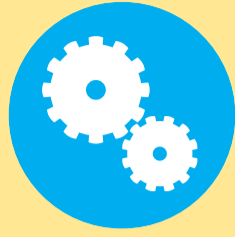


# The themes



## Know Myself

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



## Express Myself

Show off and explore your creative side.



## Be Well

Discover how to take care of yourself and others.



## Have Adventures

Get out and about to explore the outdoors and nature.



## Take Action

Empower yourself to make a difference, and use your voice to help your community and the wider world.



## Skills For My Future

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

