

The Buddy Bag Foundation Challenge



48,000 children require emergency accommodation in the UK each year, often leaving home without the chance to collect basic items.

The Buddy Bag Foundation is here to help! In our first, official charity partnership challenge pack find out what the Buddy Bag Foundation is, raise awareness of their cause and fundraise to provide even more Buddy Bags, helping young people in your area.

25p from the sale of each badge goes to helping the work of the Buddy Bag Foundation along with an additional donation towards helping Scouts and Guides from across the UK via The Pawprint Trust. Thank you for your support!

Suggested challenges for different age groups:

5-7 Years : Complete 1 challenge from each of the 4 sections.

7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.

11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.

14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

In addition to the challenges we suggest that each young person raises £25.00 - enough to fund one Buddy Bag.

Once completed head to the website to get your paws on your badges!

www.PawprintBadges.co.uk

Imagine if your whole world changed in a day.
Imagine having to leave everything you own
and everyone you know.



A matter of fact, you may be shocked to learn that

48,000 children require emergency accommodation in the UK each year.

Children fleeing violent situations often have to leave home quickly, without the chance to collect basic items.

These children arrive in emergency accommodation with just the clothes they are wearing.

Source: NSPCC web site Department of Education 2014

We have created The Buddy Bag Foundation in response to the rising number of children who enter emergency care after fleeing violent situations at home. Restoring a sense of safety and security into a child's life during a traumatic time is one of the first steps to recovery. By providing these children with a few essential items, we can help make the transition into emergency care a little easier.

What is a Buddy Bag?

A Buddy Bag is a backpack that contains all the essential items a child needs. They include **toiletries, pyjamas, socks and underwear**. They also include comfort items such as a **book, a photo frame and a teddy bear**. A Buddy Bag is something a child can call their own, no matter where they go.

Buddy Bags are tailored to suit babies, children and young people according to age groups and gender.

How can you help?

Due to the nature of our foundation and appeal, we're always looking for help from **individuals** and **businesses** alike.

Whether you have some spare **time** and **skills, items** or **cash to donate**, all is welcome. For more information, please see the '**How can I help**' document on our website or email hello@buddybagfoundation.co.uk

www.buddybagfoundation.co.uk/howcanihelp



Where did the Buddy Bag idea come from?

During a visit to Australia in 2014, our founder, Karen Williams, was inspired by an article about The Alannah and Madeline Foundation (www.amf.org.au) which has delivered more than 60,000 Buddy Bags to children in emergency care in Australia since 2007.

On returning to the UK, Karen researched the facilities available to children in emergency care and discovered a huge need for Buddy Bags in the UK.







To ensure as many children as possible can benefit from the Buddy Bag scheme, Karen set up The Buddy Bag Foundation and launched the Buddy Bag appeal in the UK, with the help and support of The Alannah and Madeline Foundation.

Craft

-  Learn to knit/crochet/sew and make a toy like the ones that go into the Buddy Bags.
-  Have a go at Aboriginal dot painting and use it to tell a story.





Why?

The Buddy Bag Foundation was inspired by an Australian foundation. Aboriginal people are the indigenous people of Australia and dot painting is now recognised as an integral part of Aboriginal art.

-  Make and decorate a bookmark like the ones that go in each book sent out in a Buddy Bag. Why not give it to a friend?
-  Try your hand at woodwork and make a boomerang from plywood.
-  Learn to make friendship bracelets by plaiting/weaving.
-  Make your very own koala friend or joey, use any method you choose.
-  Make a thank-you postcard (like the ones in the Buddy Bags) and send it. You can see some of the postcards BBF receive on their website.
-  Cut a string of paper hearts and think about what makes a healthy relationship. Write them in each heart.




For Leaders...

This activity encourages young people to consider what is healthy in a relationship. For younger groups it might be a friendship, learning to share and also when not to share. For older groups you may want to touch on abusive and controlling relationships and where to get help.

-  Make a paper chain of people and name each one with a person in your safety network who can help you if you are worried/scared.
-  Make a stress ball/squishy/calming play-dough.
-  Create a worry pet/worry bag.
-  Make and write your own kindness cheques and make promises to help others. For example, "I promise to help with the washing up at least once a week."







Food

-  Make your own Aussie yo-yo biscuits.
-  Make your own fairy bread- an Australian treat.
-  Bake cakes and run a bake sale.

Handy Hint!

This could be used to raise money for the BBF. £25.00 provides one child with one bag...how many bags could you buy with the money you've raised?

-  Cook with Kangaroo or Ostrich.
-  Host an Aussie style BBQ and cook outside. Why not sell tickets as your fund-raiser?
-  A Buddy Bag is something a child can call their own no matter where they go. Cook or bake your 'signature recipe' for others in your unit. Why not hold a bake-off?
-  Decorate cakes to look like Buddy the bear.




Here's an idea...

Use chocolate buttons of different sizes and colours for the ears and mouth and piping/writing icing for the eyes and stitch detail. Choose a chocolate flavour butter cream to add some texture and when you're done why not sell them at your bake sale?

-  Learn about foods that can boost your mood and cook with them.

Why?

Think about how you would feel if everything in your world changed. Would you feel scared? Sad? Frightened? There are foods that can help boost your mood and give you a helping hand when you feel sad...how cool is that?!

-  Bake some traditional Australian damper bread.
-  What is your comfort food and why? Does it bring back nice memories? Make it for others to try.
-  Hold a team cooking challenge and award points for the team that works the best together.



Games

Buddy Bag pack relay.

How?

You will need a rucksack and all the essential items that go into a Buddy Bag per team (toothbrush, toothpaste, socks, underwear, pyjamas, book, teddy bear, bookmark, photo frame, etc. Add more for older groups). Each team must (in relay) run to collect an item for their bag and bring it back to pack it into their bag. The first team to pack their buddy bag wins! How fast can you pack a Buddy Bag? How fast can you unpack it in reverse?

Sock pairing game. How many pairs of socks can you pair in 1 minute?

Make a positive thinking fortune teller and play with friends. You could use this as your craft challenge too. What positive thoughts will you include? What will make others feel good?

Pairs. Can you pair up the signs/symptoms of abuse with their titles?

For Leaders...

This is a good way to get young people to learn about the different types of abuse and the tell tale signs. You can play this one of two ways, either with cards describing different abuse scenarios or giving each young person either a type of abuse or the signs. Those with signs should walk around and silently act out their signs (miming having no money (financial abuse), a sore rib (physical abuse)) and those with titles should go and find their pair.

Build empathy and understanding with some team building games.

Untangle yourselves from a human knot.

Put yourself in someone else's shoes and have races wearing shoes that are too big or too small!

Play the 'Feel Good Game' - see additional resource.






Try out some trust exercises like the seated circle.

What?

Everyone stands in a circle facing the same way and then on the count of 3 sits down on the knee of the person behind them.





Other

-  Learn how to stay safe and who to speak to if you're scared or worried about something. Invite a visitor to come and speak to your group.
-  If you had to leave home, what would be your top 10 things to take?
-  Bring in something that is special to you and do a show and tell.
-  Find out about the Great Barrier Reef and visit an aquarium.
-  Make some feel-good friendship envelopes.




How?

Each person writes their name on the front of an envelope and has enough small pieces of paper, one for each person in the group. Everyone passes their envelope one person to the right. That person then writes a nice little note, ie. "You're a good friend because..." and adds it to the envelope. The envelopes are passed around the circle/group until everyone has written a note for everyone else. Seal the envelopes and save them to take home at the end of the meeting.

-  Learn about daily hygiene and positive habits for well-being.
-  Complete an activity based on bullying and being kind to others.

For Leaders...

Everyone starts with a sheet of clean, uncreased paper. Young people are given 1 minute to screw it up, crease it and fold it but not break it. Then another minute to try and flatten it back out to new. Discuss what they observe to be different about the paper now to as it began. Did they find it difficult to smooth out? Imagine the paper as a person. Over their life each crease is a nasty comment, a push, horrible words. Each affecting that person and unable to be removed. Moral: think before you speak and consider your actions as you are making a crease/mark on that person forever.

-  Take part in or host a Buddy Bag pack.
-  Find out some fun facts about Australia, share them with your group.
-  Share what you've been up to working towards your Buddy Bag Foundation badge.
Tag us @PawprintBadges / @BuddyBagsUK

