, the next person goes & the first team to finish win the game

Notes:

- We recommend using biodegradable balloons to reduce the use of plastic
- Make sure to have extra balloons just in case any pop.
- To make the game more complex you could create a 'pen' for sheep to be herded into or other girls or objects could create 'obstacles'.

## Nessie Tig

You need:

- \* Cones or rope (something to mark out an area)

To Play:

- Lay out a boundary using rope or cones or whatever suits your venue – this is the Loch.
- Try and take up plenty of space, outside the boundary is the Glen.
- One girl is 'Nessie' (It) & must catch the others but Nessie must stay in the Loch.
- The girls can run round both areas but can only stay in the Glen for 5 seconds.
- When a girl is caught she joins hands (or holds onto her shoulders) with Nessie to form a chain & helps her to catch other girls
- If the chain gets too long split into two Nessie's
- The last person caught wins.

## Snowed In

You need:

- \* Scissors
- \* Toilet Roll
- \* Colouring Pencils
- \* Ball of Yarn

You can use different items depending on what you have & the age group (or split into groups & use different items for each group!)

To Play:

- You're snowed in at home, you can't get out of the house! There's a power cut so there's no internet or TV & you have to use candles for lights - don't worry, you have plenty of food, water & heat
- All you can find is a pair of scissors, a toilet roll, colouring pencils & ball of yarn
- How many activities can you come up with to keep busy? Try and thinking of games, crafts - anything that will keep boredom away!

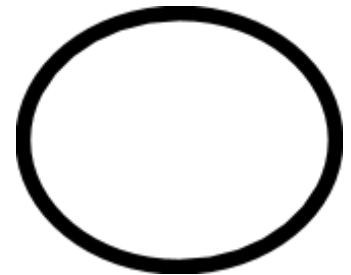
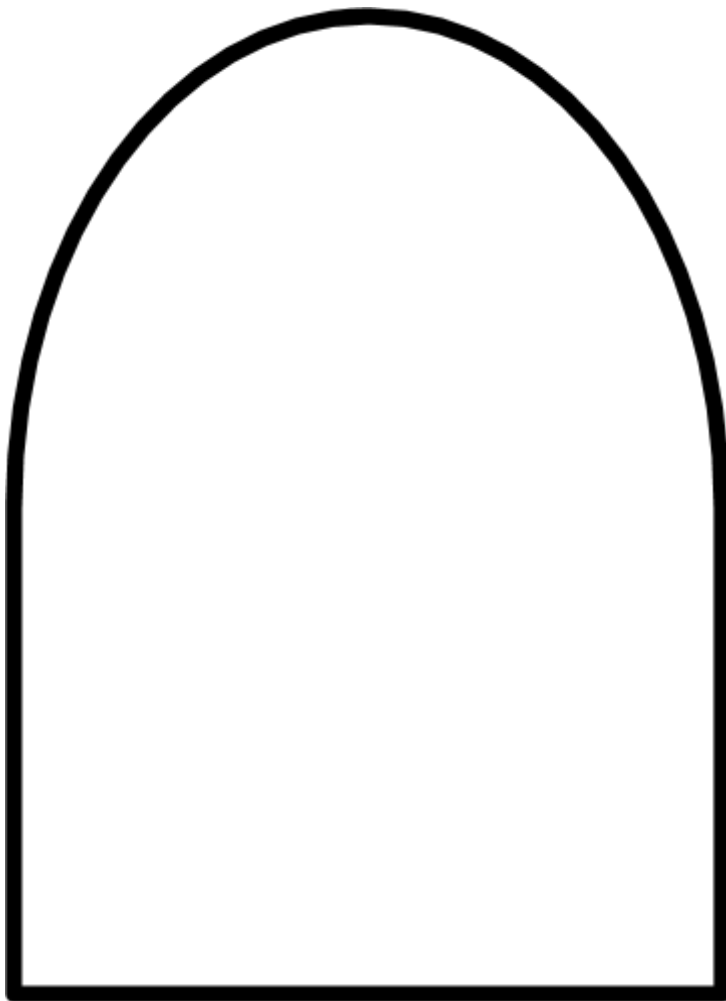
# Templates & Worksheets

## Highland

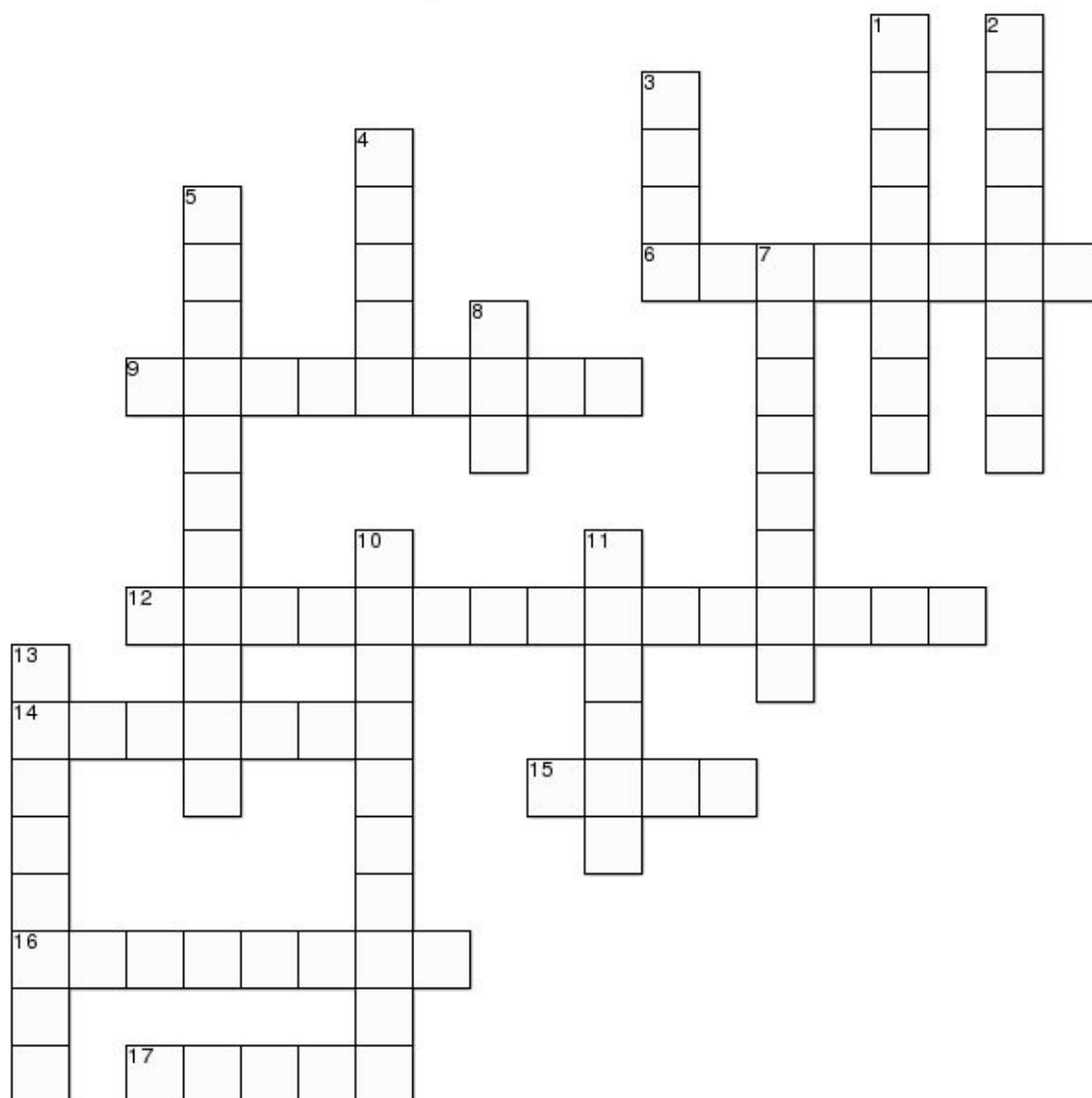
### Coo Felt Decoration

You need:

- \* Felt
- \* Wool
- \* Glue (Fabric or Glue Gun)
- \* Scissors



## Crossword



Created with TheTeachersCorner.net [Crossword Maker](#)

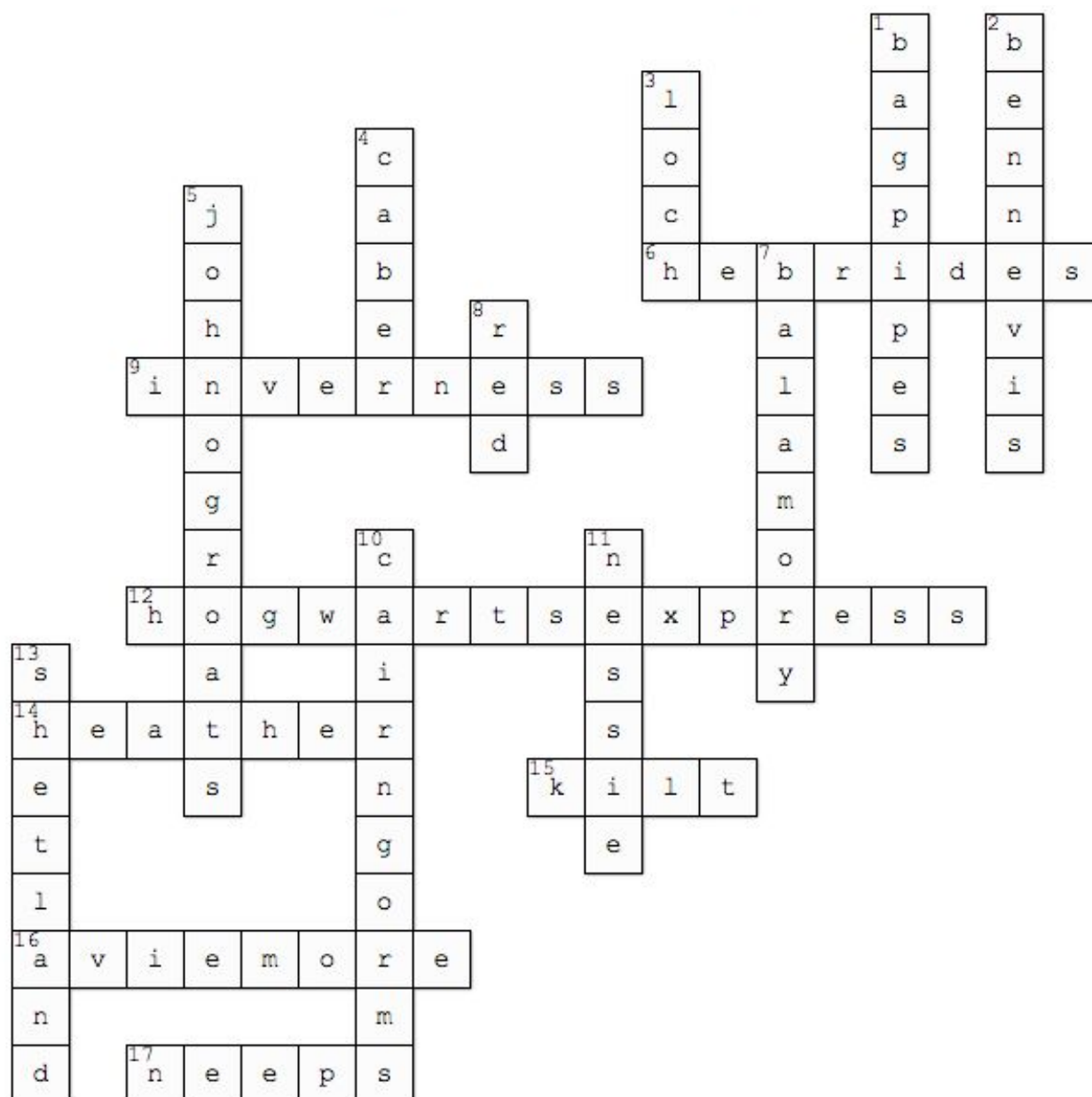
### Across

- 6. Island groups found off the west coast of Scotland
- 9. Capital of Scottish Highlands
- 12. Magical train which crossed the Glenfinnan Viaduct
- 14. Purple flowered shrub found across the Scottish hills
- 15. Traditional dress worn by men
- 16. Scottish Highland Town, famous for skiing
- 17. Served with haggis and tatties

### Down

- 1. Scottish musical instrument
- 2. Highlands tallest mountain, found near Fort William
- 3. Scottish lake
- 4. Long trunk or log, thrown in Highland Games
- 5. Most northern town of mainland Scotland - often travelled to from Lands End
- 7. 'What's the story in ...' (Kids TV show, filmed on Mull)
- 8. Colour of Scottish squirrels
- 10. National park found in the Highlands
- 11. Our famous monster
- 13. Scottish Islands, found in the North

## Crossword Solutions



Created with TheTeachersCorner.net Crossword

## Scottish Islands Wordsearch

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

LEWIS

STKILDA

BUTE

IONA

ISLAY

HARRIS

RHUM

COLONSAY

JURA

BENBECULA

RAASAY

SHETLAND

COLL

BARRA

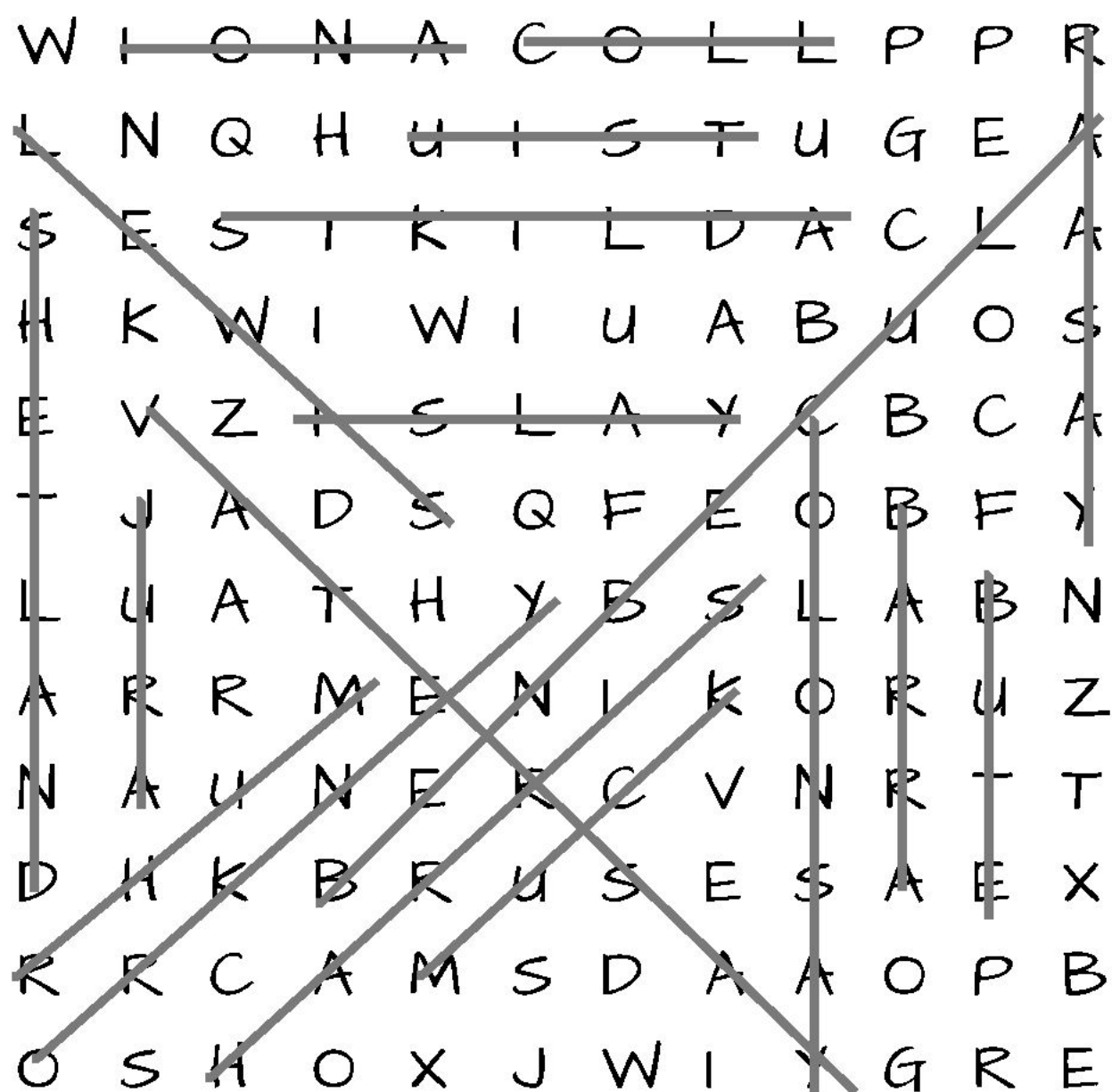
MUCK

VATERSAY

ORKNEY

UIST

# Scottish Islands Wordsearch Solution



## Hyperlinks

Site	Address
<a href="http://scottishsquirrels.org.uk">Saving Scotland's Red Squirrels</a>	http://scottishsquirrels.org.uk
<a href="http://www.rzss.org.uk/conservation/our-projects/project-search/zoo-based/scottish-wildcat-action">Scottish Wildcat Action</a>	http://www.rzss.org.uk/conservation/our-projects/project-search/zoo-based/scottish-wildcat-action
<a href="https://dolphincentre.whales.org/">Scottish Dolphin Centre</a>	https://dolphincentre.whales.org/
<a href="http://www.lochness.com/">Loch Ness Centre and Exhibition</a>	http://www.lochness.com/
<a href="https://www.cranachanpublishing.co.uk/the-stone-of-destiny/">The Stone of Destiny</a>	https://www.cranachanpublishing.co.uk/the-stone-of-destiny/
Beastie Gift Boxes	https://www.docrafts.com/Projects/country-cuties/4025686
<a href="http://www.scienceworld.ca/resources/activities/salmon-migration-obstacle-course">Salmon Obstacle Course</a>	http://www.scienceworld.ca/resources/activities/salmon-migration-obstacle-course
<a href="http://ebooks.visitscotland.com/ghosts-myths-legends/">Scottish Ghosts, Myths &amp; Legends</a>	http://ebooks.visitscotland.com/ghosts-myths-legends/
Printable Nessie	http://learncreatelove.com/printable-loch-ness-monster-craft/
<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/scottish-beasties/">Scottish Beasties Pinterest Board</a>	https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/scottish-beasties/
<a href="http://howaboutorange.blogspot.co.uk/2009/06/recycled-magazine-coasters.html">weaving coasters</a>	http://howaboutorange.blogspot.co.uk/2009/06/recycled-magazine-coasters.html
Cardboard Loom	http://www.artbarblog.com/create/weaving-kids/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+artbarblog/RXIF+(Art+Bar)
Shortbread Kilts	https://www.foodiequine.co.uk/2015/11/shortbread-kilts-for-st-andrew-day.html
Sporran Template	http://www.activityvillage.co.uk/sporran-craft
<a href="https://youtu.be/Wm_5l_bs-6Y">The Dashing White Sergeant</a>	https://youtu.be/Wm_5l_bs-6Y
<a href="https://youtu.be/vboU2A59POs">Strip the Willow</a>	https://youtu.be/vboU2A59POs
<a href="https://www.scotslanguage.com/pages/view/id/23">Scots Language Centre</a>	https://www.scotslanguage.com/pages/view/id/23
<a href="https://youtu.be/1myNk6RiHzw">Make your own bagpipe</a>	https://youtu.be/1myNk6RiHzw
<a href="https://www.goodshomedesign.com/diy-dandelion-pom-pom/">Thistle pom poms</a>	https://www.goodshomedesign.com/diy-dandelion-pom-pom/
<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/traditionally-scottish/">Traditionally Scottish Pinterest Board</a>	https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/traditionally-scottish/
Burns Supper	http://www.bbc.co.uk/arts/robertburns/burns_night_running_order.shtm
<a href="http://www.food.com/recipe/true-scottish-shortbread-120644">Traditional Shortbread Recipe</a>	http://www.food.com/recipe/true-scottish-shortbread-120644
<a href="http://www.bbc.co.uk/food/recipes/oatcakes_74180">Traditional Oatcakes</a>	http://www.bbc.co.uk/food/recipes/oatcakes_74180



Oven Baked Oatcakes	<a href="http://www.bbcgoodfood.com/recipes/520634/scottish-oat-cakes">http://www.bbcgoodfood.com/recipes/520634/scottish-oat-cakes</a>
<a href="http://www.food.com/recipe/cranachan-224123">Cranachan for Kids</a>	<a href="http://www.food.com/recipe/cranachan-224123">http://www.food.com/recipe/cranachan-224123</a>
Clootie Dumpling (microwave)	<a href="http://allrecipes.co.uk/recipe/8576/microwave-clootie-dumpling.aspx">http://allrecipes.co.uk/recipe/8576/microwave-clootie-dumpling.aspx</a>
<a href="http://www.bbc.co.uk/food/recipes/clootiepudding_9528">Steamed clootie dumpling</a>	<a href="http://www.bbc.co.uk/food/recipes/clootiepudding_9528">http://www.bbc.co.uk/food/recipes/clootiepudding_9528</a>
<a href="http://www.grahamsfamilydairy.com/recipes/james-mortons-recipes/empire-biscuits/">Empire Biscuits</a>	<a href="http://www.grahamsfamilydairy.com/recipes/james-mortons-recipes/empire-biscuits/">http://www.grahamsfamilydairy.com/recipes/james-mortons-recipes/empire-biscuits/</a>
<a href="http://allrecipes.co.uk/recipe/22467/traditional-scotch-pancake.aspx">Scotch Pancakes</a>	<a href="http://allrecipes.co.uk/recipe/22467/traditional-scotch-pancake.aspx">http://allrecipes.co.uk/recipe/22467/traditional-scotch-pancake.aspx</a>
<a href="https://www.carnation.co.uk/recipes/71/Milk-Tablet">Carnation Tablet</a>	<a href="https://www.carnation.co.uk/recipes/71/Milk-Tablet">https://www.carnation.co.uk/recipes/71/Milk-Tablet</a>
<a href="http://allrecipes.co.uk/recipe/25593/never-fails-scottish-tablet.aspx">Traditional Tablet</a>	<a href="http://allrecipes.co.uk/recipe/25593/never-fails-scottish-tablet.aspx">http://allrecipes.co.uk/recipe/25593/never-fails-scottish-tablet.aspx</a>
<a href="http://www.jamieoliver.com/recipes/lamb-recipes/haggis-neeps-tatties/#svDe7uF9uvPkSWwz.97">Jamie Olivers Haggis, Neeps &amp; Tatties</a>	<a href="http://www.jamieoliver.com/recipes/lamb-recipes/haggis-neeps-tatties/#svDe7uF9uvPkSWwz.97">http://www.jamieoliver.com/recipes/lamb-recipes/haggis-neeps-tatties/#svDe7uF9uvPkSWwz.97</a>
<a href="http://www.greatbritishchefs.com/recipes/stovies-recipe">Simple stovies recipe</a>	<a href="http://www.greatbritishchefs.com/recipes/stovies-recipe">http://www.greatbritishchefs.com/recipes/stovies-recipe</a>
<a href="http://britishfood.about.com/od/breakfastrecipes/r/tattiescones.htm">Tattie Scones</a>	<a href="http://britishfood.about.com/od/breakfastrecipes/r/tattiescones.htm">http://britishfood.about.com/od/breakfastrecipes/r/tattiescones.htm</a>
<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/yummy-treats/">Yummy Treats Pinterest Board</a>	<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/yummy-treats/">https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/yummy-treats/</a>
Kids Highland Games	<a href="http://static.visitscotland.com/pdf/homemade-highland-games.pdf">http://static.visitscotland.com/pdf/homemade-highland-games.pdf</a>
Egg Carton Mountains	<a href="http://www.iheartcraftythings.com/2014/02/3-d-snowy-mountain-winter-craft-out-of.html">http://www.iheartcraftythings.com/2014/02/3-d-snowy-mountain-winter-craft-out-of.html</a>
<a href="http://www.kidactivities.net/category/seasonal-winter-inside-games.aspx">Indoor Winter Games</a>	<a href="http://www.kidactivities.net/category/seasonal-winter-inside-games.aspx">http://www.kidactivities.net/category/seasonal-winter-inside-games.aspx</a>
<a href="http://howthesunrose-lalagirl.blogspot.co.uk/2014/02/indoor-snowball-fight.html">Snowballs pom-poms</a>	<a href="http://howthesunrose-lalagirl.blogspot.co.uk/2014/02/indoor-snowball-fight.html">http://howthesunrose-lalagirl.blogspot.co.uk/2014/02/indoor-snowball-fight.html</a>
Mini Skier Template	<a href="http://krokotak.com/2014/12/diy-skier/">http://krokotak.com/2014/12/diy-skier/</a>
Pine Cone Skiers	<a href="http://www.thatartistwoman.org/2009/12/how-to-make-pinecone-skier.html">http://www.thatartistwoman.org/2009/12/how-to-make-pinecone-skier.html</a>
<a href="http://playtivities.com/skiing-home-homemade-skis/">Create your own skis</a>	<a href="http://playtivities.com/skiing-home-homemade-skis/">http://playtivities.com/skiing-home-homemade-skis/</a>
<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/highland-hijinks/">Highland Hijinks Pinterest Board</a>	<a href="https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/highland-hijinks/">https://www.pinterest.co.uk/kingussieg/scottish-highlands-challenge/highland-hijinks/</a>
Girlguiding Inverness-Shire Facebook page	<a href="https://www.facebook.com/girlguidinginv/">https://www.facebook.com/girlguidinginv/</a>
<a href="http://www.girlguidingross-shire.org/index.asp?pageid=364541">Killearnan Activity and Training Centre</a>	<a href="http://www.girlguidingross-shire.org/index.asp?pageid=364541">http://www.girlguidingross-shire.org/index.asp?pageid=364541</a>
<a href="http://www.badaguish.org/">Badaguish Outdoor centre</a>	<a href="http://www.badaguish.org/">http://www.badaguish.org/</a>
<a href="http://www.cairngormschristiancentre.co.uk/">Cairngorms Christian Centre</a>	<a href="http://www.cairngormschristiancentre.co.uk/">http://www.cairngormschristiancentre.co.uk/</a>
<a href="http://www.kincraigcommunityhall.co.uk/">Kincraig Community Hall</a>	<a href="http://www.kincraigcommunityhall.co.uk/">http://www.kincraigcommunityhall.co.uk/</a>
<a href="https://lochinch.com/">Loch Insh</a>	<a href="https://lochinch.com/">https://lochinch.com/</a>

## Branding Confirmation



**Branding Matters** <BrandingMatters@girlguiding.org.uk>

19 Jan



to me

Hello

Thank you for contacting us. I can confirm that your badge meets our branding guidelines, as it contains the name of your unit and the name of the challenge, and the trefoil.

Good luck with your challenge.

Best Wishes

Rebecca

**Rebecca Marlow**

Communications and PR Administrator

**Girlguiding**

17-19 Buckingham Palace Road

London

SW1W 0PT

Tel: 020 7834 6242 Ex 2154

[www.girlguiding.org.uk](http://www.girlguiding.org.uk)



Girlguiding is the leading charity for girls and young women in the UK. We build girls' confidence and raise their aspirations. We give them the chance to discover their full potential and encourage them to be a powerful force for good. We give them a space to have fun.

## Ordering Badges

To save paper we are using an online order form. Please visit <https://form.jotform.com/kingussieguides/scottish-highlands-challenge-order-> to order badges. This form should be accessible on computers, phones & tablets.

If you are unable to use the form please email [kgbadges@gmail.com](mailto:kgbadges@gmail.com)

## Badge Costs

1-10 Badges: £1.50 each                      11+ Badges: £1 each

All funds raised until December 31st 2021 are contributing to the Girlguiding Kingussie Centenary Fund - helping all our members attend special events to celebrate our 100th birthday!

## Postage Costs

1-2 Badges: 70p                      Up to 15 badges: £1  
16-25 Badges: £1.50                      26 - 40: £2

*Due to work/family commitments we aim to post badges once a week - if you need badges by a specific date please let us know. All prices are for first class post*

## Payment Methods

We can accept payments via bank transfer or cheque:

**Bank Transfer** to Girlguiding Badenoch International Fund

Sort Code: 80-22-60 Account No: 19608460

Please use reference **IC-initials-unit initials** e.g. IC-LS-KG

**Cheque** to Girlguiding Badenoch International Fund

Posted to Scottish Highlands Challenge c/o 10 Orchard Court, Kingussie,  
Inverness-Shire, PH21 1LH

Once you have submitted the form you will be sent an email which you can use as your receipt for accounts - if pricing is incorrect or you need to make changes we will send a new receipt.