

Fear Factor

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This is a competitive game for patrols, and can be easily adapted for younger Guides, but is excellent for those aged 12 and older.

You will need:

One crazy Guide Leader (or more – you don't have to be crazy, but it helps)
At least two helpers
A couple of Patrols
Several Scary Challenges

You can use any type of scary challenge – but for the girl's safety and sheer gross-out value I find that "gross party food" is the easiest to set up and the funniest to take part in. You also avoid problems for girls of differing ages and physical abilities. No-one is going to be upset if their patrol member cannot eat "booger-on-a-stick", because they may be facing "the dirty diaper" next!



You need to prepare the challenges in advance – enough for one 'serve' per patrol – though I often make extras of the easy or tasty ones so that everyone can try it at the end.

Set up a course with a table at one end, near your supply of goodies and have the Patrols at the other end of the course.

I set out the table with a serve for each patrol (I often colour code the plate/ bucket so they know which one to go for) but keep the challenge hidden until each patrol has chosen their contestant (everyone must have a go before someone has a second turn).

After a bit of theatrics to build up the tension – we reveal the challenge and release the challengers. They have to go to the table and finish the challenge to score points for their patrol. For the food challenges – they have to eat/drink their entire portion. For other challenges, they have to complete the task, e.g.: find the ring with their teeth in the bucket of goo.

Running: This really depends on a leader who can ham it up for the girls – you have to make them believe their challenge is soooo disgustingly gross (even though they know perfectly well it is safe, and probably yummy). Presentation is everything! "Finger full of snot" with the leader gagging as she sets it up is so much more repellent than "mushy peas or hummus on toast fingers."
It really helps to have an assistant getting the next challenge ready so the game moves quickly.

When the challengers come to the table, I usually allow the rest of the Patrols to come up with them to act as a cheer squad and to enjoy the look on their faces as they approach their task – this is a noisy game! Have your camera handy.

Scoring: If there are three patrols, the first challenger to complete the task earns 3 points, the second 2 points and the third earns 1 point. If there are four patrols, the points are 4,3,2,1 – and so on. You will need an assistant to take care of the scoring.

The Challenges: There are many online sources for gross party food or Halloween snacks, and use your imagination to adapt and expand on these. Make sure that whatever you use is safe, edible and that no participants have food allergies, etc. Some of our favourites are:



Bug Guts: lemonade, ginger ale, kiwifruit (or passionfruit) and strawberries – blended until it is just unrecognisable – will be awful with froth and specks of black and a few fleshy chunks – YUMMY!

Bird poo: a curl of liquorice with a dollop of melted white chocolate on top

Dirty Diaper: Chocolate pudding made with instant rolled oats for texture and served up in a disposable nappy - a real camera moment – I did not provide a spoon with this one, and no hands were allowed.

Eyeball Pies: Savoury version: a party pie with half a boiled egg poking out, with a stuffed olive for the iris (the olive is often too much for younger girls). Sweet version: fruit mince pie with one of those jelly 'monster eye' lollies you can buy in stores.

Maggots in sawdust: brown rice or another grain that splits when cooked looks great, but long grain rice with a tiny touch of yellow food colouring also works, cook the rice and cool, then spoon it into a bag of coarse toasted breadcrumbs.

Dirty Bathwater: fill a small tub (that they can fit their head into feel around with, and retrieve items with teeth) with water, a little ice cream and ginger ale/root beer. Hide plastic item (bugs, snakes, etc) in the murky water. Have also called this one '**Bucket of Spew**' (vomit) and filled it with tinned spaghetti, frozen diced vegetables, etc.

Spiders: a length of liquorice strap with both sides cut into four legs and manipulated into a spider

Whole Patrol Challenge – **Kitty Litter Cake:** use a new tray and pooper scooper to serve and if you make those fudge poos just right – there is no way they will think it's not real! There are several sets of instructions online – basically make a vanilla pudding, crumble in some sponge cake and sweet biscuits, sprinkle with smashed up vanilla cream wafer biscuits with a touch of green food colouring. When your tray of litter is ready, craft some kitty poos – I make mine with a soft fudge (1 carton sweetened condensed milk, 400g dark cooking chocolate – combine over heat until melted, mix, cool and put in ziplock bag – cut a small hole in one corner and squeeze out. Experiment until it looks real)

Have the patrol plates ready, and enough spoons for everyone – and have your camera ready when you uncover this one.



There are so many possibilities – just **remember your safe food handling practices** and that this challenge is about facing and overcoming your fear. Other lessons are 'mind over matter' and that things are not always what they seem. Have fun with it and your girls will love it!