

S for Self



Each theme is different, to achieve the badge you need to complete 3 out of the 8 clauses below. At least 1 of 3 must be undertaken with other Trefoil members.

1 Do something you've always wanted to do -

with your Trefoil, with a friend or on your own.

2 Arrange and take part

in a Trefoil 'pamper' day or evening, or go on a spa day.

3 Hold a cake

and pudding recipe swap event, with tastings if possible.

4 Make time to declutter

a cupboard, organise your old photos, or your garden shed, or something similar. Show your fellow Trefoil members before and after photos.

5 Take time to explore

a book or piece of music in a genre new to you, then share and discuss with fellow Trefoil members, or have a book or music-based meeting where members bring and share their favourite books or music.

6 Revisit a hobby or interest

from your past and share your achievements with your fellow Trefoil members.

7 Share amusing memories

of guiding days or school days with your fellow Trefoil members.

8 Revisit some favourite

told guiding games and activities and, if possible, end your meeting with a sing song of the old favourites.

