

Merseyside Rainbows 25th Birthday Challenge

To celebrate our 25th birthday, Rainbows are invited to take part in our Merseyside Rainbow challenge.

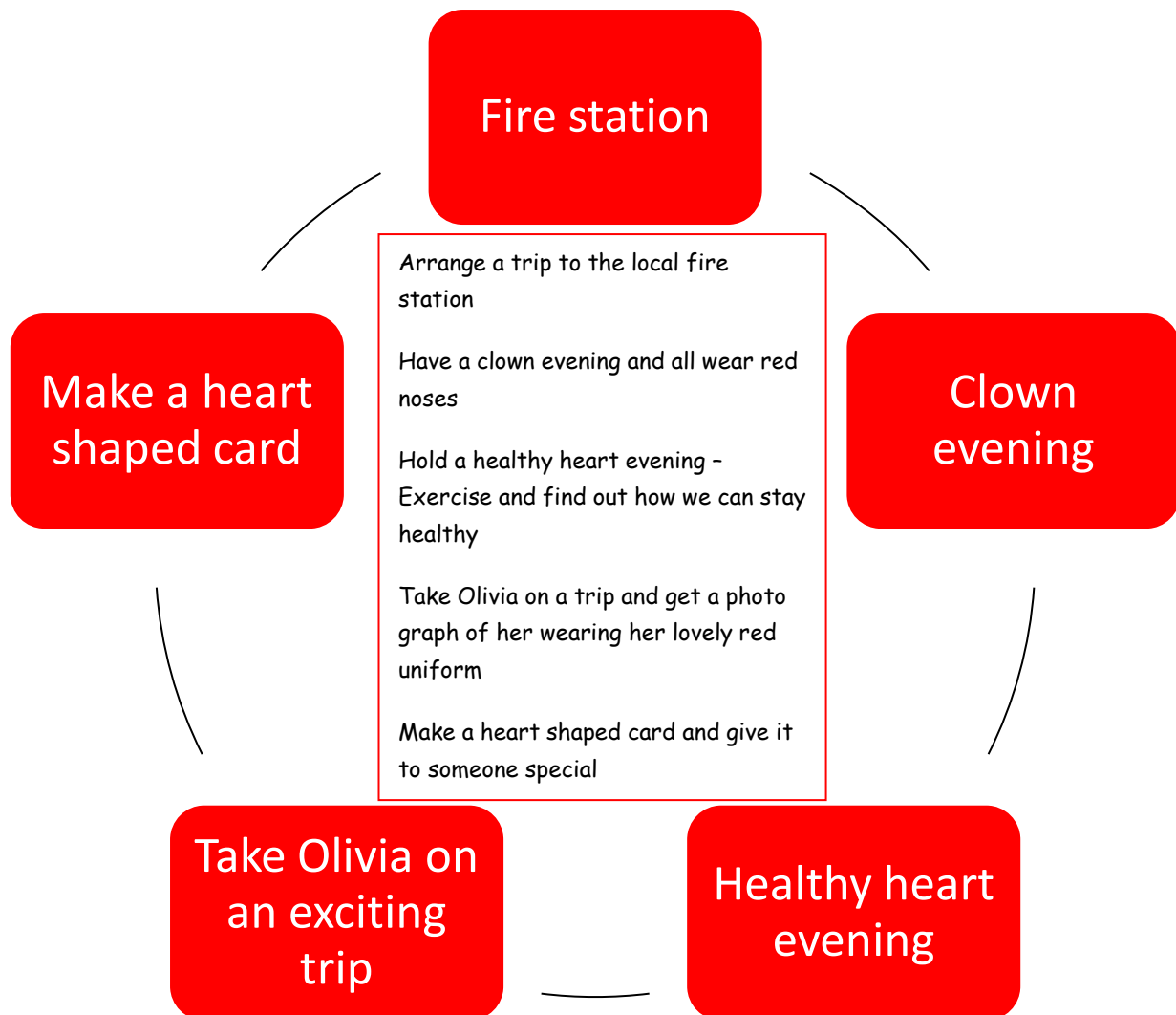
A new badge has been designed especially for this challenge and will be fun for everyone taking part.

Each Rainbow has to do one activity from each of the colours of the rainbow as listed on the challenge sheets.

When you have completed the challenge, send off for your beautiful Rainbow badge.

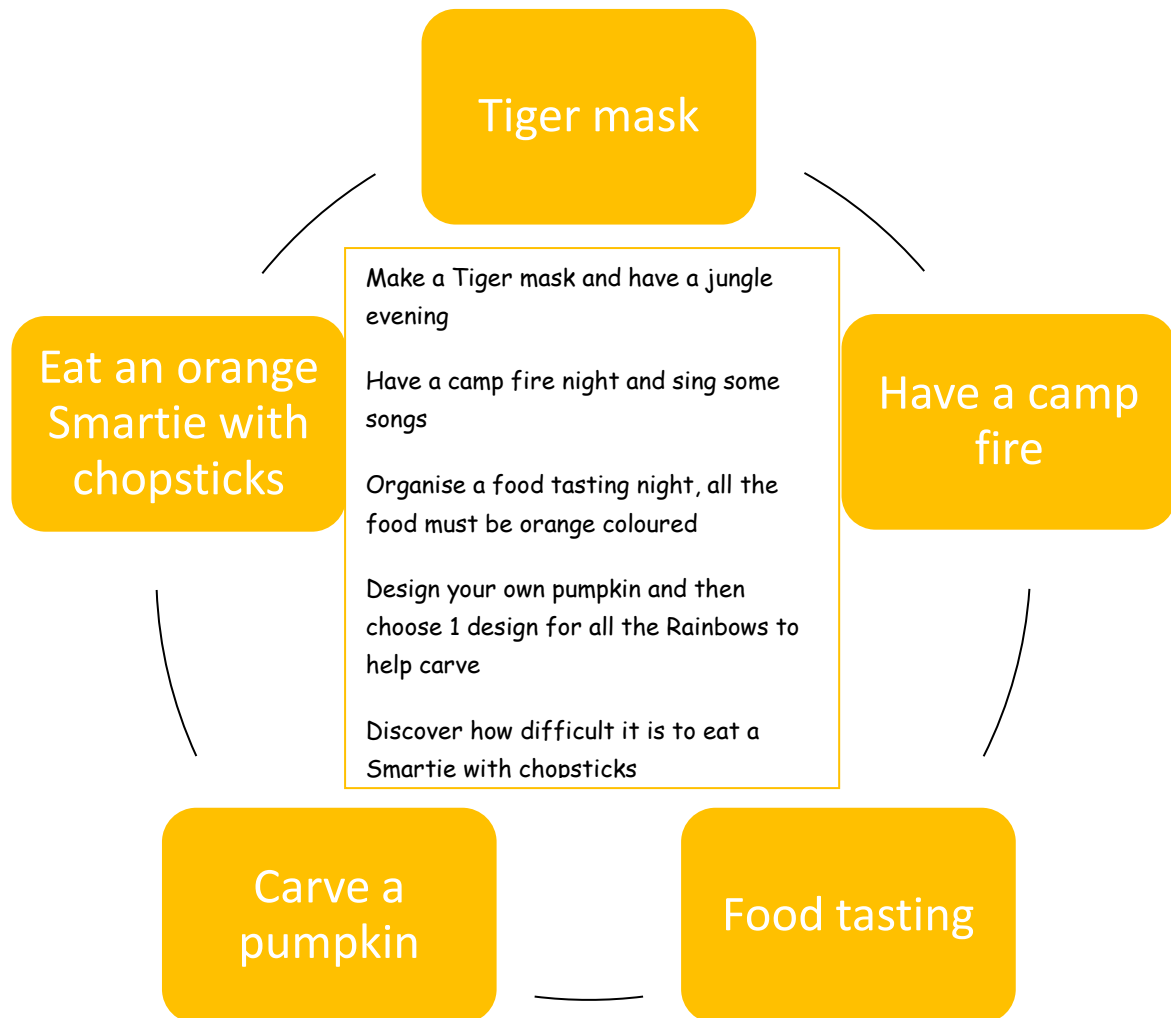


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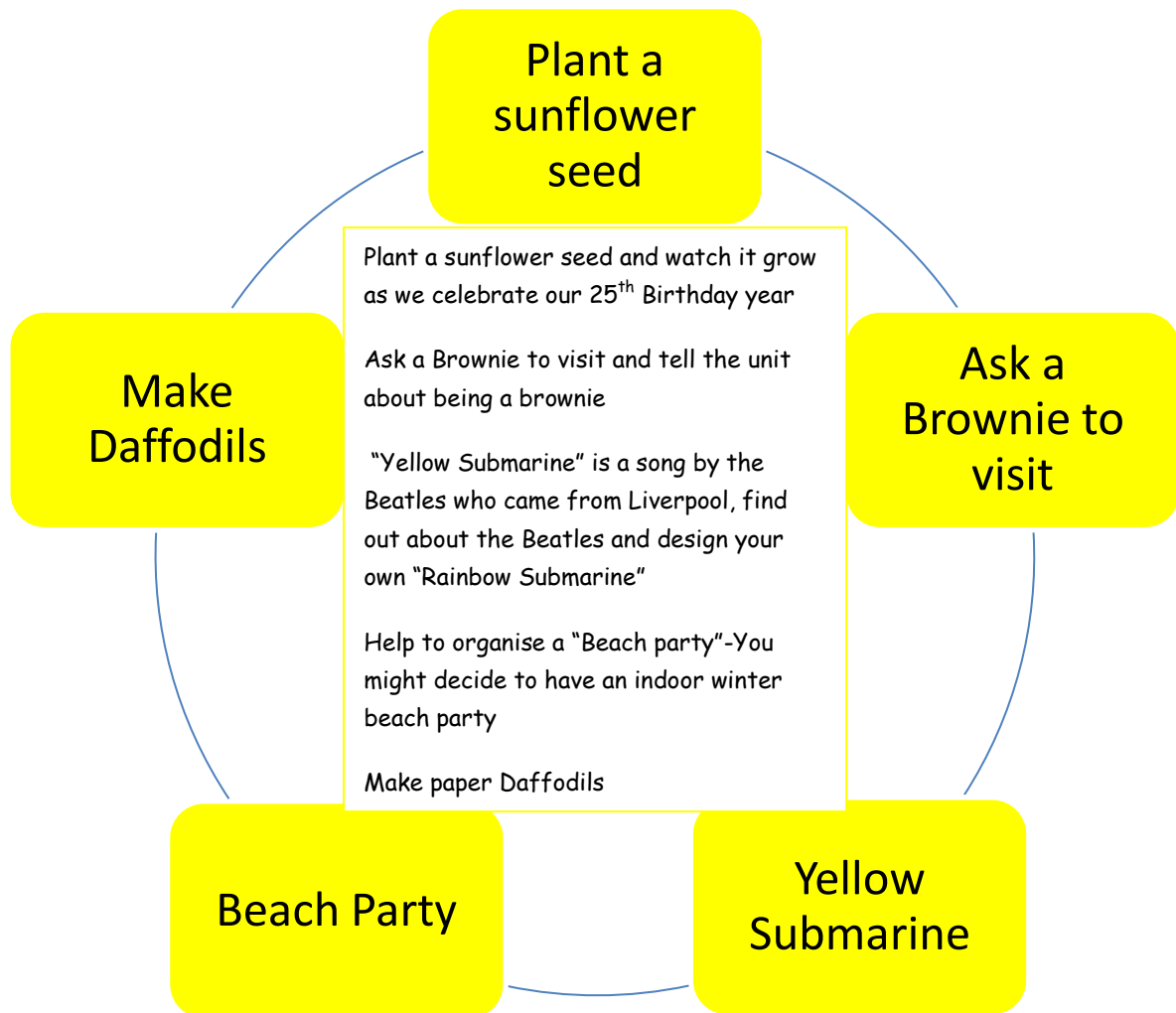
Red

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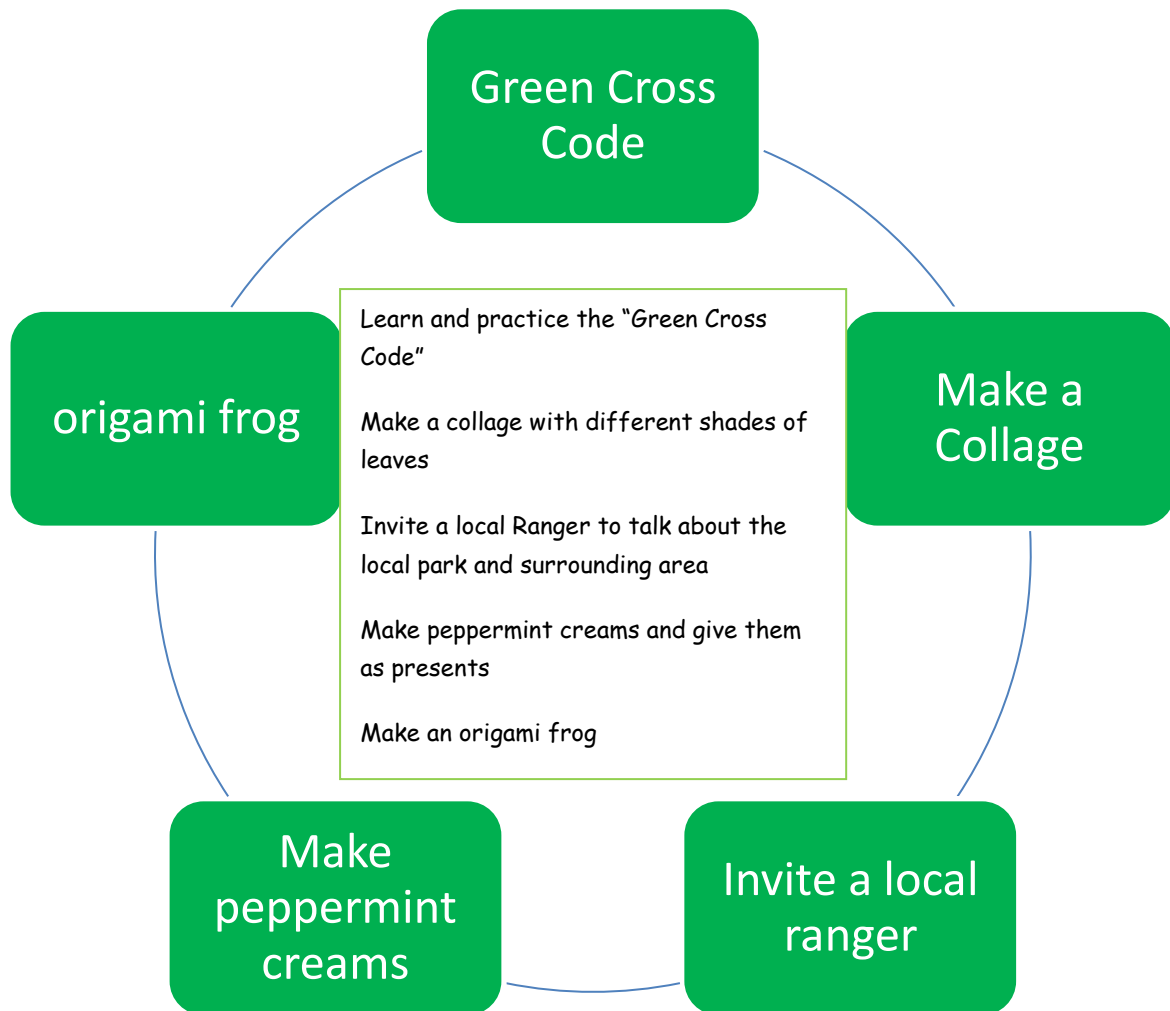
Orange

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Yellow

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Green

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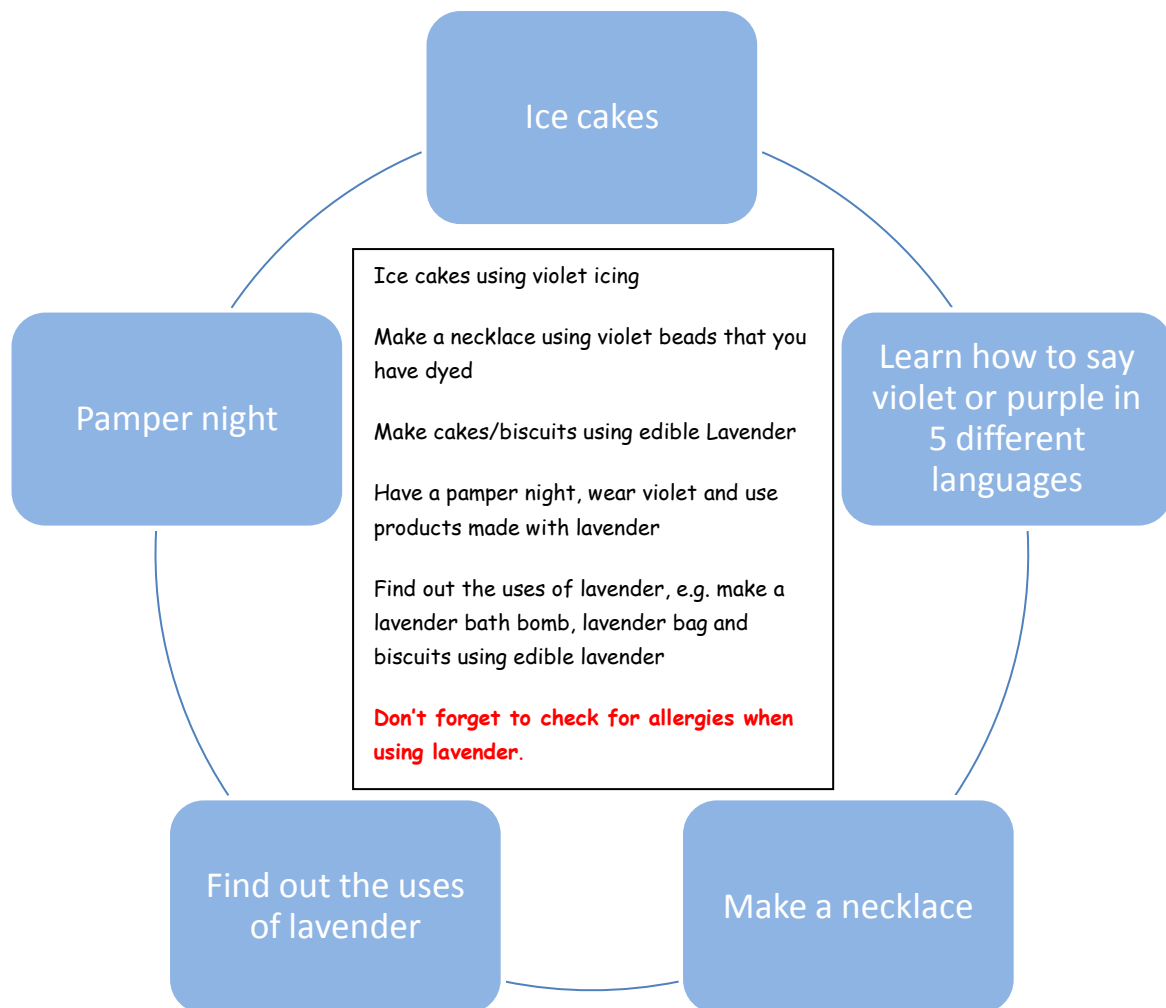
Blue

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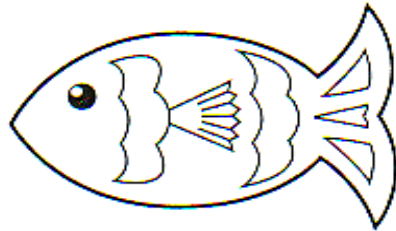
Indigo

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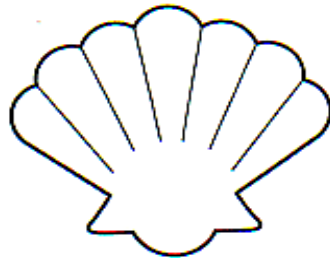


Violet

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fish



shell

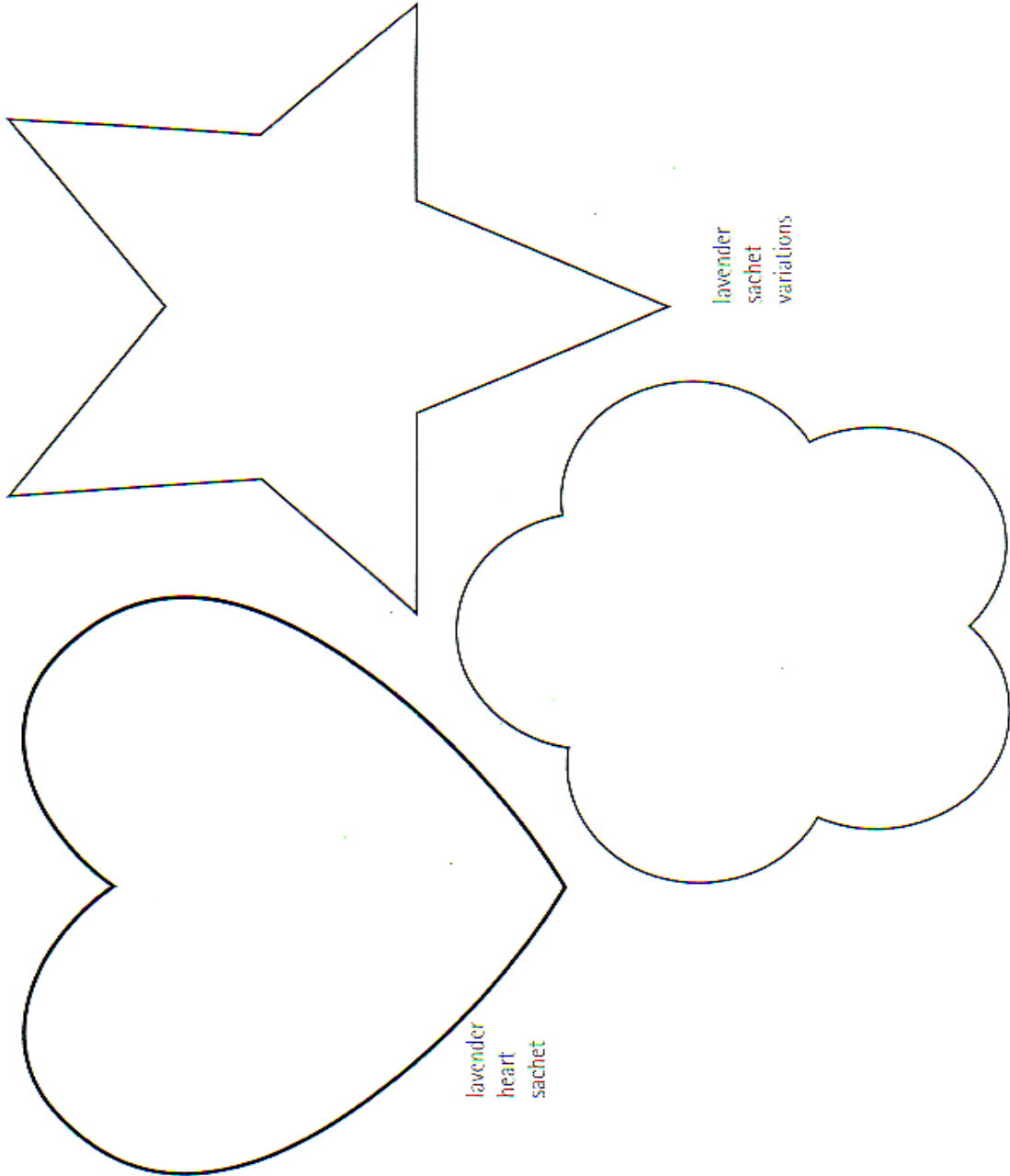


starfish



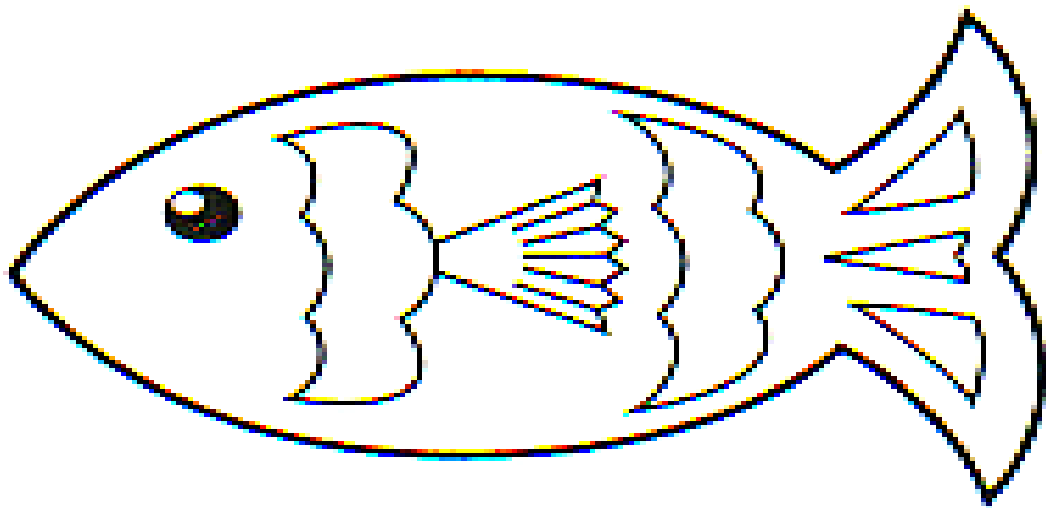
bookmark

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Flip Flap Fish Game



Cut out the large fish on thin card or paper, one for each rainbow.

Colour in the fish, then race them either in teams or individually by "flapping"
the fish along using a rolled up newspaper

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Lavender shortbread recipe

This recipe for lavender shortbread wedges is both simple to make and a delicious introduction to lavender in cooking. If you prefer a stronger lavender flavour you could use a drop or two of lavender oil as well.

100g Plain Flour
50g Cornflour
Pinch of salt
100g Butter
50g Caster Sugar
1 level tablespoon dried culinary lavender Flower Buds

Pre heat oven to 160°C and grease a 18cm circular tin. Place the plain flour, cornflour and sugar in a bowl, and rub in the butter thoroughly with your fingertips, or alternatively use a mixer. Finally add the dried Lavender flowers and disperse evenly through the mixture.

Press the mixture into the tin, prick with fork and bake for approximately 35mins. Cut into wedges (about 8) whilst still hot and leave to cool in tin. Sprinkle with extra caster sugar (or even lavender sugar!)

Don't forget to check for allergies when using lavender.

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Badge order form

Unit.....

District.....

Division.....

County.....

Number of badges required.....@£1.00 each = Total £.....

Postage (by second class post):

1-25 badges £0.65

26-65 badges £1.00

66-130 badges £1.50

131-200 badges £2.00

Total amount £.....

Contact name.....

Contact address.....

.....

.....

Postcode:

email.....

Telephone number.....

Please make cheques payable to:-'Girl Guiding Merseyside' and send it with this order form, to:

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