

# Best Foot Forward



We hope you enjoy using this challenge as much as we enjoyed putting it together and trying out the activities with 1st Speldhurst Guides and Brownies and 1st Five Oak Green Guides during our weekly meetings and at camp.

To gain the badge the girls complete 5 activities from different sections, however our wish is that you just have fun.

We have included some photos but you can see lots more by visiting the Speldhurst website at [www.village.speldhurst.org/guides/bestfootforward](http://www.village.speldhurst.org/guides/bestfootforward)

## Feet Good Enough to Eat

- ⇒ Challenge other patrols/sixes to construct the highest tower using just Monster Munch (feet shaped savouries) and cocktail sticks.
- ⇒ Set up a simple obstacle course on a table, using cups or similar sized containers. Blow through a straw to propel your Monster Munch around the course.
- ⇒ Cheesy Feet—create a string picture in the shape of your foot that can be used as a 'cutter' and also a 'baking tray'. Make some cheese pastry cut out in the shape of your foot. See below.



### For the String 'Cutter/Baking Tray' and Cheese Feet Pastry

**For the string 'cutter' you will need:-**

Corrugated cardboard, String, Glue, Foil

**For the pastry you will need (approximately 3 feet):-**

200grms plain flour, 100grms margarine or butter, 100grms grated cheese, 1-2 tablespoons water, 1 egg yolk, 1/2 teaspoon paprika, basic cooking equipment

**First make the string 'cutter'**

1. Cut a piece of corrugated cardboard approximately 10cm longer than your foot.
2. Draw round one foot on the thick cardboard.
3. Glue string around outline of foot.
4. Glue another layer of string on top making a double layer.
5. Cover the cardboard with foil pushing it onto the string to make a clear outline of the foot/feet.



**Make the pastry**

1. Sieve the flour into a bowl
2. Add the butter or margarine and rub in until there are no lumps of fat remaining. The mixture should resemble breadcrumbs. Add the paprika and grated cheese and mix.
3. Mix the egg yolk and water together.
4. Add to the mixture and draw together to form a lump.
5. Knead lightly on a floured board.
6. Roll out to a 5mm thickness. Flour your string cutter and turn upside down onto the pastry to mark the shape of your foot. You may need to use a knife following the impression left if your 'foot cutter' did not go completely through your pastry.
7. Either place the foot on a baking tray or turn it back over and place in your string picture to cook.
8. Bake at Gas 3-4 170C—180C for 10 -15 minutes until golden.
9. Remove from tray and allow to cool prior to eating your own cheesy feet.



## Pampered Feet

### Healthy Feet Make Happy People

The ancient Greek philosopher Socrates once claimed "When our feet hurt, we hurt all over".

#### Organise a pampering session.

⇒ Use the peppermint bath bomb to soothe your feet. We tried this at camp while sitting in a line opposite a partner and followed it by massaging our partners feet. Bliss after a hot day at camp!

⇒ Use the reflexology charts below to gain maximum effect from your massage.



⇒ Why not try out different nail polishes and 'stickers'?

⇒ Find out which cultures use Henna on feet and for which occasions, maybe you could try out some of the patterns

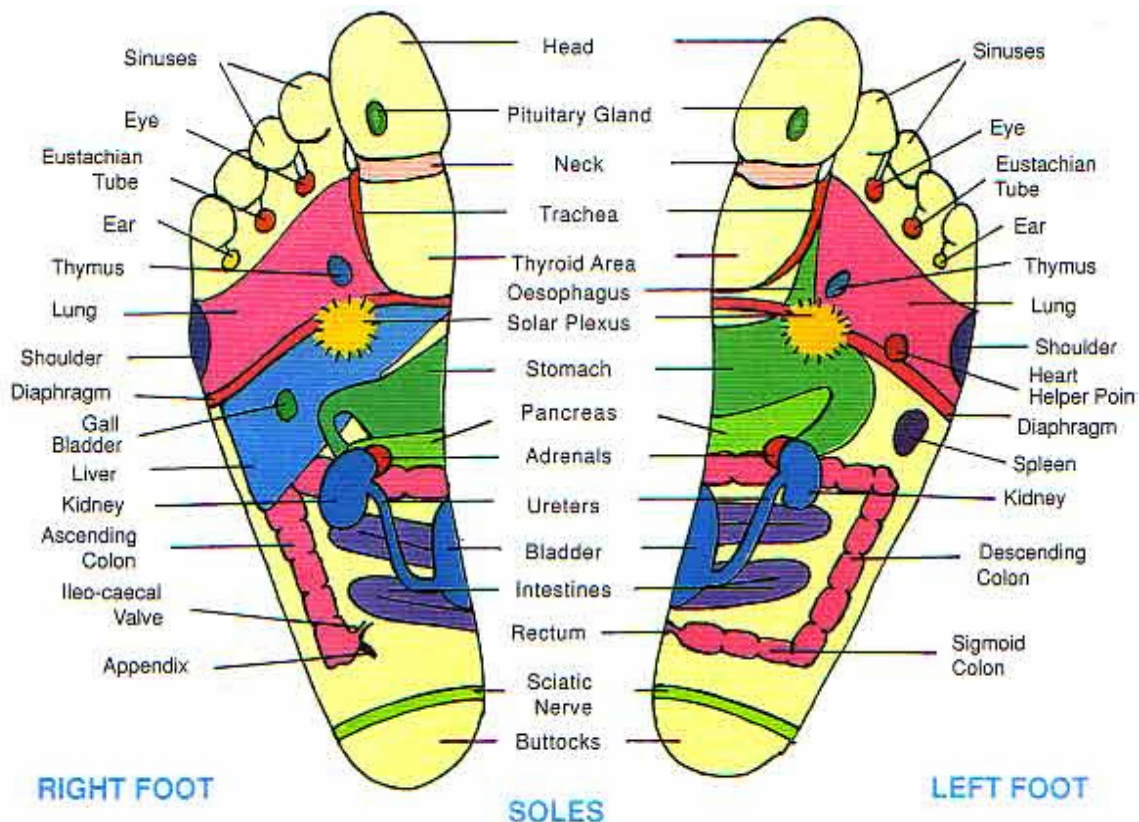
### Make a bath bomb

For 6 small bath bombs you will need:- 1 cup bicarbonate of soda, 1 cup cream of tartar, half a cup of milk powder, fresh mint, measuring cup, bowl, water, pump spray bottle.

1. Put the bicarbonate of soda, cream of tartar and milk powder in a bowl and mix together.
2. Add some chopped mint.
3. Spray some water into the mixture a little at a time. Mix the powder and water together with your hands until it all binds together into a clump.
4. Form into balls of the size required. Give the bombs one last spray to ensure they stay packed together. Leave to set overnight.

### Fascinating Feet Facts

- The foot contains 25% of our bones
- It's rare that two feet are exactly the same; one of them is often larger than the other.
- In a pair of feet there are 250,000 sweat glands that produce approximately 500ml of perspiration daily.



## Creative Feet

⇒ Dip your feet in paint to create a picture, toes make good substitute paint brushes, the whole foot can be used to print or shade. This is a messy activity ideal for outside meetings or camp. Wall lining paper available in DIY stores is good for this activity.



⇒ Make a plaster cast of your footprint—use foil cooking trays and a cement mix. Pour the mixture you choose into a tray and put one foot in the tray to make an impression. just for a few seconds You can write your name or initials and date in the mixture. Once dry the foil will come away from the slabs. The slabs can be placed in a garden or around the Guide meeting place. Make sure you do not press down too hard as the base becomes too thin and breaks when removed from the tray. NB. Have buckets of water ready so you can immediately wash your feet after making your impression.



⇒ Design and make a small shoe using fimo. These can be made into a key ring using rings available from craft shops or Baker Ross.

⇒ Try holding a paint brush between the toes and paint a picture. Wall lining paper available in DIY stores is good for this activity.



## Agile Feet

### In teams play these games

⇒ Arrange each team of girls in a line side by side. Give each team a large ball and challenge them to cover a set distance passing the ball along the line from one team member to the next. If it touches the ground the team return to the start of the course. Each member of the team will run to join the other end when the ball has been passed to enable the distance to be covered. Once the girls have mastered the large ball try a small ball, then a cork from a wine bottle and if you are outside, balloons filled with water.

⇒ Arrange girls in a circle sitting on the floor. Give each team a balloon and challenge them to keep it off the floor using only feet. Who can keep it in the air the longest.

⇒ Frisbee throwing competition—who can throw the furthest using only the feet.

⇒ Complete a course doing Scouts Pace—this consists of alternately running and walking for an equal number of paces eg 20 walking, 20 running, 20 walking, 20 running etc.

⇒ Have a 3 legged race.

⇒ Play football

## Accessorised Feet

- ⇒ **Make a sock puppet**—use a brightly coloured sock and make a dragon sock puppet by sewing on beads, sequins and scraps of material and netting for spines and tails. Stick on eyes can be bought from haberdashers.
- ⇒ **Make an ankle bracelet**—use multi coloured embroidery threads or coloured wool to plait or weave ankle bracelets. Alternatively use beads.  
To make them really individual make a few beads using fimo—mix colours for marble look, make different shapes eg. square, oval, diamond beads. Use a needle to make a hole big enough for the thread or elastic to go through. Bake.
- ⇒ **Decorate some flip flops** -buy some plain flip flops and decorate with beads/ sequins etc. Make a line of holes in the straps for the girls using a fine nail and a hammer. The holes should be just big enough to get a needle through (you may need an adult to do this for you). Tie on a length of strong thread to the end hole and bring the needle up through each hole and attach one or a collection of beads. Thread the needle back through the hole and up the next one. At the end tie off the thread securely.
- ⇒ **Grow a peppermint plant in a shoe** -find an old boot or shoe, if it is an open toe shoe put a stone in the end to stop the earth washing out, fill with earth and plant a few peppermint seeds. When the peppermint has grown, use some to make a bath bomb for your feet. Peppermint has soothing properties.
- ⇒ **Make a bag tag in the shape of a foot or a flipflop**  
**To make a foot bag tag** —use thin foam sheeting to cut out the shape of a foot. On one side paint toe nails and henna patterns and on the other write name, address etc,  
**For the flipflop bag tag:- See next page for templates**

You will need :-Thin craft foam, cotton thread, needles, scissors, beads/sequins, glue, gold wing pins



1. Use the template to cut 2 base shapes and one for the strap.
2. Thread a needle with cotton and knot one end. With the 2 bases lined up together and the strap positioned on top bring the needle up through all three layers, attach a sequin or bead. Pass the needle back through to the base and attach another sequin.
3. Bring the needle to the front again and move along the strap only attaching the beads/sequins, leaving a space in the

middle for the wing pin.

4. When you reach the other end of the strap attach sequins on both sides as on the first end. Glue the cotton end to the underside of the first base.
5. Glue the 2 bases together making sure both cotton ends are tucked inside.
6. Pass a wing pin through the middle of the strap. Put a bead on the pin and pass it through the base. Open the wings to secure. A sequin can be glued onto the pin to cover it.
7. Some girls embroidered an initial on their flipflops.
8. To attach to a bag put a thread round the pin.



## Whose idea was THIS?

Have a fun evening trying some of these wacky games

⇒ **Caterpillar**

In teams, girls crouch down one behind the other and hold on to the ankles of the person in front. Once the command is given, the caterpillars race over a given distance without falling apart. In this game, good co-ordination is important.

⇒ **I don't like the feel of that!**

Different materials must be identified while blindfolded using only the feet to feel the items. If you can do this outside use items such as jelly, flour and water paste, buttons,

⇒ **x-people minus y feet**

Each team tries to stand on as few feet as possible. For example, 5 players have 10 feet and try to only have 3-4 feet on the ground.

⇒ **Conveyor belt**

Members of each team lie on their backs facing with feet touching. The feet will need to be lifted off the floor (as for playing ladders only with legs in the air). An object, such as a newspaper or a pillow, must be passed along the conveyor belt only using the feet. Girls need to run from the back (when you have passed the object on) to the front to complete the given distance.

⇒ **Toe skills**

Who can unpack and eat a sweet or lollipop using only their feet?

⇒ **Foot feast**

2 players must sit opposite each other each with a spoon between their toes. Both of them must now feed each other from a bowl. Who will manage to empty the bowl first? Watch out for allergies.

⇒ **Whose feet are these?**

5-8 members of the group sit behind a curtain. Only the feet are peeking out from under the curtain. Can a player (or the rest of the group) work out whose feet they are?

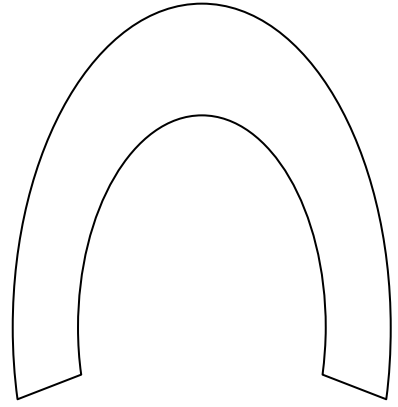
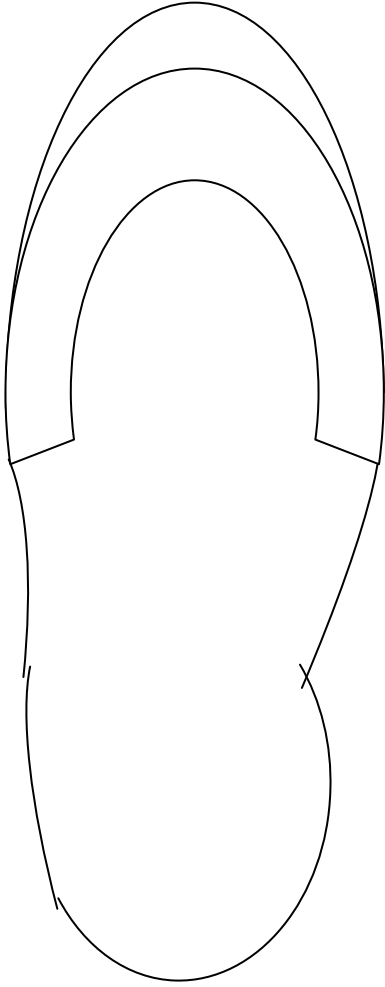
### More Fascinating Foot Facts

⇒ When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.

⇒ The average person will walk around 128,000kms in a lifetime—that's more than 3 times around the earth.

⇒ During the first year of a child's life their feet grow rapidly, reaching almost half their adult size. By 12, a child's foot is about 90 percent of its adult length.

# Flip Flop Template



## Badge Order Form

Thank you for taking part in our Best Foot Forward Challenge! Fill in the form below and post back along with your payment to receive your badges.

The badge is 7.5 cm, round and embroidered as per the picture colours might change

	Number	Cost
Number of badges required @£1.00 each		
Post and packaging	Up to 10 badges—£1.50 Up to 50 badges—£2.00 Over 50 badges—free of charge	
	Total Cost	

Please make all cheques payable to:- 1st Speldhurst and 1st Five Oak Green Guides

Please return this order form to:

**Speldhurst and Five Oak Green Guides**

**C/o 20 Hardinge Ave**

**Southborough**

**Tunbridge Wells**

**Kent**

**TN4 0TU**



Badges will be dispatched as soon as possible. Please allow up to 14 days for delivery.

Profits will be used to provide activities for members of 1st Speldhurst and 1st Five Oak Green Guide Units

Resource can be downloaded from the Speldhurst website at [www.village.speldhurst.org/guides/bestfootforward](http://www.village.speldhurst.org/guides/bestfootforward) where photos of activities can also be viewed

Contact Name and Unit details:.....

Address: .....

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Telephone and/or email address: .....

Any comments.....

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If you have any questions or queries please contact us by email at:-  
[bffchallenge@googlemail.com](mailto:bffchallenge@googlemail.com)