

The themes



Know Myself

Getting to know who you are, your role in Girlguiding and the wider world.



Express Myself

Explore your creative side and different ways to communicate with others.



Be Well

Look after yourself, and others' bodies and minds.



Have Adventures

Get out and about to explore the outdoors and nature.



Take Action

Use your voice to make positive change in your communities.



Skills For My Future

Look to the future and build your skills to become independent and successful in life.

