



GO USA

Rainbows - complete 5 challenges

Brownies - 8 challenges

Guides - 10 challenges

Senior Section and Adult Leaders - 15
challenges



Alabama – Yellowhammer State

- First Space Camp was held here – hold an evening with a space theme.
- Paper making is one of the state’s main industries – make your own paper



Alaska – The Last Frontier

- Marshmallow igloos – create your own igloos from mini marshmallows, icing and biscuits
- Scrimshaw – traditional whale bone carving – try it using soap see instructions



Arizona – The Grand Canyon State

- Native American beading/weaving – create your own beaded bracelet
- Tucson – cowboys – tombstone



Arkansas – The Natural State

- Maya Angelou - Poet was born here– Write a poem about the USA
- Sam Walton - Walmart Founder comes from this state– Visit your local supermarket – try and go behind the scenes.



California – Golden State

- Hollywood Oscars – Hold your very own Oscars celebration
- Golden Gate Bridge – Build your own version of the bridge – how many cars can yours hold?



Colorado – Centennial State

Famous for its red clay – Make an item using Clay



Connecticut – Constitution state

- Famous for its Circus – try some circus skills
- Many of the towns are named after English places - complete the word search



Delaware – The first state

- As the first state they held the first Independence Day – hold your own 4th July party
- Lenape people are native to Delaware and have traditional crafts – see instructions.



Florida – Sunshine State

- Home of Walt Disney World, Florida – have a Disney film night.
- Famous for its oranges – create your own Orange juice based mocktails



Georgia – Peach State

- Juliette Lowe the founder of Girl Scouts USA comes from this state – find out more about Girl Scouting
- Grows lots of peaches in this State – make a peach melba sundae



Hawaiï – Aloha State

- Has lots of active and dormant volcanoes – make your own erupting volcanoes - see instructions
- A traditional Hawaiian welcome is to give flower lays – using tissue paper and straws make your own....



Idaho - Gem State

- Famous for its Potato growing – make your own designs using Potato printing
- Star garnets are found only in this state and in India – create your own unique Jewellery



Illinois - Prairie State

- First Mcdonalds – make your own milkshakes or coke floats
- Chicago is in this state – choreograph a dance to a song from the show



Indiana - Hoosier state

- Crossroads of America - go on a penny hike
- The tulip is the state flower – create your own tulips out of paper



Iowa - Hawkeye state

- Mini Scarecrows – create your own mini scarecrows



Kansas - Sunflower State

- Grow your own Sunflowers – See whose is the tallest one?
- Dorothy comes from Kansas - Wizard of Oz – learn a song from the Wizard of Oz or Wicked.



Kentucky - Bluegrass State

- Kentucky Fried Chicken – visit a KFC
- Kentucky Derby – hold your very own race night!



Louisiana - Pelican State

- Is famous for its Jazz - Make own jazz band out of junk!
- Cajun Food is popular here..... try some of your own.



Maine - Pinetree State

- Blueberries – grow here – what can you do with a blueberry?
- Moose live here..... Learn the crazy moose song, can you make up some more verses



Maryland - old line state

- Cockade badges are hat badges that started here – see instructions
- 1814 – Francis Scott Key wrote Star Spangled Banner – Learn the American national anthem



Massachusetts - Bay State

- Johnny Appleseed was born in this state – Make an apple mobile – see instructions
- Hold your own Boston Tea Party



Michigan - Great Lakes state/ Wolverine

State

- Has a lot of great lakes – create your own raft or boat to transport someone or something across some water
- Colon it the home to the world's largest manufacturer of magic supplies – learn some magic



Minnesota – North star state – land of 10,000 lakes

- Laura Ingles was born here and wrote 'Little house in the big woods' before she wrote 'Little house on the Prairie' – have your own adventure in the woods.
- 1898 – cheerleading started here. Create your own routine.



Mississippi – Magnolia state

- Jim Henson the Muppet creator was born in this state - make your own puppet and perform with your friends



Missouri – Show me state

- Take Lewis and Clark rafting game – www.sos.mo.gov/kids/games/lewis.asp
- Hallmark cards originally come from this state – make seasonal cards



Montana – Grizzly Bear State

- Famous for its grizzly bears – Bring a bear night or make your own bear and have a picnic.
- Pass the stone (native American game) – see instructions



Nebraska – the Cornhusker State

- Make fresh pop corn
- World's largest train yard – Union Pacific Bailey Yard – have a ride on a train.



Nevada – the silver state

- Area 51 - Aliens landed here – make your own UFO or alien.



New Hampshire – the granite state

- Blackbeard the pirate has links with this state – hold a talk like a pirate evening
- 1st public library opened in 1833 – have a story telling night.



New Jersey – garden state

- Create your own mini gardens, on a plate, in a bottle or outside?



New Mexico – land of Enchantment

- 1947 UFO incident – look at the stars – what can you see?



New York – Empire State

- Jeff Brown who invented Flat Stanley and Flat Stacey was born here– make your own Flat Stacey and send her on an adventure
- Some of the USA's tallest buildings are here. Who can build the tallest tower?



North Carolina – Old North State

- Christmas trees first came from this state – make a Christmas tree decoration or grow a tree from seed! How big will it be at Christmas?
- Basketball started here – learn some basketball skills



North Dakota - Roughrider State

- Lots of sunflowers are grown in North Dakota grow your own sunflower and decorate the pots – hold a competition to see whose grows the tallest
- The potato bowl festival is held each September – try potato activities, like making a potato man adding other veg to a potato body held together with cocktail sticks. Or try some potato recipes.....



Ohio - Buckeye state

- The state insect is the ladybug – hold a bug themed evening or a spots & dots evening. Suggested activities include activities with chocolate buttons, jelly tots, smarties etc you could decorate fairy cakes, dot to dot, spot the difference, dice games, quiz, and have a Dominos pizza delivered.
- Ice cream on a stick was invented in Ohio – take your unit out for an ice cream, host your own ice cream factory, or make your own



Oklahoma - sooner state

- Route 66
- Brad Pitt was born there



Oregon - Beaver state

- The state has lots of Beavers – Build a beaver house from sticks
- Geocaching started here – have a go! Find a cache.



Pennsylvania - Keystone state

- Hersheys Chocolate was first produced here, it is traditionally used by girl scouts for s'mores – make your own.



Rhode Island - The Ocean State



South Carolina - Palmetto State



South Dakota - Mount Rushmore State

- Presidents heads - Create your own Uncle Sam's Windsock - see instructions



Tennessee - Volunteer state

- Volunteer in your local community



Texas - Lone star state

- Blue Bonnets are the state flower of Texas - Make bluebonnets from beads - see instructions
- Learn the Texas 3 step



Utah - the beehive state

- 2002 Winter Olympic came from Salt lake city - have a mini winter Olympics
- Brat Camp was filmed at Turn around ranch - Sleep under the stars and light a fire without matches



Vermont - Green Mountain State

- Ben and Jerry's had its first shop here – make your own ice cream – what flavour will you choose?
- Vermont is famous for its Maple syrup - eat it like an American on egg bread!!!!!!!!!!!!!!!!!!!!!!



Virginia - Old Dominion State

- In autumn has many colourful leaves – make a collage out of leaves with an American theme



Washington - Evergreen State

- Washington is the biggest producer of apples in America – Hold an apple themed night



West Virginia - Mountain State

- Climb to the highest point in your area.



Wisconsin - Badger State

- Hold a wildlife evening or even go on a badger walk.



Wyoming - Equality State

- Amber – can be found here..... Hold a night where everything is orange!
- Part of the Yellowstone National Park falls into Wyoming. Visit a park.

Order Form

Badges for this challenge are available for £2.50 each or if more than 10 are ordered the price is reduced to £2.00 each.



Contact Name:

Unit:

Rainbows / Brownies / Guides / Senior Section / Adult / Trefoil Guild (*please circle*)

Contact address:

.....

..... Postcode

Phone and/or email:

in case of queries

	No of badges	Cost
Cloth badges		£
Post and packaging (see below)	----	£
Total Cost	----	£

p&p charges: 1-2 badges £0.50

3-40 badges £1.00

41-100 badges £1.50

Please send form and cheque (payable to 5th West End Guides) to:

Go USA Challenge, c/o
Teresa Monks,
10 Godfrey Olson House
Yonge Close
Eastleigh
SO50 9ST

Badges will be delivered as soon as possible.

Any queries please email: Teresa.monks@yahoo.co.uk

OPTIONAL: Pinch the opening of the safety pins with the needle nose pliers so they won't pop open.

Use a nail file or flat screwdriver to stretch open the loop of the large safety pin

This is the toughest part of the craft -- once you've done these crafts a couple of times, it gets easier.

Step back and think about this for a second -- this step makes a lot more sense if you keep in mind that you need the pin part of the large safety pin free to pin onto your hat or shirt -- you have to get the small safety pins onto the other side of the large safety pin.

Slide the ends (little circles) of the small safety pins onto the large safety pin -- keep sliding all the way around the loop so it's on the other side (non pin side) of the large safety pin.

Squeeze the loop back closed with pliers.

How To Make 18th c. Cockades



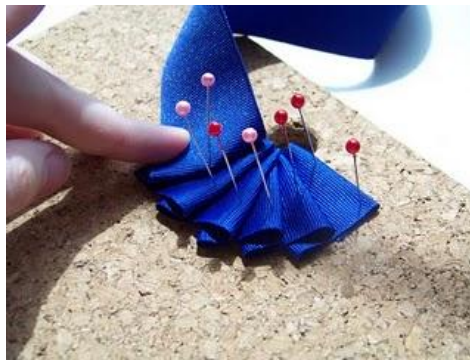
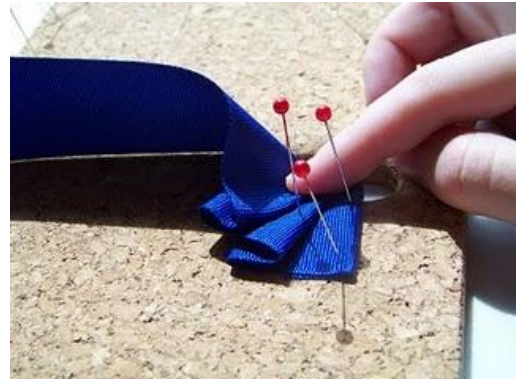
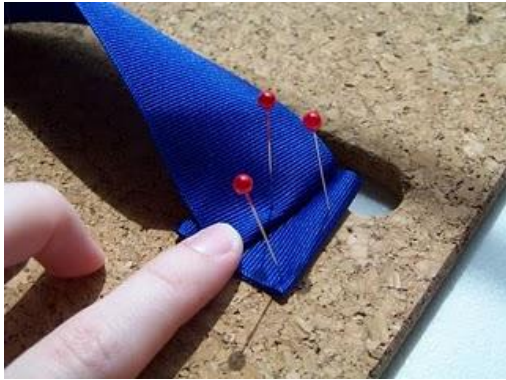
Cockades are so cool. They add so much interest and texture to a hat, pinned to a jacket, even tied onto your shoes. So here's how to make them...

Materials/Tools:

- about 1 yard of wide grosgrain/petersham ribbon
- pins
- corkboard (or something to pin into) - I like the cheapies from IKEA. They have a hole in them, comes very in-handy.
- needle and thread
- iron for pressing flat
- a decorative "centerpiece" like a large button or brooch



Step 1 - Start. Place one end of the ribbon, with the end turned under, on the board and pin it in place. Next, take a small length of ribbon and make a little fold. It takes some fiddling to figure it out at first, but you will get better as you go along.



Use the pins to hold things in place.

Continue to pleat/fold in a circle, with the central "points" all matching up. I place this axis over the hole in the board so I can sew through that hole when I'm ready to tack everything in place.



Step 2 - completing the circle. This is where it gets tricky. You are going to lift the starting point and tuck the ending fold underneath. Adjust until everything is even.



If you are leaving the tail on, fold it back on itself. This fold will be covered by the starting-end pleats. If you are removing the tail, simply trim it off and fold it under.



Step 3 - stitch things in place. I go through the hole in the board and around the middle of the cockade, where the stitching will be covered by the ornament. On the backside, I whipstitch the pleats to each other, since these won't be seen. I recommend stitching a felt pad to the back to lend the cockade stability and have a surface upon which to secure your pin back or clip.



The back of the cockade, stitching things in place

Extras - I've made a double cockade for James' hat. All the same process, but the black ribbon was quite a bit wider than the blue, and more loosely pleated. I stitched the two together through the middle.



Back of the cockade, showing stitchings.

Step 4 - ornaments and tails. I used a button that matches Jame's waistcoat, but this centrepiece can be anything of interest. For the tails, the black tail is all of a piece with the black cockade, while the blue tails are just a short length of ribbon V-folded and whipstitched to the back.



And there you have it! Cockades look fantastic while being surprisingly easy to make. They do take a little practice, but soon you'll be making them by the dozen and pinning them all over everything!

22" x 16" oval shape braided rag rug

Materials:

1. Old bed sheets (3 king size should be enough to make 3 rag rugs)
2. Scissors
3. Pencil and ruler
4. Safety pin and pin
5. Sewing machine and threads



Mark the edge of the old bed sheet, 1" apart. Snip and tear to the end. Do it on warp or weft direction of the bed sheet not the bias.

My mum's old bed sheets are quite tattered at the center part, so, I just utilized the area 1 to 1.5 feet from the edge. I saved up the center part to make the base for the rag rug.



A bunch of it waiting for tidying up. Don't worry about the frays, they will be gone in the next step.



Remove all the loose threads along the strips, they normally are those vertical threads that came off when you tear the fabric.



Roll up the strips into ball, don't join the ends, just roll it up and get ready for the next step. I made 3 from different bed sheets, so that I will get some pattern when I braid the strips.



Stack 3 strips and make a few stitches at the end.



Secure the end by pinning it down with safety pin to somewhere you feel comfortable to work at. I pinned it on my ironing board. Curtain should do well too.

Start braiding till you come to an end of the strip. Arrange the strips to end at different length so they don't join at the same point and make the braid bulky. Cut the length if necessary.

Loosen up the other ends when they get tangled up.

This is the reason why I advise not to join the strips before braiding. Short length is easier to loosen up.



When come to the end of a strip and need an extension fold the end of the strip at about 1 -1.5" from the edge, make a small slit vertically. Do the same to the new strip.



Put the new strip on top of the existing and pass the tail end through the slit holes.



Gently pull the strip until it goes all the way to the other side. The end of the existing strip goes through it as well.

Tug it a little to tighten up the joint. Continue to braid.



Braid the strips till you have a substantial length for the rag rug, 10 yard or so. Just an estimation will do, if you don't have enough, you can always braid again later.

Set aside.



Prepare the base.

Fold the center piece of the left over bed sheet after all the stripping, to a size of about 23" x 17". I place an old curtain at the bottom to further reinforce the rag rug, you can do without it if your bed sheet is not as tattered as mine.

Tack stitch to secure all layers.

Mark 1" square on the base, to have 22 squares x 16 squares (with 1/2" seam allowance for the sides). This is useful during sewing the braid

strip to the base, so that you will know if your rag is going out of the shape.



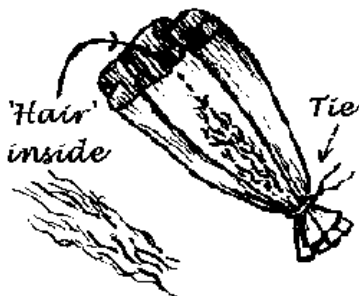
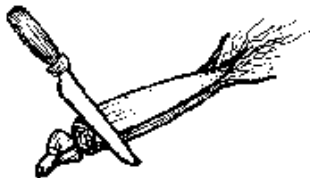
Place the braid at the center 6 squares width wide, coil and go around the first strip. Hide the head end of the braid when your rounding strip reach there. Pin to secure.



Instructions for Cornhusk Dolls



These dolls are based on Penobscot Dolls illustrated by Frank G. Speck in the mid-1900's. You will need the husks from one or two ears of corn for a 6" doll. This should take you about 1 hour to make. Soak cornhusks (that have been thoroughly dried beforehand) for 10 minutes in warm water.



1. Cut cob, remove husks and save 'hair'. Dry everything in the sun for 1-3 days.

2. Soak 10 minutes before using husks. Cut thin ends off.

3. Bundle thin end of 6 leaves around 'hair', slick side of leaves inward. Tie tightly.



4a. Peel leaves around to form head.
Hair should sprout up in the middle.

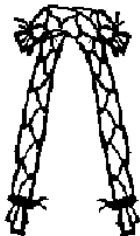


4b. Tie neck area tightly.

5. Braid 3 strips of a leaf into a 6 inch piece for the arms.



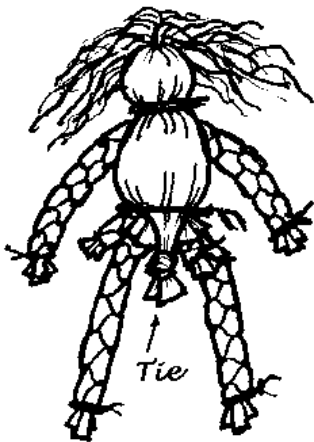
6. Braid 2 more lengths in the same way to use later for the 2 legs.



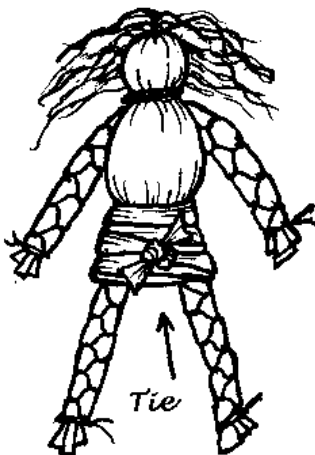
7. Put arms under neck. Insert rolled leaf to fill out and form body. Tie waist area.



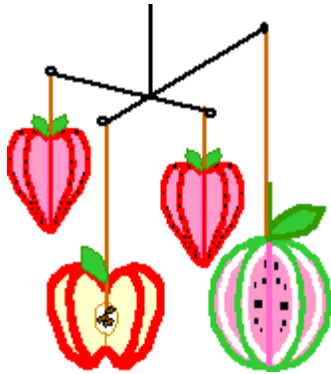
8. Insert legs and secure by tying 2 leaves front to back, then trim excess below waist.



9. Wrap and tie one or two strips around top of legs to form



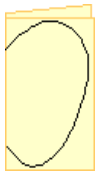
3-D Fruit Craft



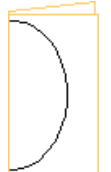
These 3-dimensional fruits are made from paper. You can make apples, watermelons, pears, plums, peaches, strawberries, oranges, and other great-looking fruit. They are great to hang in a window (from a curtain rod), from the ceiling, or in a mobile.

Supplies needed:

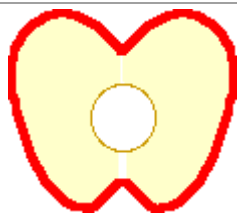
- Construction paper
- Scissors
- Crayons, paint or markers
- Yarn or string
- Glue (or a stapler)
- To make a mobile: twigs or clothes hanger wire



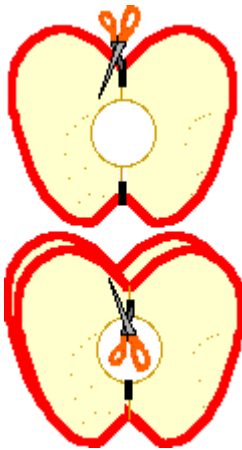
Fold a piece of construction paper in half and draw the outline half of a fruit on it around the fold line. Cut along the line. Using the finished fruit as a template, cut two more exactly like it.



For cored fruit (like the apple), cut out a semicircle from each piece (when you open the fruit, there will be a circle missing from its centre).

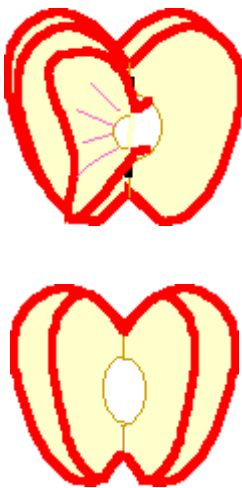
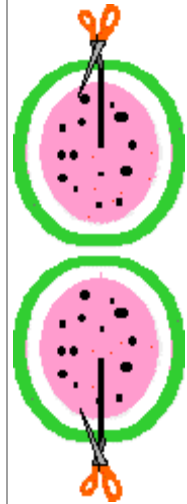


Colour both the fronts and the backs of the fruits (showing both the inside and the peel of the fruit).



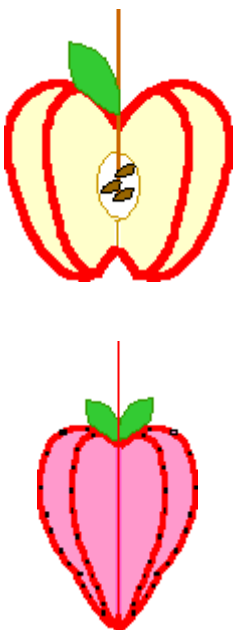
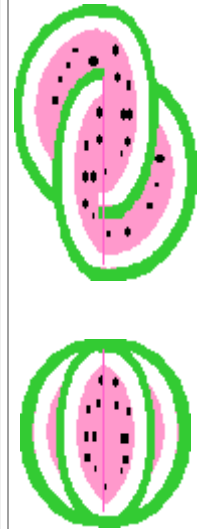
For hollowed-out fruit (like the cored apple), on one piece, cut halfway through the fold line from the core. On the other two pieces, cut halfway through the fold line from the outside.

For solid fruit (like the watermelon), on one piece, cut halfway through the fold line from the bottom. On the other two pieces, cut halfway through the fold line from the top.



For hollowed-out fruit (like the cored apple), insert half of the apple slice that was cut on the outsides into the core of the other two slices. When you straighten out the pieces and align them, they will form one 3-dimensional fruit.

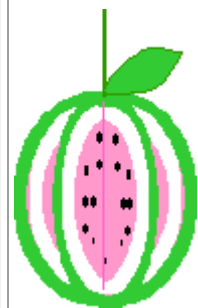
For solid fruit (like the watermelon), slip the slits inside each other, making one 3-dimensional fruit.

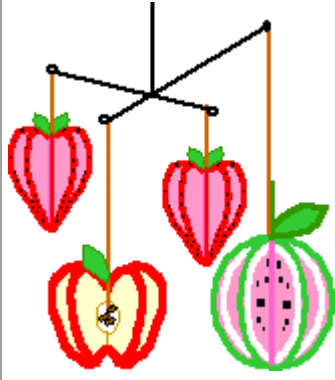


For hollowed-out fruit (like the cored apple), cut out a few tiny seeds from dark construction paper. Glue or staple a string to the fruit along a fold line - make sure that the string extends through most of the core. Glue the seeds to the part of the string within the core (gluing two seeds to each other around the string works well).

For the solid fruit (like the watermelon), glue or staple the end of a length of string or yarn to the top of the fruit.

Cut a leaf or two from green construction paper. Glue to the top of the fruit or to the string. You can now hang your beautiful 3-D fruit from the string.





To make a fruit mobile, tie twigs or clothes hanger wire together to make the mobile structure. Then hang your fruit from the structure. Hang the entire mobile from another string.

How to Make Salt Dough

This easy-to-make dough is inexpensive as well.

Instructions

Things You'll Need:

- 2 cup. all-purpose flour
 - 1 cup. salt
 - 3/4 cup. water
 - food colouring
 - Hobby Paintbrushes
 - Acrylic Paints
 - Glitter
 - Acrylic Paints
 - Groceries
 - Cookie Cutters
 - Cookie Sheets
 - Mixing Bowls
 - Watercolour Paints
 - Cookie sheets
 - Mixing bowls
1. Mix flour with salt and water in a deep bowl.
 2. Knead it until it's doughy.
 3. Add food colouring or glitter.
 4. Make shapes by hand or with cookie cutters.
 5. Dry the objects in the oven at 200 degrees F for about 10 minutes. They can then be painted.

Make a Erupting Volcano

Safe and Easy Eruptions



First things first! Let's look at different ways you can safely simulate a volcanic eruption using chemicals you probably already have at home:

Vinegar & Baking Soda Volcano

This is the classic science fair project volcano. Basically, what you do is use clay, playdough, soil, or papier mache to mould a volcano around a jar or bottle. Fill the bottle most of the way full with warm water. Add a

lot of red food colouring, a healthy squirt of dishwashing liquid, and a heaping scoop of baking soda. When you are ready for the eruption, pour some vinegar into the container.

Mentos & Diet Soda Volcano

It doesn't really matter what container you use for either the baking soda/vinegar volcano or the yeast/peroxide volcano. The Mentos and diet soda volcano works best with a 2 litre bottle of diet soda, however. The candies just barely fit into the mouth of the container. To cause this eruption (which will shoot into the air like a fountain), roll a sheet of paper or index card into a tube. Stack a roll of mentos candies so they form a single column inside your handmade tube. Drop the candies, all at once, down into the 2-liter bottle of diet soda.

Native American Games

Materials:

- two small clay balls, one red, one green

Objective: Children will learn how to play a Native American children's game that encourages cooperative play and math-skill development.

In Advance: To learn more about Native American culture visit: [Native American-Internet Resources](#)

Pass the Stone Game

Guessing games were popular among Native American children. Try this one: Spread a blanket on the floor and invite children to sit with you in a circle on the blanket. Hold the two balls of clay in your closed hand. Pass one of the clay balls to the child to your right, without letting the child see which ball you have passed. Ask the child to guess which color ball you have passed. If the child guesses correctly, give him both balls. This child then passes one clay ball to the next child. That child will guess which color ball has been passed. If this child guesses correctly, both balls are passed to her and the game continues. If the child guesses incorrectly, she moves out of the circle and the game continues. Continue the game until one child is left in the circle.

Guessing Dreams and Wishes

1. Tell the children that dreams and wishes are very important to the Iroquois people. At some festivals, people make up riddles about their dreams and others try to guess what the dream means.
2. Ask children to think of a dream or a wish that they have had. Provide children with paper and drawing materials. Ask children to draw a picture about their dream or wish.
3. During meeting time, invite several children a day to share their drawings with the class. Encourage children to guess what their classmates' drawings may be about. Ask each child to tell about her special dream or wish. Display children's drawings and include a dictated or written description.
4. Children can also play charades and act out their dreams and wishes.

Sand Art

Try your hand at colourful Native American art



Sandpainting is the centuries-old technique of creating colourful patterns and designs using sand and other natural supplies. For their designs, the Navajo of the Southwest use crushed rock and other natural materials such as charcoal and crushed flower petals, but your child can try a simplified version of this ancient art using sandpaper and coloured sand from the craft store.

Materials

- Pencil
- Sandpaper
- Paintbrush
- Glue
- Coloured craft sand
- Newspaper

Instructions

1. First, have your child use a pencil to sketch a design of her liking onto sandpaper.



2. When the design is ready, she can use a paintbrush to apply a mixture of equal parts glue and water to one area at a time, then sprinkle a single hue of coloured craft sand over the glue. Shake any excess sand onto a piece of newspaper, then pour it back into the container for future use.

3. Repeat the process for each colour of sand, then set the design aside to dry.

Uncle Sam Windsock

This is a fun and easy paper craft that you can hang outside to flutter in the wind on any patriotic occasion. You can substitute fun foam pieces for the paper template pieces to create a sturdier (longer lasting) version.

Materials:

- tissue/crepe paper (white)
- string
- printer,
- something to colour with,
- scissors,
- glue, and
- paper

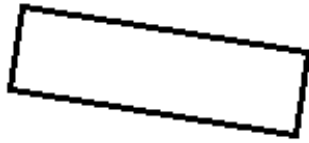
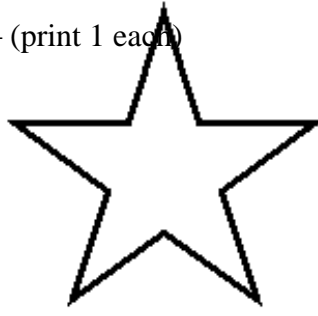
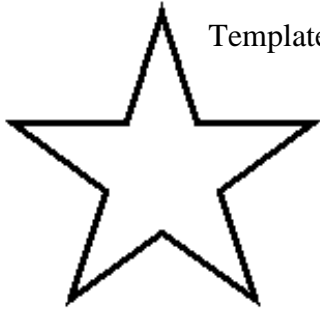


Instructions:

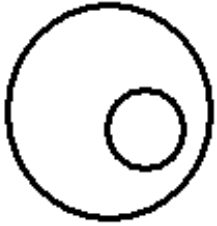
- Print two copies of the first template
- Colour, as appropriate, and cut out to remove the white edges (the printer won't print an entire sheet of paper so there are white edges)
- Glue or tape them together to make one long strip of paper
- Print one copy of the second template
- Colour, as appropriate, and cut out.

- On the long strip, create Uncle Sam's face:
 - glue the mouth on the bottom of the face
 - glue the mustache so it partially covers the mouth
 - glue on the eyes and nose
 - glue on the eyebrows so they look happy
 - glue the stars along the hat band
- Attach the ends of the long strip to make a tube
- Glue or tape strips of crepe paper or tissue paper to the bottom of the tube to make a beard that rustles in the wind
- Staple the string to the top and hang up.

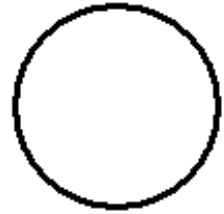
Template 2 – (print 1 each)



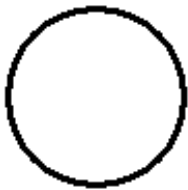
eyebrows



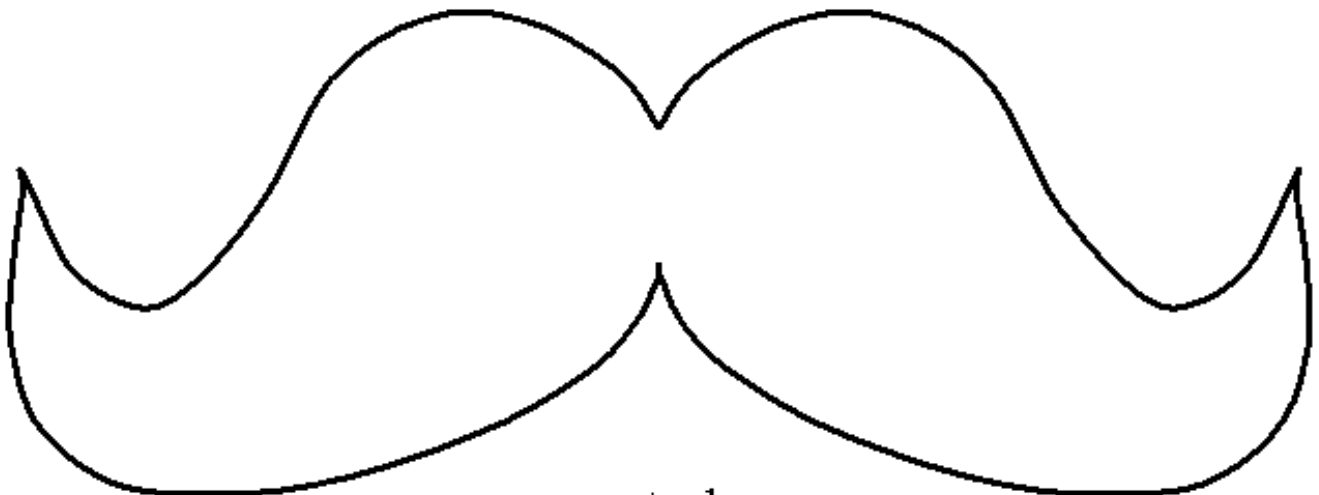
eyes



mouth



nose



mustache

Paper Weaving

In this project, the student will use two pieces of colored construction paper to produce a woven paper mat.

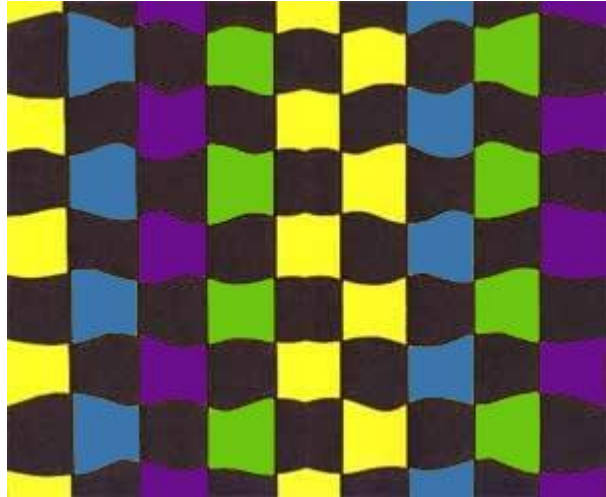
Weaving is one of the most ancient forms of human creativity. Baskets and textiles would not have been possible without weaving. This project will give students experience working with the basic concept of weaving.

Time Required

(45 - 60 minutes a period)

Procedure

- Weaving — The process of forming cloth or fabric on a loom by interlacing yarn or thread (or, as in this case, paper).
- Loom — A frame for weaving yarn or thread into cloth or fabric.
- Warp — Threads running lengthwise on the loom. The warp is placed on the loom prior to beginning the weaving



Materials

1. Two 9" x 12" sheets of **construction paper** in different colors per student.



2. **Glues**



3. **Rulers and Measurement Tools**



4. **Scissors, Trimmers, and Shears**



process.

- Weft — Threads that are weaved across the warp threads to form the web.

- Web — The cloth or fabric produced by weaving.

1. Distribute materials and tools.
2. Students fold one sheet of paper horizontally.
3. Draw a line about one inch from the open end of the folded paper. This is the limit of cutting.
4. From the fold, make irregular cuts up to the line. Cuts need not be straight. (The irregular cuts make a more interesting finished product.) Unfold and lay it flat. This will serve as the "warp" and the "loom."
5. Measure and cut from the second sheet of paper, one-inch wide by nine-inch strips. These will serve as the "weft."
6. Begin by weaving one "weft thread" over one "warp thread" then under the next warp and over the next, etc.
7. Continue this process alternating over and under with each weft thread. If the previous weft thread went under the warp thread, the following row will begin by going over the warp.

