



Hop To It!

Challenge



Hop to it!
SUFFOLK 2025



A Wild in Art event brought to
Suffolk by St Elizabeth Hospice



GIRLGUIDING SUFFOLK'S HOP TO IT! CHALLENGE PACK

INFORMATION

This challenge pack is for the Hop To It! Trail, happening across Suffolk in 2025 to fundraise for St Elizabeth Hospice.

Girlguiding Suffolk have a stargazing leveret sculpture via the Learning & Community Programme, and the sales of this badge will go towards the sponsorship cost.

This pack consists of four parts:

- Leverets, Stargazing, Hopscotch & St Elizabeth Hospice.

Please note this pack contains activities that cater for a variety of abilities, so please ensure you choose ones that challenge you.

All sections must do **at least one** activity from each part. In total:

Rainbows should complete **4** activities.



Brownies and Guides should complete **5** activities.



Rangers, Young Leaders, Leaders and Trefoil Guild should complete **6** activities.



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SECTION 1: Leverets

The Hop To It! sculptures are leverets. 'Leveret' is the term used to describe a young hare, and this section is all about them.

- Read the story of 'The Tortoise and the Hare'. Come up with different versions, with animals known for being particularly slow or fast. For example, 'The Sloth and The Eagle'.
- Write a poem or a story about a hare.
- Adopt a hare. [Adopt a hare | The Wildlife Trusts](#)
- Create your own hare mask.
- Hares are herbivores, so they have a plant-based diet. Cook something plant based. You could continue this by setting yourself a goal of being vegetarian for a day, or even a week!
- Bake and decorate something hare shaped.
- Create a sculpture of a hare from recycled materials.
- Design a poster with interesting facts you can find about hares.
- Make a no-sew hare. [How To Make An Odd Sock Easter Bunny - \(No Sew\) How To Guide](#). Make sure you make the ears very long so it is clear it is a hare, and not a rabbit!
- Make a toilet roll hare/bunny stamp to print patterns onto paper. [Toilet Paper Roll Bunny Stamps - Crafty Morning](#)
- Make an origami hare. Pinterest has many helpful instructions or follow a YouTube tutorial.
- Learn how to say 'hare' in five different languages.



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SECTION 2: Stargazing

The leveret sculptures are 'stargazing', as they are looking up to the sky. This section is all about stargazing and the night sky.

- Go stargazing! Make sure it is a clear night sky and note down anything interesting or unusual that you can see.
- Bake and decorate some star shaped biscuits.
- Create your own constellations. You could use mini marshmallows as the stars and push cocktail sticks into them as the connecting lines, or other suitable materials.
- Make origami stars. Pinterest and YouTube have many tutorials.
- Make a crafted model of a planet (or the entire solar system!) with materials of your choice. Try to use recycled ones!
- Find out what your star sign is and if there are any associated characteristics. Do any of them surprise you?
- Take a look at the painting The Starry Night by Vincent Van Gogh. Create your own with whatever materials you like.
- Create a constellation cup projector. [How to Make Paper Cup Constellations - The Seasoned Mom](#)
- Learn something new and interesting about stars.
- 'Twinkle Twinkle Little Star' is a lullaby that originated from a poem. Research the history behind three other lullabies.
- Write a poem or a story about the stars/night sky.
- [Magic Toothpick Star Experiment](#). Have a go at this!



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SECTION 3: Hopscotch

Hopscotch is the Learning & Community Programme attached to the Hop To It! trail. This involves schools and community groups being part of the trail and fundraising. This section is designed to make you more active – just like the game hopscotch!

- Simon Says, 'Hop To It!'. Play a game of Simon Says. See how many different actions you can come up with about hares.
- Play a game of pin the ear on the hare wearing a blindfold ... try and see if you can pin both of the ears on the hare at once.
- Grab some chalk and mark out the hopscotch grid. Have fun and challenge your friends to give the game a go!
- Hares are known for their incredible jumping ability. Compete to see who can jump the highest and who can jump the furthest. Try this with other activities, such as throwing.
- Brown hares are mainly nocturnal so can see quite well in the dark. Play a game of hide and seek in the dark with torches.
- Brown hares can reach speeds of up to 45mph. Mark out two points and get someone to time you hopping between them. Practice and see how much you can increase your speed!
- Search online how to create a hare shadow puppet with your fingers. Try it out, then find out how to do other animals too!
- Create or complete a scavenger hunt that spells out "HARE" or if you want a challenge "STARGAZING LEVERET".



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- Play the sleeping bunny/hare game.
 - *All should hop around like hares until told to 'hunker down'.*
 - *Everyone should get on the floor and close their eyes, so that they are 'going to sleep'.*
 - *The leader will cover someone up with a blanket or coat.*
 - *Once covered, everyone will open their eyes and try to guess who is covered up until they are correct.*
- Set up one area for 'rabbits', and one for 'hares'. Players must run to which area they think that the answer applies to.
 - *Which animals are born with fur? **CORRECT - Hares***
 - *Which animals are the most sociable? **CORRECT – Rabbits***
 - *Which young animals are called kit? **CORRECT – Rabbits***
 - *Who have the longest ears? **CORRECT - Hares***
 - *Who lives in a warren? **CORRECT - Rabbits***
- Hares have distinctive long ears that let them listen for danger. Test your hearing by playing the 'Bear and the Honeypot' game.
 - *Sit in a circle and choose someone to sit in the middle as the 'bear', blindfolded.*
 - *Place a noisy item as 'the honeypot' behind them, such as a bell or a set of keys.*
 - *Choose someone to try to silently 'steal' the item.*
 - *If the 'bear' hears a noise, they must point to where they think it came from.*
 - *If the 'bear' correctly spots them they remain the 'bear'.*
 - *If the pot is stolen, then the thief becomes the new 'bear'.*
- Create your own wide game about hares and play.



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SECTION 4: St Elizabeth's Hospice

The Hop To It! trail is being created to fundraise for the charity St Elizabeth's Hospice. This section is designed to make you more knowledgeable and involved in all the fantastic work they do.

If you are completing this challenge outside of Suffolk, feel free to substitute St Elizabeth's specific activities for a local alternative.

- Complete the Hop To It! trail in Ipswich or one similar.
- St Elizabeth Hospice was named after Elizabeth of Thuringia. Research her and make a fact file of the facts you find.
- Post a social media shoutout (if you are 16+) to raise awareness for your local hospice. This could include sharing a post about an event they are organizing.
- Volunteer at your local hospice shop or at a fundraising event.
- An annual fundraising event held by St Elizabeth Hospice is the Midnight walk. Go on a walk that challenges you – whether this be in distance, terrain, or location. If you do this at night, keep safe with reflective clothing, friends, and torches!
- Have a clear out and donate some pre-loved items to your local hospice charity shop.
- Complete a fundraiser for your local hospice. This can be as big or as small as you like – every little helps!
- Next time you need a new outfit, purchase it from your local hospice charity shop (or at least an accessory from there!)



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- Learn about St Elizabeth's Hospice. Find out:

About Us - St Elizabeth Hospice

- *Who laid the foundation stone of the hospice?*
- *Who officially opened the building?*
- *Who opened the Day Centre in 1997?*
- *What percentage of costs are covered by fundraising?*
- *How many patients are cared for on average a year?*
- St Elizabeth's Hospice's Moments Coffee Shops are essential to their funding. Bake something for your friends and family. This could be a new recipe, or a tried and tested one!
- Another branch of St Elizabeth's Hospice are their Zest charity shops, fundraising for their young adult service, full of stylish second-hand items. Upcycle something that is a little worse-for-wear. This could be an item of clothing or furniture.
- An annual fundraising event hosted by St Elizabeth Hospice is their Christmas Day Dip. Go for a dip yourself! This could be in a pool but try and challenge yourself and go into the sea!
- Hospices do not only support patients; they also support their loved ones. Create a letter of gratitude for someone you love to let them know that you appreciate them and all they do.
- St Elizabeth Hospice have four core values:
 - *One Team, One Community.*
 - *Learning Never Ends.*
 - *Compassion Takes Courage.*
 - *Every Moment Matters.*

What values matter to you? Are any the same as above?



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ORDERING BADGES

Once the challenge is completed you can buy badges from **Craftability, 4 St Lawrence Street, Ipswich, IP1 1DN** for **£1.50**.

Alternatively, you can order by post by completing this form and posting to **Craftability, 4 St Lawrence Street, Ipswich, IP1 1DN**.

UNIT: _____

COUNTY: _____

LEADERS NAME: _____

ADDRESS FOR POSTAGE: _____

PHONE & EMAIL (for queries) _____

TOTAL NUMBER OF BADGES @ **£1.50** EACH _____

Please add postage as follows:

1-6 badges	£0.90	46-80 badges	£2.50
7-15 badges	£1.60	81+ badges	£3.30
16-45 badges	£2.10		

Please contact for pricing of international postage.

TOTAL AMOUNT ENCLOSED £ _____

Please make cheque payable to **Suffolk Guide Association**.

If you have any questions, contact tricia.hale@virginmedia.com

*** Postage prices may change, and pack will be updated**



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BRANDING

Branding Matters<BrandingMatters@girlguiding.org.uk>

Mon 24-Feb-25 10:16 AM

Hello Trica,

Many thanks for your email and for sharing your updated badge design for Girlguiding Suffolk county , Hare challenge

I can confirm the design meets our refreshed branding requirements. There is enough free space surrounding the trefoil. It is okay to produce in Masterbrand (White Trefoil on Girlguiding dark blue Pantone® 2766 C background).

Good luck with the challenge.

Kind Regards

Ruth



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