

Look Wider



**The
Senior Section**

Look Wider

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Introduction

'Look Wider! And when you are looking wider, look wider still'. *Lord Robert Baden-Powell*

What is Look Wider?

Look Wider is a personal development programme for The Senior Section. It is your opportunity to try new things, to further your abilities in areas you've already experienced and to share your skills with others. It can be undertaken on your own or as part of a group.

The aim of Look Wider

Look Wider is about setting yourself goals and achieving them. The Look Wider programme gives you the opportunity to try new activities and develop skills in areas you enjoy.

The benefits of Look Wider

Look Wider will help you gain the confidence to take on a challenge and achieve it. Confidence is an important asset in life and will help in many areas in future including applying for jobs or managing a family. It will also help you to:

- build friendships
- develop positive relationships
- network and make contacts
- understand more about yourself (and others)
- gain experience you can tell others about
- develop communication skills
- see the world
- be active in your community.

What do I have to do for Look Wider?

The Look Wider programme is divided into eight areas (called octants) covering the following.

Community Action

Action for others. The aim of this octant is for you to make a positive difference in your community, be it your immediate community or the wider global community. Use the activities to make a difference to yourself and others.

Creativity

Get creative. The aim of this octant is for you to develop your creativity and try new creative activities.

Fit for Life

Health and happiness. The aim of this octant is to encourage you to think about the things you need for a healthy mind, body and soul - how to increase your fitness and encourage others as well to be fit for life.

Independent Living

Right moves for you. The aim of this octant is for you to spend time building on life skills that will help you live independently. Learning skills that will help you throughout your life is a valuable part of being involved in guiding.

International

World vision. The aim of this octant is for you to gain awareness and experience of international issues and cultures.

Leadership

Lead the way. The aim of this octant is for you to develop your leadership skills, which will open many doors to you in the future.

Out of Doors

Get out and have fun. The aim of this octant is to encourage you to appreciate, explore and enjoy the outdoors.

Personal Values

You are who you are. The aim of this octant is to encourage you to think about and investigate the values you hold and develop an understanding of other people's values.

For more information about each octant, including suggested activities, see pages 7 to 14. Remember, these are just suggestions to help you come up with your own ideas. If you aren't sure if something you would like to do is suitable talk to your peer group to see what they think.

Having eight octants means there is something for everyone. More choice means that much of what you achieve in The Senior Section can count towards Look Wider.

Octants can be completed in any order and you can do activities towards more than one octant at the same time.

Phases

The eight octants are each divided into three phases and these, like the octants, can be completed in any order. You do not have to do phase 1 before phase 2 and you can work on more than one phase at a time.

Each phase requires different levels of time and commitment, and each should be a personal challenge to you.

Each of the phases can be undertaken on your own or as part of a group, but you must personally meet the requirements of a phase to count it towards your award.

Phase 1: Try it

Phase 1 is about trying three different activities. Each activity should be new to you. There isn't a set time for how long to try each, but it should last long enough to give you a taster of the activity.

Phase 2: Take it further

Phase 2 involves undertaking an activity further and developing your skills in it. This is done by doing the activity for a minimum of 12 hours. You could complete it in a weekend, over a few months or longer, provided you spend a minimum of 12 hours on the activity in total. The activity could be something you have tried in phase 1 which you then develop further or a different activity altogether (though not necessarily new to you).

Phase 3: Complete a long-term challenge

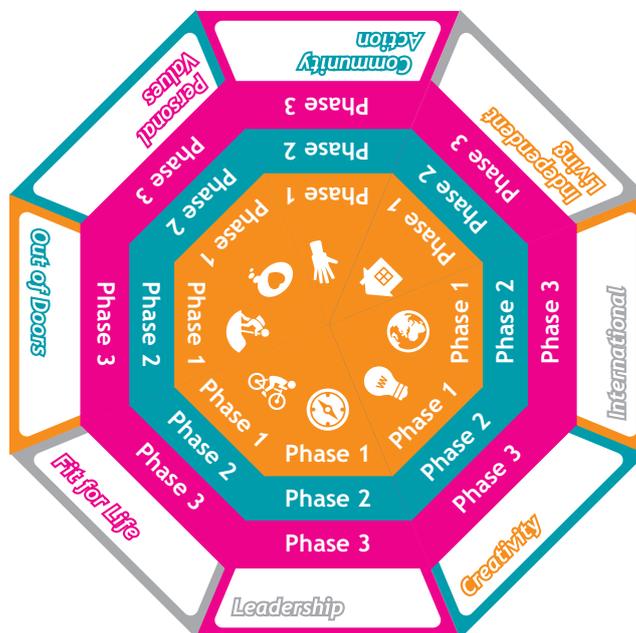
Phase 3 involves doing one activity over a longer period. This could be something new or something you've tried before. It could be something you have already tried in phase 1 or 2, or both.

You can complete phase 3 one of three ways.

- Undertake the activity for a minimum of 30 hours.
- Undertake the activity for a minimum of 20 hours and then gain a recognised qualification. This could either be a guiding qualification or an external award.
- Undertake the activity for a minimum of 20 hours and then teach it to people with less experience of the activity. The teaching must be for a minimum of three hours, which can take place over a number of sessions. You should plan the sessions beforehand and evaluate them afterwards.

Think carefully about who you are going to teach - remember that you must find it a personal challenge, so you could consider teaching a group of people that you don't usually interact with. They could be, for example, guiding units, Leaders, Scouts, Sunday school groups or summer activity camps.

Like phase 2, there is no time limit for completing a phase 3 activity.



What counts?

If you are working towards other Girlguiding awards and qualifications, these may count towards Look Wider. Qualifications offered by other organisations can also be used towards phase 3, provided you take a minimum 20 hours of preparation and training time to gain them. You may also include activities undertaken at your place of education or employment, provided they are extra-curricular.

You may choose the same activity for all three phases of an octant. However, the time you have spent doing the activity for one phase cannot be counted towards the time requirement of another phase. For example, if you went to a dance class for one and a half hours for phase 1, you cannot count those hours towards phase 2 as well.

Check if what you have done for Look Wider can be counted towards other awards and qualifications available to The Senior Section, such as the Queen's Guide Award or the Duke of Edinburgh's Award.

Personal challenges

The Look Wider programme is about challenging yourself, so don't rush it or take the easy option. Your Leaders, Commissioners and Advisers will be able to help you decide if something is a challenge for you or not. There are lots of different ways you could count things you are already doing towards your Look Wider programme. For example, if you are a Peer Educator, the sessions that you run can count towards Community Action. If you are a Young Leader, then by gaining your Young Leader Qualification you have achieved phase 3 of the Leadership octant. It is important to take into account your current personal situation when deciding what would be a personal challenge. Different things will be more or less challenging depending on what else is going on in your life at the time.

Support group

Whether you work through Look Wider on your own or with a peer group, you should always have plenty of support. For every challenge you are bound to need it - if you don't then it's not a

challenge! You'll find your challenge support group from your local community, such as your friends (in guiding and outside), Leaders in your District or Division, or a knowledgeable instructor from an external organisation or club.

What support the group provides

The people in your support group will be the ones to give you encouragement and guidance. They will help you plan and review your Look Wider activities and may even complete some with you.

You will discuss with your support group how you feel you have challenged yourself to gain an octant phase, and they will help you assess whether or not it has been a challenge to you. When reviewing an activity your support group has the responsibility to be objective, fair and take into consideration all the circumstances that might have affected your completion of the activity. Key considerations your group will evaluate with you are as follows.

- Has it been a challenge?
- Have you improved your skills?
- Has the challenge accounted for any necessary time constraints?

Recording what you have done

Keep track of what you have done using the *Look Wider and More Record Book* (available from www.girlguidingshop.co.uk, order code 6323).

You might also like to put together a more detailed record of what you have done. This will allow you to include more information and evidence of what you have achieved. You can do it through video journals, blogs, scrapbooks, a display, a written journal, a calendar and so on. This will give you the opportunity to evaluate the activities you have undertaken and what you have learned. The extra information can also help in future when writing about your achievements in applications for higher education, jobs, volunteering overseas, awards, funding and other opportunities.

Tips for Leaders

If you need to keep a summary of what everyone in your group has completed for Look Wider use the unit record sheet, available to download from www.girlguiding.org.uk/theseniorsection > **What can I do?** > **Look Wider**.

Rewards

Completing an octant

You will gain an octant badge and certificate for completing all three phases of an octant.

Chief Guide's Challenge

This recognises and rewards all-round participation and development, so is awarded for completion of phases 1 and 2 of all the octants. In order to receive your Chief Guide's Challenge award you will also need to make or renew your Promise. You will then receive a certificate and a metal badge.

It is up to you how, where and by whom you want these awards to be presented. Some ideas include being presented with the award during a residential event, at a County event, undertaking an adventurous activity, or simply at your unit meeting. It's your award, so you get to choose!

Need ideas?

If you need more ideas or are still unsure what to do for a phase of an octant here are some top tips to get you thinking and deciding.

- Talk to other members of your group to see what they have done.
- Talk to other members of The Senior Section on the Facebook group or a Girlguiding forum.
- Look at other Girlguiding resources and activity packs.

Community Action octant ideas

Here are some ideas to get you thinking about what you might like to do for the Community Action octant. You can do anything you want so long as it meets the aim of you making a positive difference to yourself and others in the community, be it your immediate community or the wider global community.

Phase 1

- Find out about an international charity that promotes human rights.
- Learn about fair trade and what it means to you.
- Take part in a shoe box appeal.
- Take part in a trading game to understand how people live in other countries.
- Take part in a Raise and Give (RAG) week.
- Find out about other groups within the community and how they help in the community.
- Find out about getting registered to vote - and get registered.
- Attend a community meeting.
- Sign a petition about a local issue you care about.
- Learn about other cultures and people in your local community and identify ways you could help them.
- Help at a local community event.
- Help a neighbour by walking their dog, doing their shopping, taking them to a hospital appointment and so on.
- Help at a Rainbow Fun Day, Brownie Adventure Day or Guide Activity Day.
- Do something to make a difference at a local community centre or playground, for example raise awareness of their services, do a litter pick and so on.
- When you've read a good book share it with others.
- Upcycle some old clothes or furniture.
- Find out where your Community Support Office is and talk to them about crime prevention in your local area.
- Find out about the local services and amenities that are available in your local community and promote them to others.

Phase 2

- Take part in activities from *Together We Can* (available from www.girlguidingshop.co.uk, order code 6542) to gain a badge.
- Raise the profile of guiding in your local area.
- Organise the programme for a Rainbow Overnight.
- Regularly volunteer at a local homeless shelter or soup kitchen.
- Organise a fundraising event for a cause you support.
- Learn about conflict resolution and organise a mock debate on key issues for you.

Phase 3

- Take part in a GOLD project. Find out how at www.girlguiding.org.uk/theseniorsection > **What can I do? International > GOLD.**
- Volunteer at a World Centre. Find out how at www.girlguiding.org.uk > **What can I do? > International > Our World Centres.**
- Complete your Young Leader Qualification, find out how at www.girlguiding.org.uk > **What can I do? > Awards and qualifications > Young Leader Qualification.**
- Volunteer at a local sports club for a season.
- Gain a V-Inspired award.
- Set up a neighbourhood watch scheme in your area.

Creativity octant ideas

This octant is about getting creative. These activities are suggestions to get you thinking of ways you can develop your creativity and to try new creative activities.

Phase 1

- Write a play, poem, story or song.
- Plan and budget for your ideal bedroom or house.
- Make a local photo quiz for others to enjoy.
- Hold a charity fashion show.
- Design a website.
- Attend a pantomime, opera, theatre or concert.
- Learn a new dance.
- Begin music lessons.
- Make your own jewellery.
- Have a go at knitting or sewing.
- Take part in a murder mystery show.
- Try a new instrument.
- Make your own instrument and perform a piece of music with it.
- Create a presentation of your life using PowerPoint, Prezi (<http://prezi.com>) or other presentation software.
- Learn some new beauty skills such as hair care, nail art, make up and so on.
- Try a new paper craft.
- Cook a meal and make sweets.
- Learn about social networking and develop your skills.

Phase 2

- Take instrumental or craft lessons for a set length of time.
- Take a course in sign language or a language other than your first.
- Learn about theatre costume production.
- Learn how to face paint and hold a fundraising event using your new skill.
- Try a range of painting styles and use them to make gifts.
- Take an active part in a play, concert or art/photography exhibition.

Phase 3

- Design and maintain a website on a regular basis.
- Become an Adviser for your County in arts or some other creative area.
- Gain a qualification in music, dance or art.
- Film and edit a number of events.
- Design and paint a mural in your community.
- Learn a new craft and develop your skills over a year.

Fit for Life octant ideas

Use these suggestions to help you think of ways you can promote being healthy and happy. Get thinking about the things you need to have a healthy mind, body and soul; how to increase your fitness and encourage others to be fit for life.

Phase 1

- Try daily mind exercises. Work on improving your memory and mental skills through completing a crossword, Sudoku or similar every day for a week.
- Complete a quiz about your learning style.
- Try some environmentally friendly games, such as newspaper hockey.
- Try a sport that has been adapted for people with a disability, for example wheelchair basketball.
- Find out about a major health issue and be able to identify the causes and symptoms.
- Find out about traditional dances from around the world.
- Try aqua aerobics.
- Try an activity to identify things that cause you stress. Run a relaxation evening for your group.
- Learn some self-defence and find out more from a police officer about keeping yourself safe.
- Invite a medical professional or expert to talk to your group about healthy life choices.
- Invite a Peer Educator to your unit to run a session on sexual health, bullying or drugs.
- Learn what is important for a healthy diet. Perhaps you could make up some posters or information sheets to share.
- Volunteer at a local sporting event, such as a marathon.
- Take part in a new fitness activity.
- Have a go at meditation or mindfulness.
- Improve your posture through activities such as Pilates.
- Investigate food intolerances and allergies, and cook a suitable meal.
- Make a collection of your favourite uplifting songs.

Phase 2

- Complete *Me In Mind* (available from www.girlguidingshop.co.uk, order code 6033).
- Investigate how sports are adapted for different disabilities. Look into how disabilities are catered for at your local sports facilities. Is there anything you can do to improve facilities?
- Go to dance classes and develop your skills enough to put on a show.
- Attend training sessions regularly for your sport.
- Find out about support groups for stress and mechanisms people use to de-stress.
- Make a book of recipes which promotes a balanced diet.

Phase 3

- Complete a first aid qualification, such as 1st Response, and use it to benefit others.
- Teach a younger section dancing over a few weeks so they can put on a show.
- Gain the Girlguiding Walking Scheme. Find out how at www.girlguiding.org.uk > **Members' area** > **Building your skills** > **Outdoor activities**.
- Undertake lifeguard training and complete a qualification in it.
- Volunteer for a mental health charity for 30 hours.
- Train for and complete a sporty charity challenge.

Independent Living octant ideas

Spend time building on life skills that will help you live independently. These are a few suggestions to get you thinking about learning skills that will help you throughout your life.

Phase 1

- Learn some personal safety skills.
- Find out about equal opportunities and how this could impact on you.
- Learn to sew and do basic clothing repairs.
- Take part in a car maintenance session.
- Find out about good food hygiene practice.
- Find out about local government in your area and how you can get involved.
- Improve your cooking skills.
- Practise your interview skills and work out how best to fit your guiding experiences into your answers.
- Create an, or update, your CV.
- Research higher and further education opportunities available to you.
- Learn some basic DIY skills.
- Put together a budget for three months.
- Learn laundry skills.
- Find out about different food allergies and intolerances and plan and cook a meal to cater for these needs.
- Construct a flatpack furniture item.
- Compare different types of loans or savings accounts - where do you get the best value for money?
- Upcycle an item of clothing or furniture.
- Learn how to or improve your time management skills.

Phase 2

- Take a short course in basic car maintenance.
- Decorate and furnish a room.
- Attend a parenting course.
- Look after the accounts for your unit.
- Plan the household meals for six weeks and try new recipes.
- Plan and budget for an overseas trip.

Phase 3

- Pass your driving test or Pass Plus driving qualification.
- Become a life coach.
- Plan a wedding or civil partnership.
- Complete a food hygiene qualification.
- Manage and maintain a budget for a household. What is the impact of different (planned and unplanned) events over the time period?
- Gain a first aid qualification, such as 1st Response, and share your skills with others.

International octant ideas

Find out more about the world around you and build on your awareness and experience of international issues and cultures. The opportunities are endless so these are just a few suggestions to get you thinking.

Phase 1

- Find out about your local MEP and how to contact them.
- Try cooking recipes from two different countries.
- Research visiting another country.
- Find out about towns twinned with your own town or city.
- Find out about refugees and asylum seekers. What are the restrictions put on different groups or people?
- Celebrate a festival from another culture.
- Find out about guiding in another country.
- Learn key words in another language.
- Find out about Girlguiding groups in other countries such as BGIFC and the Branch Associations of Girlguiding - go to www.girlguiding.org.uk > About us > International guiding.
- Find out about the immunisations needed for travelling to other countries.
- Learn how to pack a bag for a trip.
- Raise money for an international charity.
- Raise awareness of the Guide Friendship Fund locally.
- Take part in Thinking Day on the Air.
- Learn about the Millennium Development Goals.
- Find out about work opportunities in other countries.
- Invite someone to share their international experiences with your unit.
- Take part in a game which highlights the difference between ethically and unethically sourced clothing or food.

Phase 2

- Go to INTOPS (INTERNational OPportunities). Find out how at www.girlguiding.org.uk/theseniorsection > What can I do? > International opportunities.
- Go on an international camp in the UK.
- Raise money for a guiding group abroad who need support.
- Volunteer at a local tourist attraction.
- Take part in a WAGGGS initiative, such as Stop the Violence or Surf Smart.
- Plan an eco-travel trip.

Phase 3

- Complete a qualification in teaching your own language as a second language.
- Go to a World Centre. Find out how at www.girlguiding.org.uk > What can I do? International opportunities > Our World Centres.
- Complete your Commonwealth Award.
- Take part in GOLD. Find out how at www.girlguiding.org.uk > What can I do? International opportunities > GOLD.
- Take a Girlguiding group abroad.
- Learn another language.

Leadership octant ideas

The suggestions below are just a few ways for you to develop your leadership skills.

Phase 1

- Plan a meeting and run it.
- Lead a campfire.
- Hold a discussion of 'If I were Chief Guide I would'.
- Find out about what type of leader you are, what the strengths and weaknesses of this style of leadership are and what you can do to improve.
- Organise a trip for a local unit.
- Compare your country's leaders with other countries' leaders.
- Take part in a team-building session.
- Organise a family outing.
- Read a book about a famous leader and think about what you can learn from it.
- Find out about different leadership styles.
- Shadow a local MP or councillor for the day.
- Take part in a *Me in Mind* (available from www.girlguidingshop.co.uk, order code 6033) session to improve your self-esteem.
- Run an activity on 'If you ruled the world what would you do?' for another section.
- Help run a local event.
- Improve your communication skills.
- Adapt an activity written for a different age group and run it.
- Attend leadership training and put into practice what you have learned.
- Run a session for Brownie Sixers and Seconds on what makes a good leader.

Phase 2

- Attend a District or Division meeting and help plan a District or Division event for a number of sections.
- Volunteer with a younger group to teach them a specific skill, such as road safety or first aid.
- Be a peer support at school or university.
- Take on a leadership role within the local community - this could be in a youth group, sports club, music group or religious group.
- Be on the service crew for a weekend event.
- Take a role in your unit, such as treasurer, secretary, updating the unit blog or website and so on.

Phase 3

- Gain your Young Leader Qualification, Leadership Qualification or Trainer Qualification.
- Undertake a leadership role with another organisation.
- Gain your mountain leadership qualification.
- Become a Girlguiding Peer Educator. Find out how at www.girlguiding.org.uk/theseniorsection > **What can I do? > 4 (peer education)**.
- Gain the Junior Sports Leader qualification.
- Lead a GOLD project.

Out of Doors octant ideas

There are a wide range of activities you can do to appreciate, explore and enjoy the outdoors. Here are a few suggestions to get out and have fun.

Phase 1

- Pick some wild fruit and make something yummy.
- Have a go at raft building, kayaking or canoeing.
- Try a new wide game.
- Have a go at rock climbing.
- Try pioneering.
- Visit a wind farm and find out about this form of renewable energy.
- Take part in a treasure hunt or game to explore a local area.
- At the beach take part in one of the following events - a beach clean, sand sculpting or a costal walk.
- Have a go at land rafting.
- Go gorge walking or caving.
- Have a go at off-road biking or driving.
- Go on a night hike, incident hike or penny hike.
- Have a go at zorbing or orbing.
- Go stargazing and learn some astronomy.
- Go to an outdoor cinema.
- Improve your landscape photography skills.
- Visit a Girlguiding Training and Activity Centre and take part in some outdoor activities.
- Visit a national park.

Phase 2

- Take part in a SSAGO rally.
- Grow your own fruit or vegetables.
- Join a conservation group and make a positive difference in your area.
- Train and take part in a sporting event, such as a 5K run.
- Take part in a six-week canoeing course.
- Learn different ways to cook outside - for example with hayboxes, cardboard ovens, Trangias and so on.

Phase 3

- Camp in all the four seasons.
- Gain the Girlguiding Going Away With Scheme Licence (go to www.girlguiding.org.uk > **Members' area > Building your skills > Going away**) or The Senior Section Permit (go to www.girlguiding.org.uk/theseniorsection > **What can I do? > Senior Section Permits**).
- Complete a DofE expedition.
- Go Munro-bagging or complete the Three Peaks Challenge.
- Become an activity instructor and help others to take part in adventurous activities.
- Become an Outdoor Activity Adviser.

Personal Values octant ideas

These activities are just a few suggestions to encourage you to think about and investigate the values you hold and develop an understanding of other people's values.

Phase 1

- Research organ donation. What is your view on it? Sign up to the Organ Donation Register if you would like to support it.
- Take part in a debate about something that is important to you.
- Research fair trade or take part in a game about fair trade.
- Create a music playlist or collage that represents you.
- What do you want from guiding? What do you wish to achieve or accomplish in 1, 2, 5 and 10 years?
- Start a blog or diary an issue which is important to you.
- Complete a basic family tree.
- Have a meditation evening and find out what else people use to help relax.
- Complete a collage of inspirational quotes.
- Make your Promise.
- Give blood if your beliefs permit it.
- Think about and discuss what responsible social networking means to you.
- Talk to someone who has gone through a life-changing event and find out if or how it affected their values.
- Complete a job-aptitude test.
- Find out about the different categories of hate crime.
- Write a personal creed.
- Find out about the different political parties in your area.
- Share with your peers how you celebrate different life events such as birthdays, weddings and other family traditions.

Phase 2

- Create a scrapbook about an event you have been to or of someone you admire.
- Research your family tree further.
- Visit different places of worship and report back what you found out.
- Read different autobiographies to gain an insight into someone else's life, and discuss with others what you have learned.
- Produce leaflets addressing issues affecting young girls (drugs, alcohol, etc).
- Research how to and make a legal will.

Phase 3

- Maintain a blog or diary on an issue which is important to you and reflect back over this after a set amount of time.
- Help at or run a group which encourages others to think about their spiritual development.
- Research your family tree further.
- Join the Girlguiding Advocate youth panel.
- Try to write your autobiography.
- Become a Girlguiding Peer Educator. Find out how at www.girlguiding.org.uk/theseniorsection > **What can I do? > 4 (peer education)**.