



WE DISCOVER, WE GROW

Girlguiding

Ulster



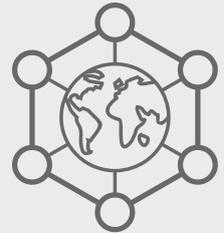
SHINE Resource Pack



Sharing



Health



International



Nature



Experiment

Welcome to SHINE

Girlguiding Ulster's new resource pack



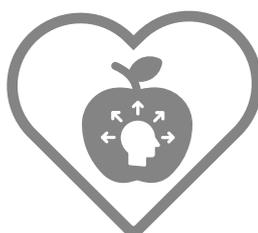
This pack is for all sections and most activities can be delivered at a face to face or a virtual meeting and there are lots of activities that girls can complete at home to enable them to still achieve the badge if they cannot attend a meeting. There are also challenges especially for volunteers so everyone has the opportunity to earn a badge!

There are five sections:



1: Sharing

– activities to encourage girls to share their time and talents and remember their promise to help others



2: Health

– physical and mental well-being activities as well as a look at healthy eating



3: International

– learn about the World Centres, WAGGGS, and crafts and games from around the world



4: Nature

– lots of ideas to encourage girls to enjoy the outdoors



5: Experiment

– an opportunity for everyone to try something new

All members should complete at least one activity from each section and then complete the final lighthouse challenge. This craft is to remind everyone to keep their Guiding light shining.

Many congratulations to Rebecca from Girlguiding Tyrone on winning the badge design competition. Click on the link below to order your badges when you complete the challenges
<https://girlguidingulster.org.uk/app-forms/view.php?id=25729>

Don't forget the Get Outside resource which is available to download on Girlguiding Ulster website, this has lots of activities to encourage girls to enjoy the outdoors and have a look at Girlguiding Ulster's virtual hub for more ideas and activities to share with your unit.

Sincere thanks to everyone who contributed ideas for the pack and thanks to the Education Authority Restart Grant for funding the badges. Have fun!





SHINE

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1: Sharing

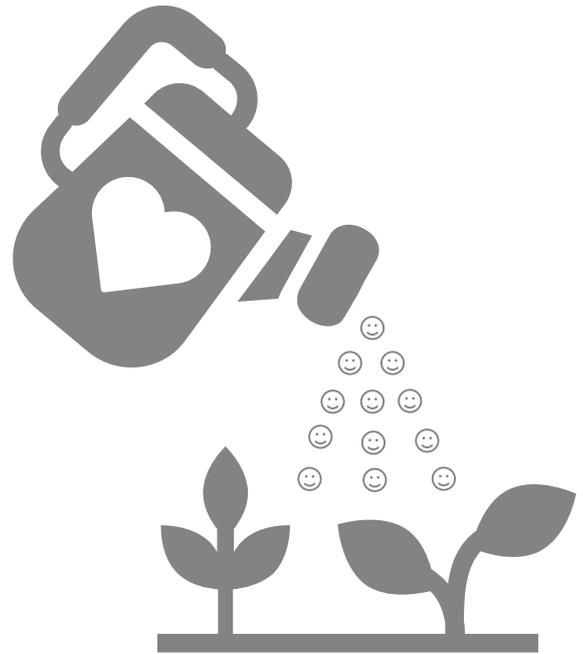
– activities to encourage girls to share their time and talents and remember their promise to help others





Name of activity:

Kindness Grows Kindness



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Clock page
- ✓ Pencil

Description of activity:

Using the template, girls write a good turn they are going to do and draw on the clock how long they are going to share their time doing it. This could be for a friend, relative or neighbour.
Rainbows may find drawing the time on the clock too difficult so they could draw a picture of each of their good turns on a blank page.

Some ideas:



Is there a friend in school who needs someone to play with?



Can they offer to help a relative with their shopping?



Does a neighbour need their bin left out in the morning?

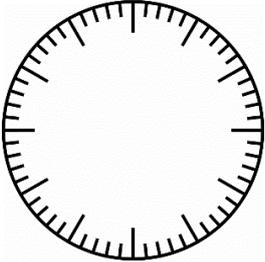
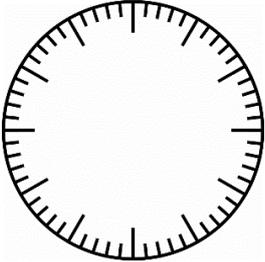
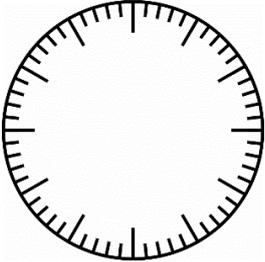
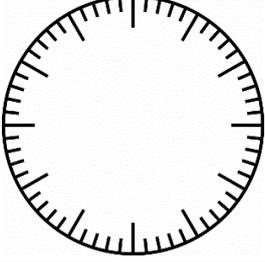
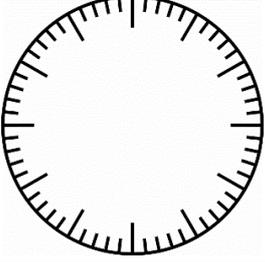
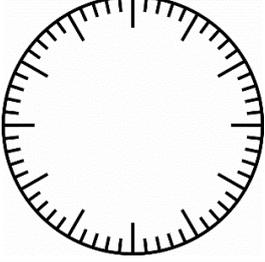


Can they read a story to their brother or sister?



Clock Template for Kindness Grows Kindness Activity

Write the good turn in the box and draw hands on the clock to show how long you are going to share your time.

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Name of activity:

Make Someone Smile



Suitable for:



Rainbows



Brownies



Guides



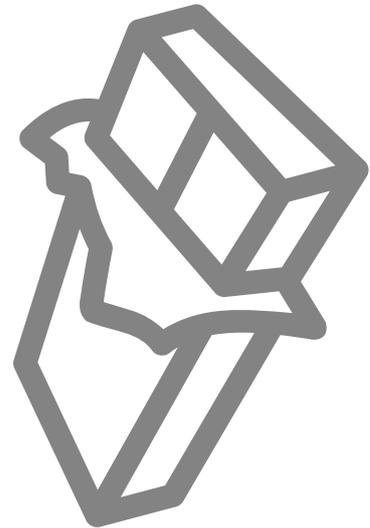
Rangers

Resources needed:

- ✓ Paper/card
- ✓ Colours
- ✓ Stickers

Description of activity:

This activity is a simple but effective way to share happiness. Girls should think of a way to say thank you to the people in their community who help them. For example a postal worker, waste collector, librarian, delivery driver etc. Can they make a thank you card or picture and leave it as a surprise for someone who helps them? They could also leave a sweet treat like a bar of chocolate for them to enjoy too.





Name of activity:

Share A Compliment



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

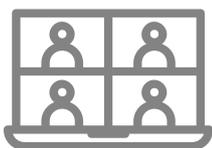
- ✓ Paper
- ✓ Pens

Description of activity:

Girls need to feel valued like everyone else. Saying positive things to each other is a great way for the girls to boost their self-worth and self-esteem.

Ask the girls to draw round one of their hands and write their name in the middle.

Choose a girl and ask the others in the group to share a compliment about her, girls can do this using the whiteboard on Zoom or by saying it.

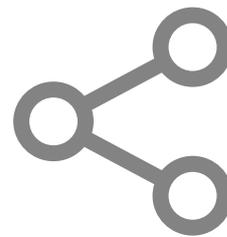


The girl can write these compliments on her hand. Continue until everyone has had a turn. Chat about compliments – are they important, how do they make you feel?



Name of activity:

Sharing Guiding



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ None but the Bring a Friend invitation on Girlguiding Ulster website may be helpful

Description of activity:

Share guiding and help us grow our membership by asking the girls to invite a friend to your meeting. Encourage the girls to promote guiding by chatting to their friends and sharing all the activities and fun they have each week.

There are downloadable invitations on the Girlguiding Ulster website in the resource section.



www.girlguidingulster.org.uk/resources



Name of activity:

Random Acts Of Kindness



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

Various depending on the act of kindness chosen

Description of activity:

Research shows that taking action and carrying out random acts of kindness for someone else can be beneficial to our own wellbeing. Serving the community and helping others is part of our promise. Ask the girls what they would like to do as a unit.

Some ideas:



Make bookmarks and give them to the local library to give out



Paint positive messages on stones and leave them around your local area

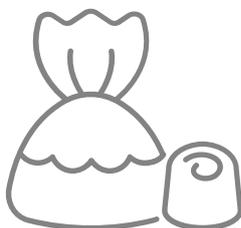


Pot up small plants and distribute – you could use this little poem

*Here's a little flower
With love from us to you,
We hope it will keep you smiling
All spring and summer through.
It will need a little water
And the right amount of sun,
We hope that you accept it
And see a Good Turn done.*



Organise a litter pick



Make up small bags of sweets to give out in the community – pop a note in the bag with these words "If this small token has made you smile, then why not consider "paying it forward" and perform your own Random Act of Kindness"





Name of activity:

Family Games Night



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Games
- ✓ Paper
- ✓ Colouring pencils or pens

Description of activity:

Challenge your girls to share quality family time by organising a family games night.

Some ideas for the evening:

- Make invitations
- Have a selection of games to ensure everyone gets to play their favourite game
- Prepare some snacks
- Make a certificate or badge for the winner

You can help the girls prepare for the event by making the invitations and certificate or badge during your unit meeting and sharing ideas for snacks they could make.



Name of activity:

Invite A Unit



Suitable for:



Rainbows



Brownies



Guides



Rangers

Description of activity:

Invite a unit to join your meeting. In the current situation this would have to be virtual but hopefully in the not too distant future it can be a face to face meeting.

Ask the girls to plan the evening, choosing their favourite games and activities to share with the unit.





Name of activity:

Charity Fundraising



Suitable for:



Rainbows



Brownies



Guides



Rangers

Description of activity:

Many charities have suffered financially as a result of Covid-19. As a unit choose a charity and plan a fundraising activity.

Some ideas:



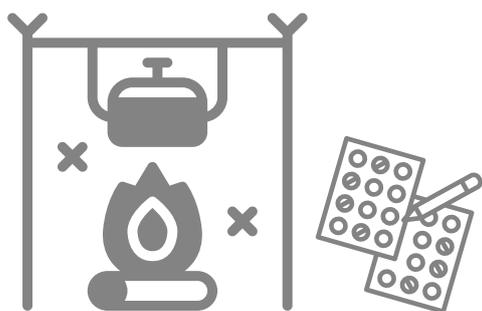
Sponsored walk



Sponsored exercise challenge



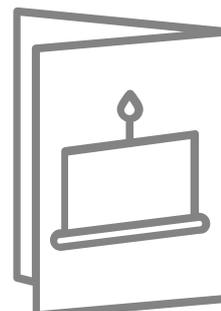
Bake and sell cakes to family and friends



Fireside quiz



Sponsored silence



Make and sell cards to family and friends



Volunteers – Some Ideas For You To Complete This Section



Description of activity:



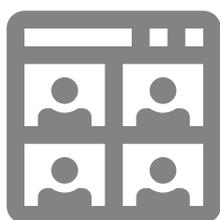
Share a challenge or problem that you've encountered in your unit with a leader from a different unit - perhaps they've encountered something similar and might have some ideas to help



Share something that's gone well in your unit recently with another leader from a different unit or perhaps in a district or county meeting



Share an activity or game that your unit has enjoyed with leaders from another unit



Arrange a virtual volunteer social meeting



Share your talent – bake a cake or make a gift for someone



Send a card with a positive message to make someone smile



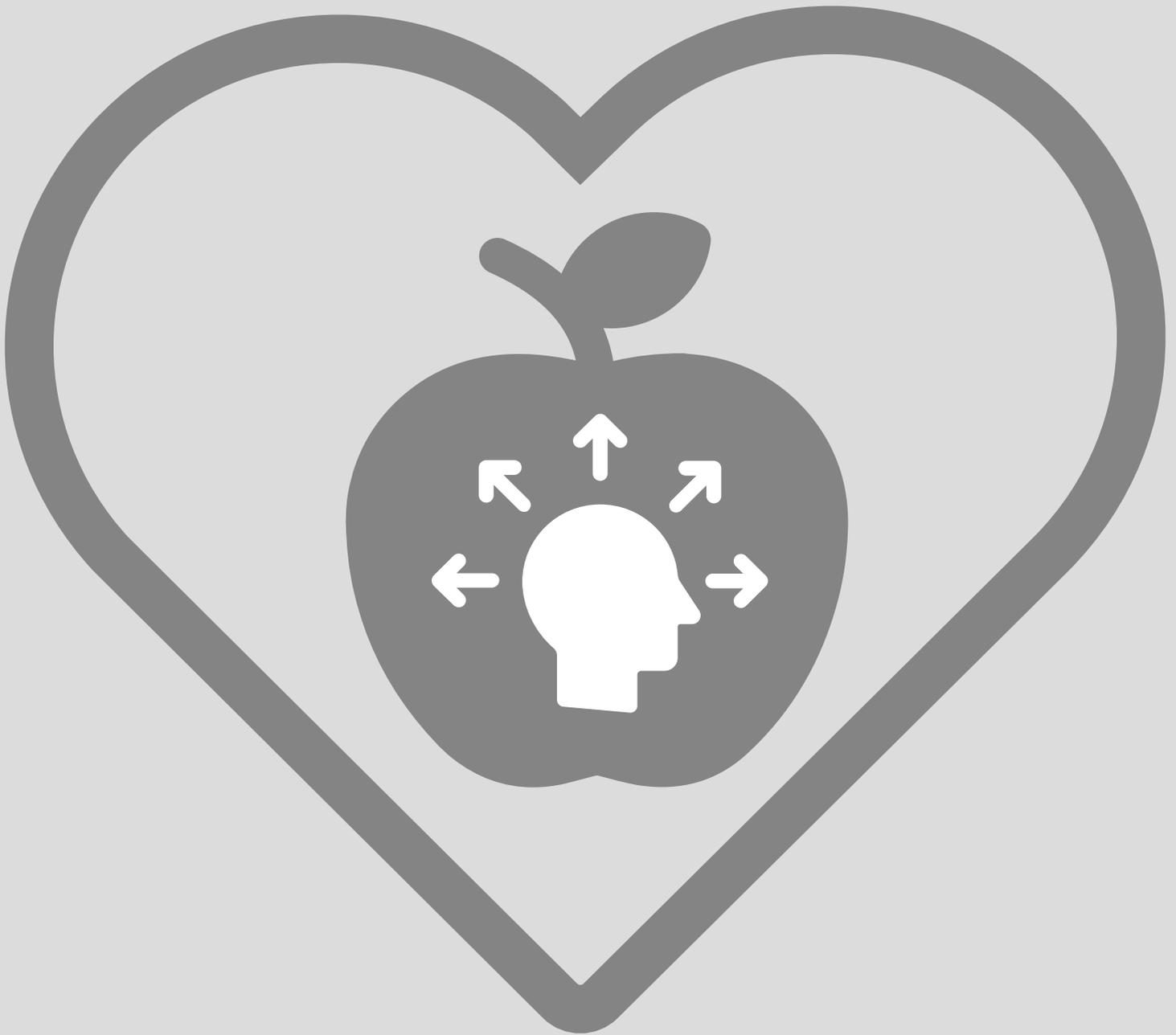
Treat someone to a tea or coffee



Make a donation to a food bank

2: Health

– physical and mental well-being activities as well as
a look at healthy eating





Name of activity:

Hand of Health



Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ Paper or card
- ✓ Pencil

Description of activity:

This activity will encourage the girls to think about the five steps to wellbeing. Evidence suggests that by taking these five steps we can improve our mental health and wellbeing. Trying these things can help us feel more positive and able to get the most out of life. Before the meeting have a look at the NHS website for some ideas for each of the five steps <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> Each girl should draw round their hand on a page.

Write each one of these headings on a different finger -

Connect, Be Active, Keep Learning, Give, Take Notice.

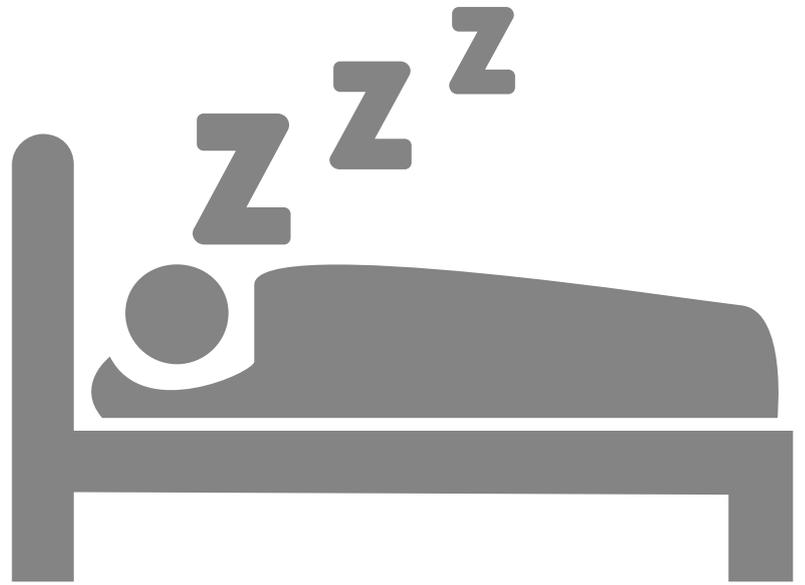
Discuss what each of these mean and what we need to do or not do to stay healthy and well.

Can the girls pledge to complete an activity from one of the five steps in the week ahead to improve their wellbeing?



Name of activity:

How Important Is Sleep?



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Paper
- ✓ Pencil
- ✓ Optional: cotton handkerchief, dried lavender, ribbon

Description of activity:

Children need sleep to help their body and brain develop and grow. These activities will help the girls find out why we need sleep, how much sleep we need and what we can do to help us sleep well.

Share this information with your unit:

Your brain needs sleep, so you can:

Remember what you learn.

Pay attention and concentrate.

Solve problems and think of new ideas.

Your body needs sleep, so you:

Muscles, bones, and skin can grow.

Muscles, skin and other parts can fix injuries.

Body can stay healthy and fight sickness.

Choose one or more of these activities to complete with your unit:

Higher or Lower.

Sleep Card Game.

Make a simple lavender bag.

This is a good video to share with Rainbows

- <https://www.youtube.com/watch?v=FgCwrumLEhU>

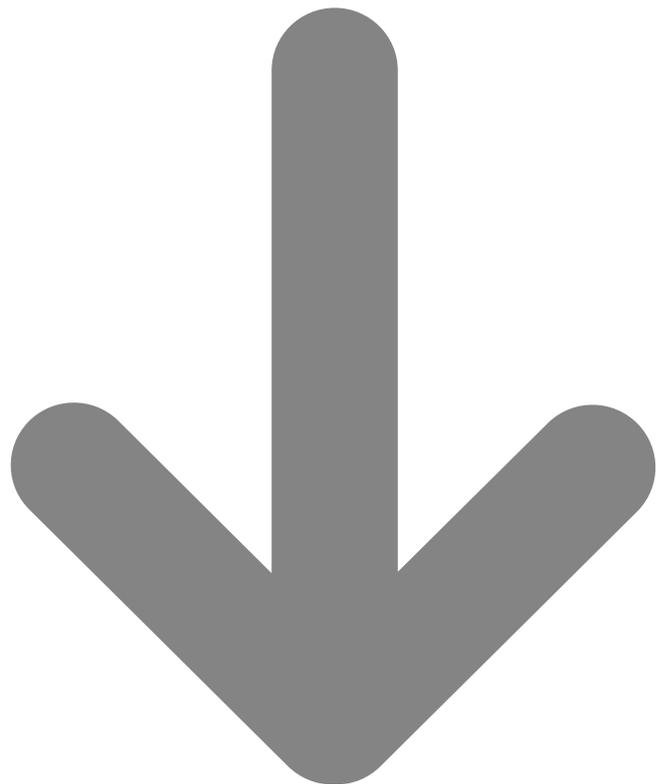
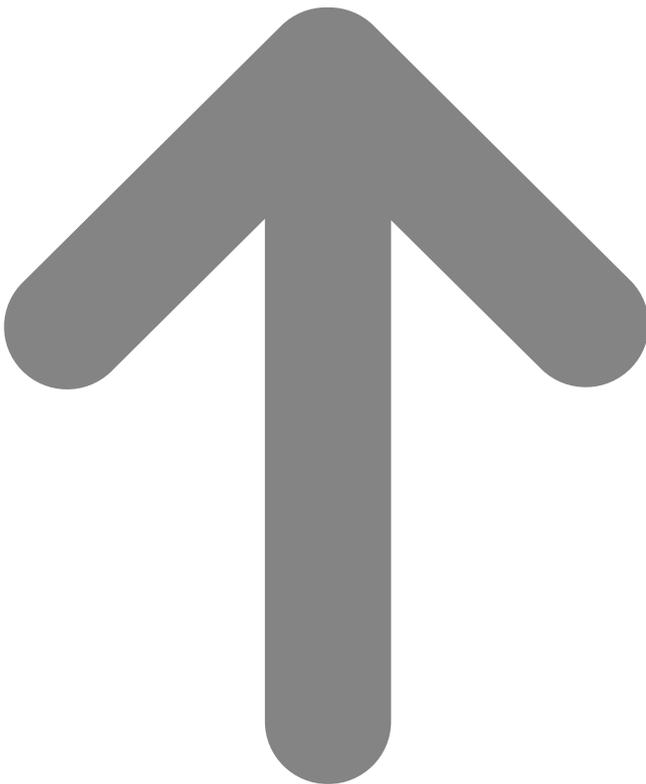




Higher or Lower Game

Ask the below questions and the girls can give a thumbs up if they think the answer is higher and a thumbs down if they think lower.

- 1 What percentage of people dream in black and white? 10
Higher! 12% of people dream in black and white.
- 2 How many hours a day do babies sleep? 12
Higher! Babies sleep for 15 hours a day.
- 3 What is the world record for the number of days someone has gone without sleep? 15
Lower! The longest anyone has gone without sleep is 11 days.
- 4 How many hours of sleep does a 7-12 year old need? 12
Lower! A child aged 7-10 needs to get 10-11 hours of sleep a night.
- 5 How many hours a day does a bat sleep? 10
Higher! A bat sleeps for 20 hours a day.
- 6 How many minutes should it take you to fall asleep at night? 20
Lower! It should take no more than 15 minutes to fall asleep.
- 7 How many hours a day does a 3-6 year old need? 13
Lower! A 3-6 yr old needs 10-12 hours per day.
- 8 How many years of your life do you spend dreaming? 15
Lower! You spend about 6 years of your life dreaming.
- 9 How many stages of sleep are there? 6
Lower! There are 5 different types of sleep
 - 2 stages of light sleep.
 - 2 stages of slow wave sleep.
 - 1 stage of REM (rapid eye movement) sleep when the brain does all its learning and processing.You go through these 5 stages again and again every night.
- 10 How many hours a day does a giraffe sleep for? 10
Lower! A giraffe sleeps for only 2 hours a day!





Sleep Card Game

The game below is from sleepforkids.org it can be played as described or you could adapt it and deliver as a quiz. These cards show matching pairs of actions. One action in each pair helps you get sleep. The other action can keep you from good sleep. Print this sheet of cards. Cut them out along the lines. Shuffle the cards and turn them face down. Each player picks up two cards. If the cards match, the player keeps the pair. If they don't match, replace the cards. The player with the most matched pairs wins!



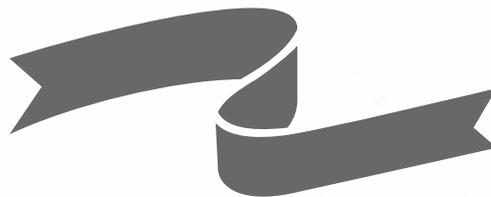
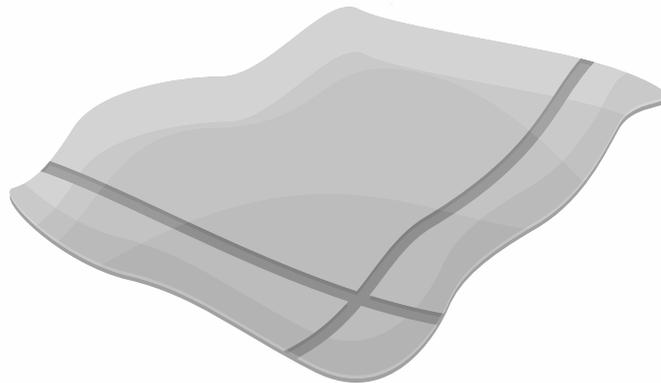


Lavender Bags

Lavender may help you get a restful night's sleep, this is due to the calming, relaxing properties of lavender.

To make a simple lavender bag, you will need:
A cotton handkerchief.
Dried lavender.
Ribbon.

To make:
Use a cotton handkerchief and spread it out.
Place a good pile of dried lavender in the centre.
Draw up all four corners and give it a little twist.
Tie a pretty ribbon around it to secure the contents.
Spread out the ends of the corners to make them pretty.
You may also add rose petals to the buds if you like.
Tuck a fresh or dried flower sprig underneath the ribbon for added decoration.
Pop it under your pillow.





Name of activity:

Shadow Tig



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

✓ None

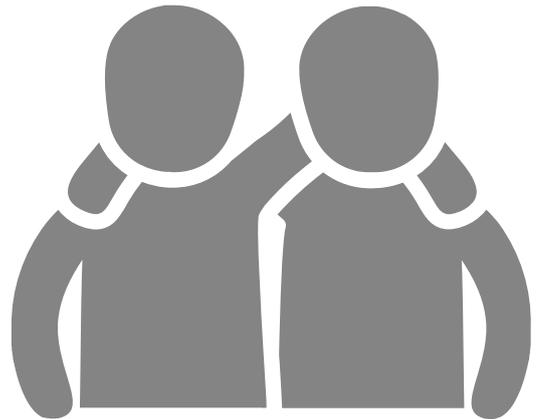
Description of activity:

It is good to include some physical exercise in our daily routine. This running around game is ideal to play at the start of a meeting. Play tig but rather than tag the person you have to stand on their shadow. This would work well in the current situation as there is no contact.



Name of activity:

Wanted Buddy



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

✓ Paper

✓ Pen

✓ Pencils

Description of activity:

This activity encourages girls to look at themselves positively and reflect on how they behave towards friends and how friends treat them.

Have a short discussion about what qualities are important in friends.

Ask the girls to design an advert or a "Wanted" poster for a friend.

Chat about how important friends are to the girls. What influences their choice of friends and how should they behave as a friend.



Name of activity:

Hand Massage

Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ Hypo-allergenic, non-scented hand cream
- ✓ Towel

Description of activity:

We carry a lot of tension around in our hands, which is not surprising considering how much we use them. This activity teaches the girls how to do a hand massage. Girls should put approx. half a teaspoon of hand cream onto one hand. They should work the cream into their hand, then read the instructions below to the girls in a calm, soothing voice. You could have gentle music playing in the background.

Stroke the back of your hand, pushing firmly up towards the wrist and gliding back gently. Then squeeze the hand all over, pressing it between your palm and your fingers.

Squeeze each finger all over and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull gently to stretch it, sliding your grip up the finger and off the tip.

Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to your wrists, doing four strokes in each furrow.

Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.

Finish the massage by stroking the palm of the hand from the fingers to the wrist. Push into it with the heel of your hand, then glide gently back and repeat.

Repeat with the other hand.

Some talking points:

What did the girls like about this activity?

Did they find it calming?

Do they think it is important that we look after our bodies in this way?





Name of activity:

Ad Truths

Suitable for:



Guides



Rangers

Resources needed:

- ✓ Magazines
- ✓ Newspapers

Description of activity:

We are saturated daily with advertising images of beautiful people trying to sell beautiful products and dreams. These images are often enhanced using various techniques like lighting, make up and airbrushing to do away with unflattering bits. This activity aims to deconstruct these ads and the messages they are trying to give.

Instructions:

Ask the girls to look through a magazine or newspaper and estimate the percentage of the magazine or paper that has been given over to advertising. How many pages consist of adverts?

How many heavily manipulated or even unreal images can the girls spot?

Have a discussion afterwards about what the images are trying to sell and how. Is it the product? Is it the beauty and promise of "happiness" being associated with the product? What makes for a happy life?

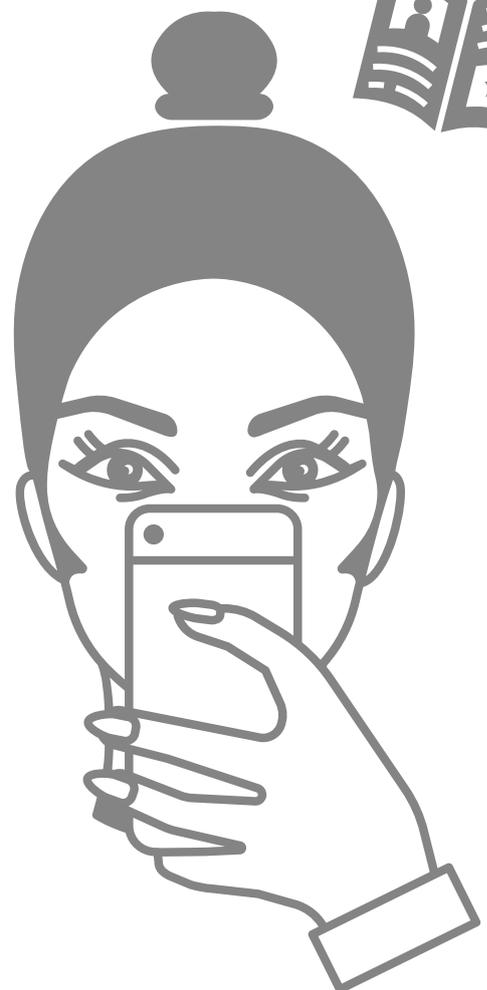
Extra talking points:

Do we really believe everything we see at face value?

How much do we really identify with these media images?

How representative are these images really of our reality?

Do we believe that we should be valued less for not being like these images?





Name of activity:

Colour And Emotion



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Colour wheels – these can be shared on a virtual screen
- ✓ Selection of beads in various colours
- ✓ Bead thread

Description of activity:

Colours often affect as well as reflect how we feel. Many of us believe that certain colours make us feel better, happy or even sad. This activity encourages the girls to think about what colours they associate with different emotions, issues and their surroundings.

Ask the girls to look at the colour charts and discuss what colours make them feel happy, sad, angry, calm, frightened etc.

Do they also associate colours with people, places or events in their lives?

After the discussion ask everyone to create a bracelet for themselves with the beads that best represent and reflect their choice of colours.





Name of activity:

Smile

Suitable for:



Rainbows



Brownies

Resources needed:

- ✓ Tooth template
- ✓ Pictures of food
- ✓ Baking soda
- ✓ Sea salt
- ✓ Peppermint oil
- ✓ Water

Description of activity:

We need to look after our teeth. Discuss how some foods are good for our teeth while some foods can cause damage if we eat them too often. The girls should use the template to make a "happy tooth" and a "sad tooth". Show pictures of food and the girls have to decide which tooth to hold up – is the food bad or good for our teeth?

Make your own toothpaste.

Mix together the following ingredients in small bowl:

1 teaspoon baking soda

½ teaspoon sea salt, finely ground

1 drop peppermint oil

A few drops of water

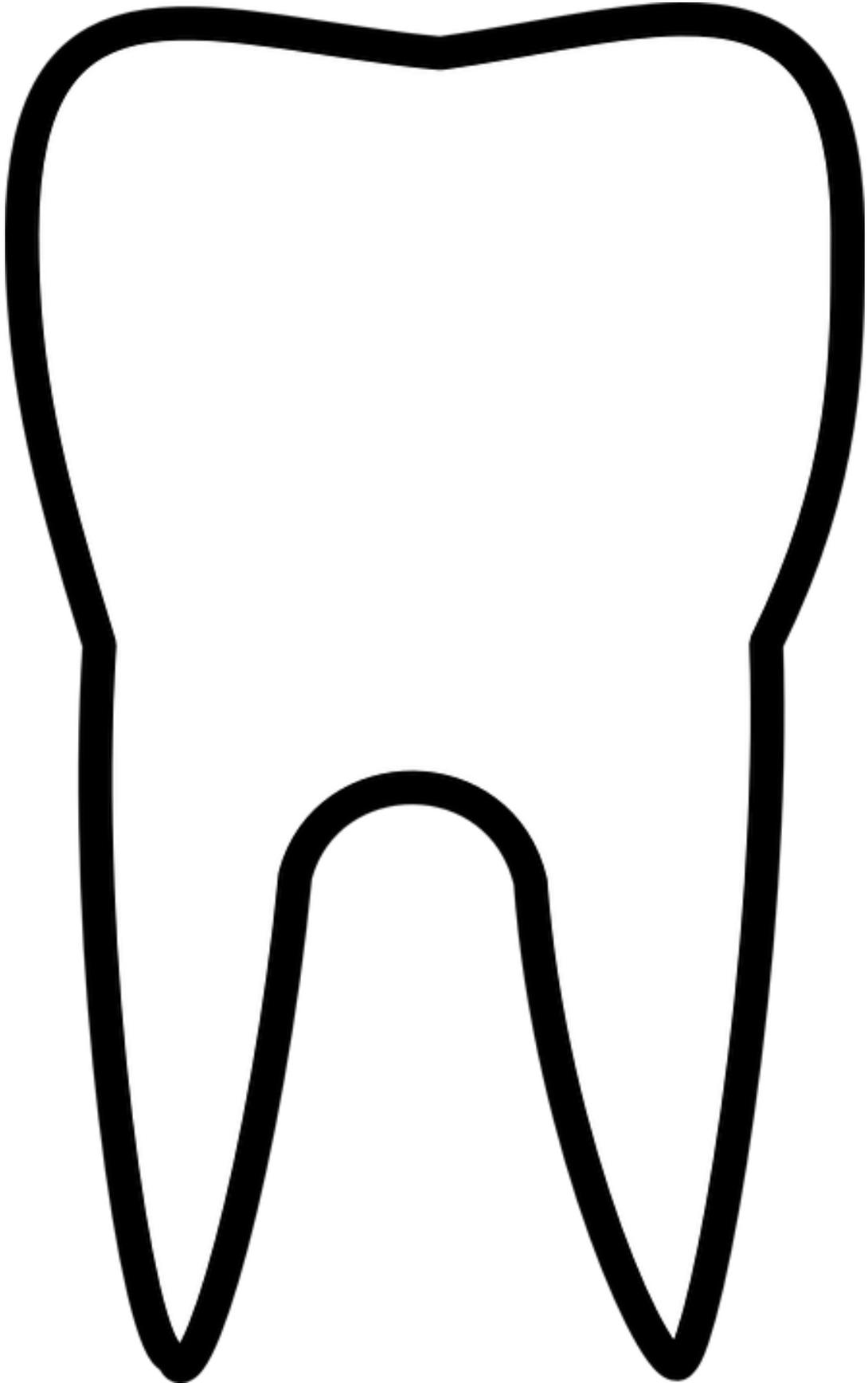
Combine until a thick paste is formed. Scoop it on to a toothbrush and brush as usual.





Name of activity:

Smile





Name of activity:

Food Glorious Food

Suitable for:



Rainbows



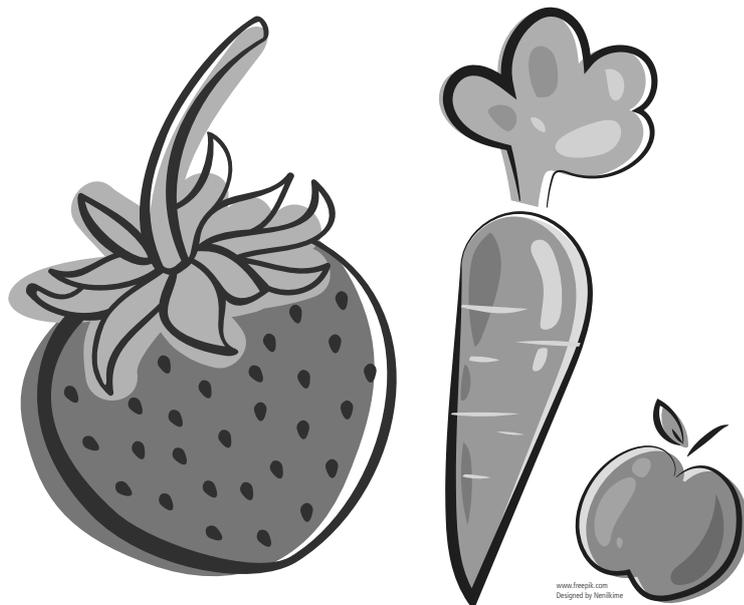
Brownies



Guides



Rangers



Resources needed:

✓ Selection of vegetables and fruit

✓ Card

✓ Plates

✓ Skewers

✓ Dice

✓ Pencils or pens

Description of activity:

Encourage healthy eating by trying one or more of these activities:

Veggie and Fruit Friends

Have a selection of six different types of chopped or sliced vegetables or fruit or a mix of both for each girl.

Label these 1 to 6.

Each girl throws a dice and collects a vegetable or fruit with the number she threw.

Keep going for a set time, for example two minutes.

When you shout stop the girls must make a vegetable and/or fruit friend with the selection of vegetables or fruit.

Finish by eating the vegetables and fruit.

Rate your Vegetables and Fruit

Give each girl three cards and ask them to draw a smiley face,

a straight face and an unhappy face.

Have a selection of more unusual vegetables or fruit for the girls to try

Enjoy a tasting session.

Vote using the face cards to establish the groups favourite and least-liked fruits and vegetables.

Fruit Kebab

Challenge the girls to make a rainbow fruit kebab.

Who has used the biggest selection of fruit?

Which girl has the most colourful kebab?

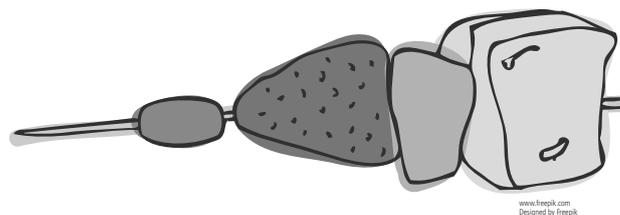
At the end discuss:

Why should we eat fruit and vegetables?

How much should we eat a day?

What is a portion?

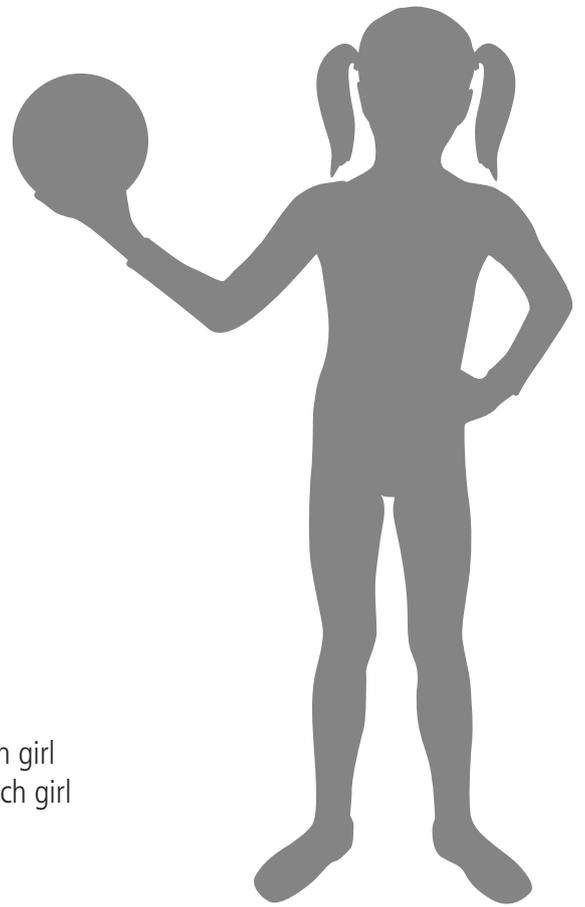
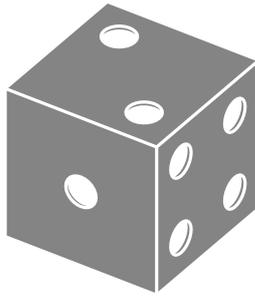
Why should we eat a varied selection of each?





Name of activity:

Dicerobics



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Two dice for each girl
- ✓ A pencil for each girl
- ✓ A ball for each girl
- ✓ A book for each girl

Description of activity:

Exercise is important to keep well and healthy.

Try this activity. If doing at a virtual meeting you can either do it all together and do not keep the score or if you have enough leaders the girls can divide into groups and use the breakout rooms.

One girl throws two dice.

Add up the dice totals and everyone in the group does the challenge for that score.

The next girl then throws two dice and if they add up to a new score then all the group do that challenge. If not the next girl throws the dice.

Each challenge can only be completed once.

2 points are awarded for each challenge successfully completed in the given time.

Challenges:

Ten star jumps.

Throw and catch the ball twelve times.

Run on the spot for one minute.

Touch toes ten times.

Eight sit ups.

Spin round six times.

Stand on one leg for 30 secs.

Nine press ups.

Hop six times on each leg.

Balance a book on head and stand up, sit down five times.

Jump with feet together twelve times.





Name of activity:

Masks And Scrubs

Suitable for:



Guides



Rangers



Resources needed:

✓ Various depending on mask chosen

Description of activity:

We all need some relaxation, organise a pamper night and make some natural masks or a scrub or bath bomb using the recipes attached.

Oatmeal and Yogurt Face Mask

Ingredients:

1 tbsp oatmeal, finely ground

1 tbsp live, organic yogurt

Warm a few drops of honey

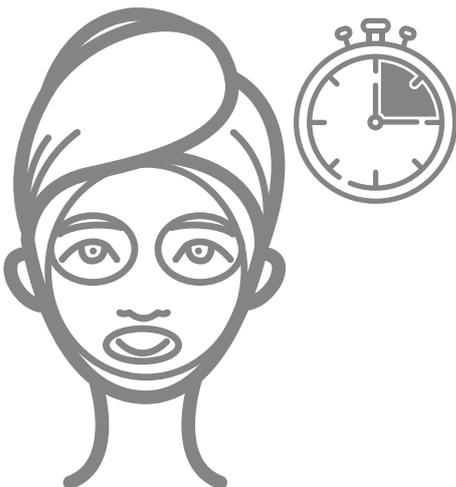
Method:

Add the yogurt to the oatmeal in a small bowl and mix together.

Warm a few drops of honey. To do this, warm a spoon under hot water for a minute, then add a few drops of honey to the spoon.

Stir the honey into the yogurt and oatmeal mixture.

Apply the mask to the face. Leave it on for 10 minutes, then rinse off with several splashes of warm water.



Banana Mask

Ingredients:

1 banana, preferably ripe (you can keep ripe bananas in the freezer. Let it thaw before using)

2 tbsp honey

Lemon juice

Method:

Mash up the banana, then mix in the honey.

Add a few drops of juice from a lemon.

Apply to face for 15 minutes before rinsing with a cool washcloth.

Strawberry Mask

Ingredients:

¼ cup strawberries

¼ cup natural yogurt

Method:

Mash together the strawberries and yogurt.

Spread on face and wash after 10-15 minutes.

Homemade Juice Mask

Ingredients:

½ tsp lemon juice

1 egg white

1 ½ tsp honey

½ cup strawberries

Method:

Mash the above ingredients.

Smooth over face and leave for 10 minutes. Rinse.

Please ensure no-one has any allergies to the products being used before doing this activity.



Name of activity:

Masks And Scrubs

Brown Sugar Scrub

Ingredients:

1 tablespoon brown sugar

1 tsp approx. of olive oil - add more or less as needs be

Method:

Put the brown sugar in your palm

Add the olive oil

Stir in your palm with your finger, creating a paste.

Add more or less as needed.

Apply to your face and neck and gently massage with your fingers.

Rinse off with warm water and press a warm washcloth into face.



Bath Bombs

Ingredients:

300g sodium bicarbonate

100g Citric Acid

10ml almond oil

Water in a spray bottle

Dried petals/colouring

Could add scents suitable for cosmetics

Ice cube trays for shaping

Method:

Mix bicarb and citric acid until thoroughly blended, you could sieve this.

Mix oil and colour, as well as fragrance, if using.

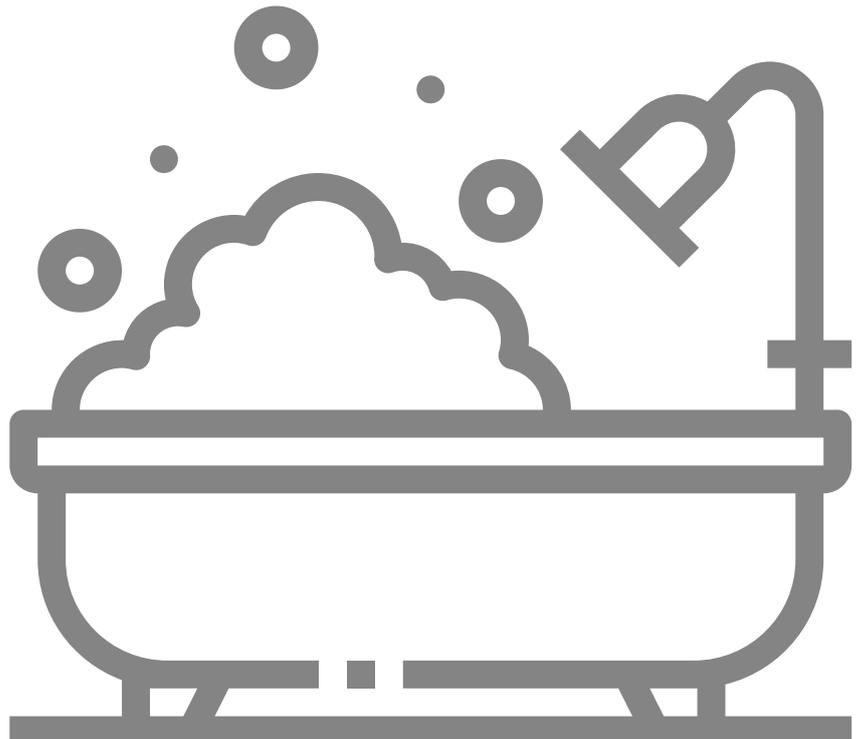
Combine both mixtures, stir rapidly and blend with back of spoon.

Add petals.

Spray mixture with water, continuing to mix all the time – you need to get to the point where the mixture just holds together when lightly squeezed.

Press mixture into the mould, leave to set!

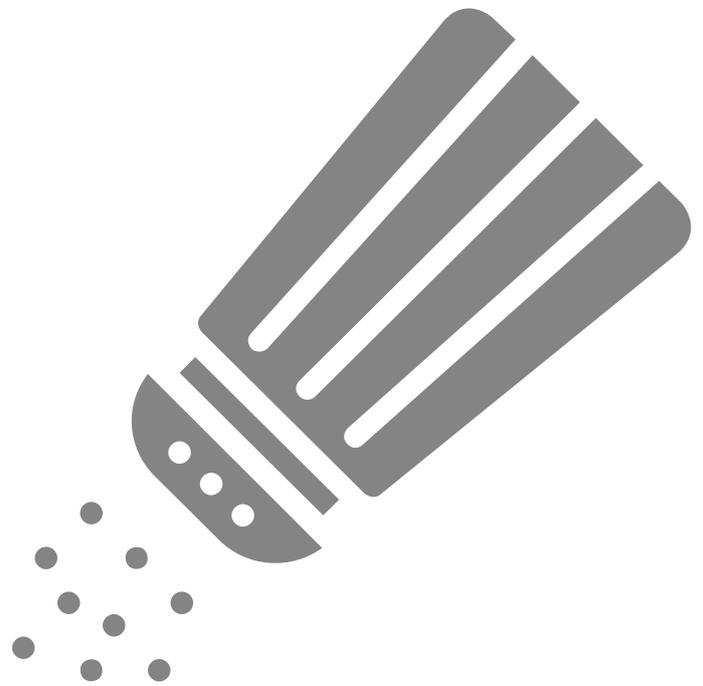
Please ensure no-one has any allergies to the products being used before doing this activity.





Name of activity:

Salt, Sugar And Fat



Suitable for:



Rainbows



Brownies



Guides



Rangers

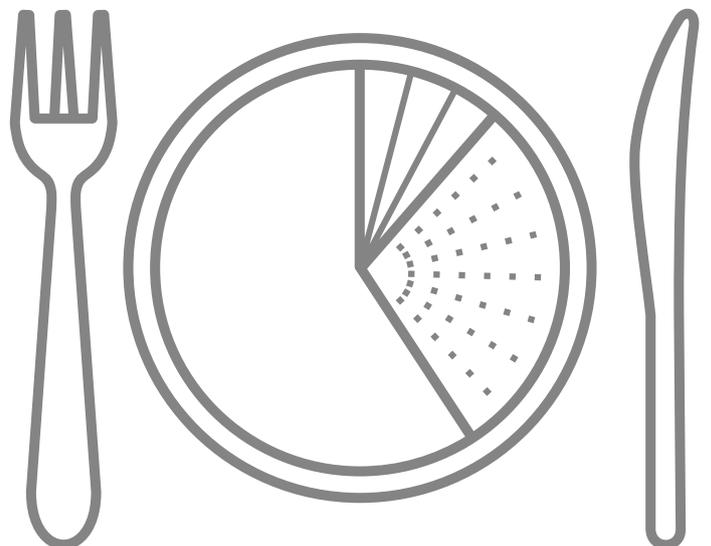
Resources needed:

- ✓ Paper
- ✓ Felt tips or colouring pencils
- ✓ Recipe books or online resources
- ✓ Food packaging

Description of activity:

Share this information with your unit:
 Healthy eating is important to ensure normal growth and development in children and young people. Eating a wide variety of foods, balanced in fibre, protein, carbohydrate, vitamins and minerals will provide the essentials that the body requires. You still need to eat fat, salt and sugar but it is important that we don't have too much as they can lead to health problems as we get older.
 Too much salt can lead to issues with blood pressure and water retention.
 Too much fat can lead to overweight and obesity problems, like heart disease and diabetes.
 Too much sugar can lead to dental problems, overweight, obesity and diabetes.

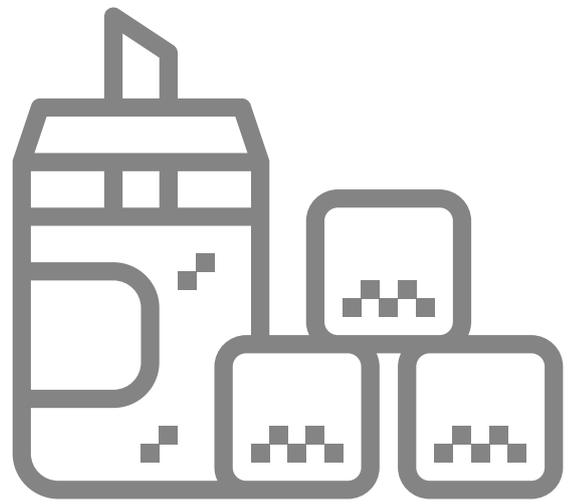
You might hear people talking about good fat vs bad fat. Generally "good" fat is unsaturated fats and these are found in vegetable oils etc. They tend to be liquid at room temperature. Saturated fat is "bad" fat which is found from animal sources, like the rind on bacon. Please remember that all fat can lead to problems with weight and needs to be taken in moderation.
 If the girls in your unit would like more information you can find this at:
<https://www.bda.uk.com/food-health/food-facts.html>
<https://www.nhs.uk/change4life>
 Change 4 Life food scanner app (on Android and Apple)





Name of activity:

Salt, Sugar And Fat



Choose 1 or more of these activities to complete with your unit:

Label game - all sections.

Eat Well Guide - all sections.

Poster - all sections.

Meal planning - Guides and Rangers, possibly Brownies with support.

Label Game

Collect food labels or find images from supermarket websites if meeting virtually. You could ask the girls to also start collecting labels if they are to do this at home.

Try to have a wide variety of items from the obviously salty/high fat/high sugar foods to the surprising ones like bread (for salt), nuts (for fat) etc.

Show the girls each label and ask them to put the labels in order from high to low for salt, fat and sugar based on what they think is correct.

Then using the table below ask the girls to check their order and rearrange if necessary. The guide is set by UK government. For younger girls it might be easier to use the traffic light system found on the front of packaging:

	Low	Medium	High
Salt	Less than 0.3g per 100g/100ml	Between 0.3-1.5g per 100g/100ml	More than 1.5g per 100g/100ml
Fat	Less than 3g per 100g/100ml	Between 3g-17.5g per 100g/100ml	More than 17.5g per 100g/100ml
Sugar	Less than 5g per 100g/100ml	Between 5g-22g per 100g/100ml	More than 22g per 100g/100ml

Questions:

How often should red or high foods feature? Not frequently, treat foods 1-2x per week

How often should orange or medium foods feature? Perhaps daily but as part of balanced diet

How often should green or low foods feature? Daily and frequently.

What about foods that are high in one item, like fat but low in another like sugar?

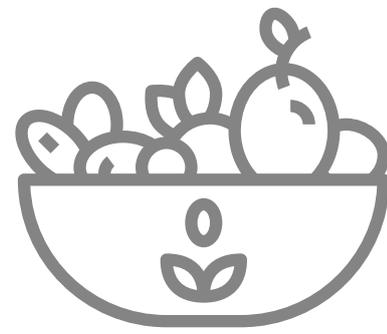
How would the girls eat these foods in their diet?





Name of activity:

Salt, Sugar And Fat



Eat Well Guide

Found here: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

This shows proportionally what the diet should look like.

Print a large version of this for the middle of the floor, or a small version for each girl. Alternatively the girls could design their own using the original as a guide to size of each food section.

Have small pictures or ask the girls to draw pictures of lots of different foods.

They then have to add the food to the appropriate section of the Eatwell Guide with discussion about what it is healthy or should be considered a treat food.

This could also be done virtually on a shared screen by adding pictures or cartoons of the food item to the picture.

Poster

In groups, or individually, ask the girls to design a poster about healthy eating using the food labels or Eatwell Guide. They could focus on salt, fat or sugar. Display these posters at home or in your meeting space.

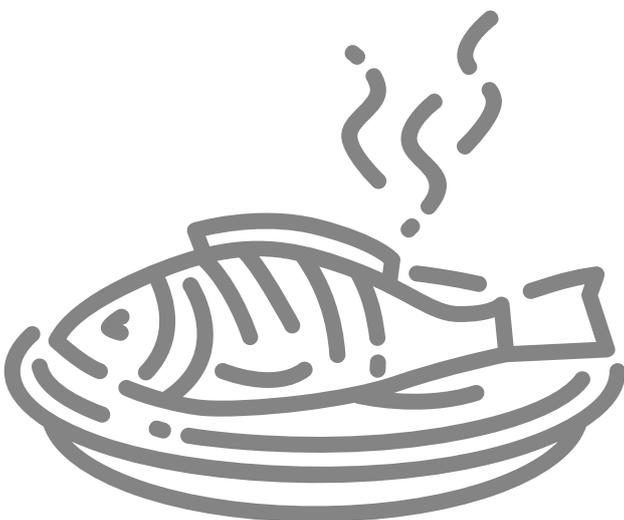
Menu Planning

Using cookbooks, online websites (e.g. www.bbcgoodfood.com, www.deliciousmagazine.co.uk) or family recipes, ask the girls to design a healthy 3 course meal.

They can do this individually or in groups. Could they consider adapting well known recipes to be lower in fat, sugar or salt?

This can be discussed in a meeting, either face to face or virtually.

If there is capacity at the meeting place the final menu could be cooked and shared. Alternatively the girls could cook this at home and share photos with the unit.





Name of activity:

Food Word Games

Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Tooth template
- ✓ Pictures of food
- ✓ Baking soda
- ✓ Sea salt
- ✓ Peppermint oil
- ✓ Water

Description of activity:

A simple word game to play as an additional activity for this section.

The first girl says "I went to market and bought" and adds a healthy food, the next girl repeats this and adds an additional healthy food; continue until everyone has had a turn. It gets harder to remember as more foods are added.

An alternative would be to say any food item and the girls decide if it is healthy or not.

To make it harder you could use the letters of the alphabet - the first girl starts with

"A", second "B" and so on.





Volunteers – Some Ideas For You To Complete This Section



Have a week of self-care. Do something different every day, some ideas:



Go for a walk



Have a social media free day



Cook your favourite meal



Colour or paint a picture



Do some mindfulness breathing exercises



Phone a friend for a chat



Watch a movie



Read a book



Pamper yourself with a relaxing bath, face mask and hand massage



Buy yourself flowers



Take up a new form of exercise



Plan your menus carefully for the week ahead, check you are getting a balanced diet with a variety of vegetables and fruit



Try a new recipe

3: International

– learn about the World Centres, WAGGGS, and crafts and games from around the world





Name of activity:

Danish Heart

Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Two pieces of card
- ✓ Template of a circle 10cm in diameter
- ✓ Scissors
- ✓ Glue
- ✓ Thread or ribbon

Description of activity:

Traditionally Danish Hearts are made in red and white and used to decorate Danish homes at Christmas. They are easy to make and can be used to hold a small gift at any time of the year.

Instructions:

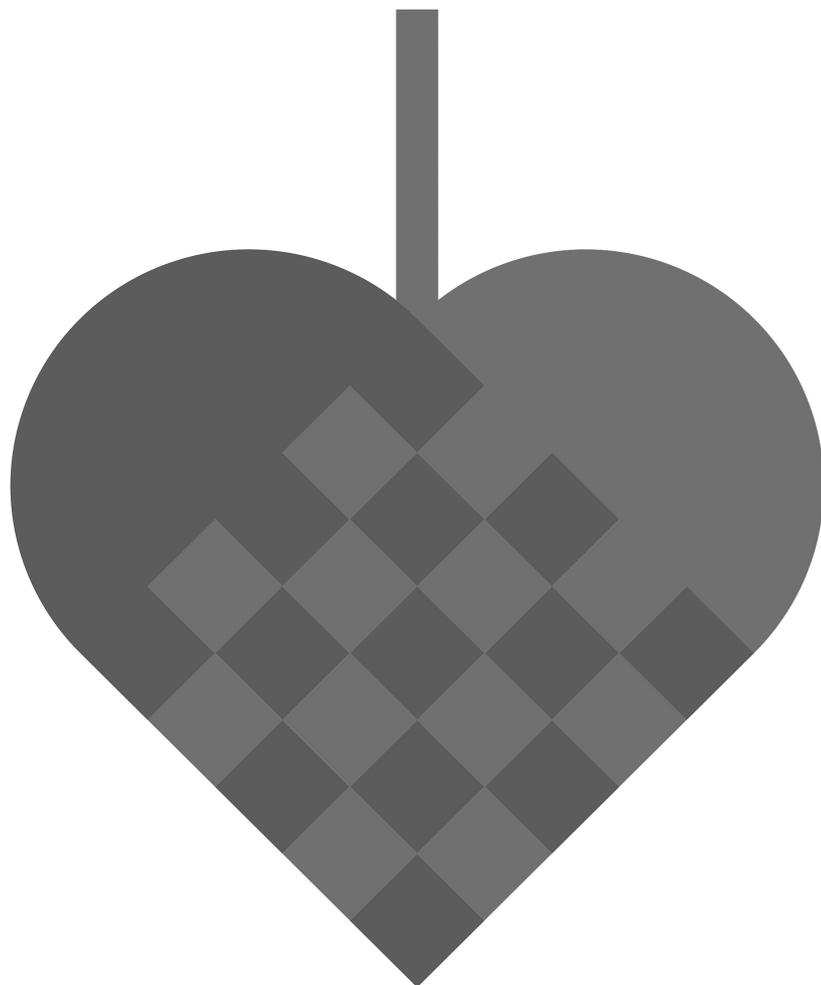
Using the template cut out two circles from the card, it is best with two different colours.

Fold both circles in half then slide one inside the other.

Glue them together to make a pocket.

Make a hole at the top and thread a ribbon through.

Place sweets or a gift inside the pocket in the heart.





Name of activity:

Food From Around The World



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

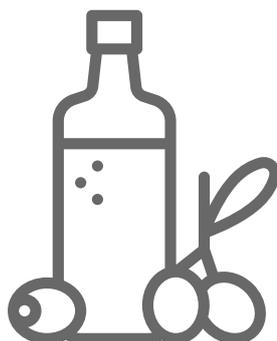
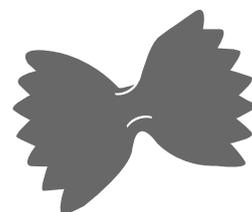
- ✓ Food from your kitchen
- ✓ World map - optional

Description of activity:

Have a look at packets and tins of food in your larder as well as fresh produce and you may be surprised at some of the country origins of food. Good examples are fresh fruit, dried fruit, coffee, pasta, olive oil.

Collect a selection of different foods for your meeting and see if the girls can guess which country the food originates. You could show a map and ask the girls to find the country on the map.

This would be a good opportunity to chat about Fair Trade as well.





Name of activity:

World Badge Beetle Drive



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ WAGGGS World Badge template
- ✓ Blue and yellow colouring pencils or pens
- ✓ Dice

Description of activity:

This activity is a good opportunity to chat to the girls about WAGGGS and remind them they are part of a huge organisation. They can learn about the WAGGGS World badge by sharing the information on the following pages and playing the beetle game.



ACTIVITIES ALL ABOUT WAGGGS

These activities will help you learn more about WAGGGS and the World Centres.

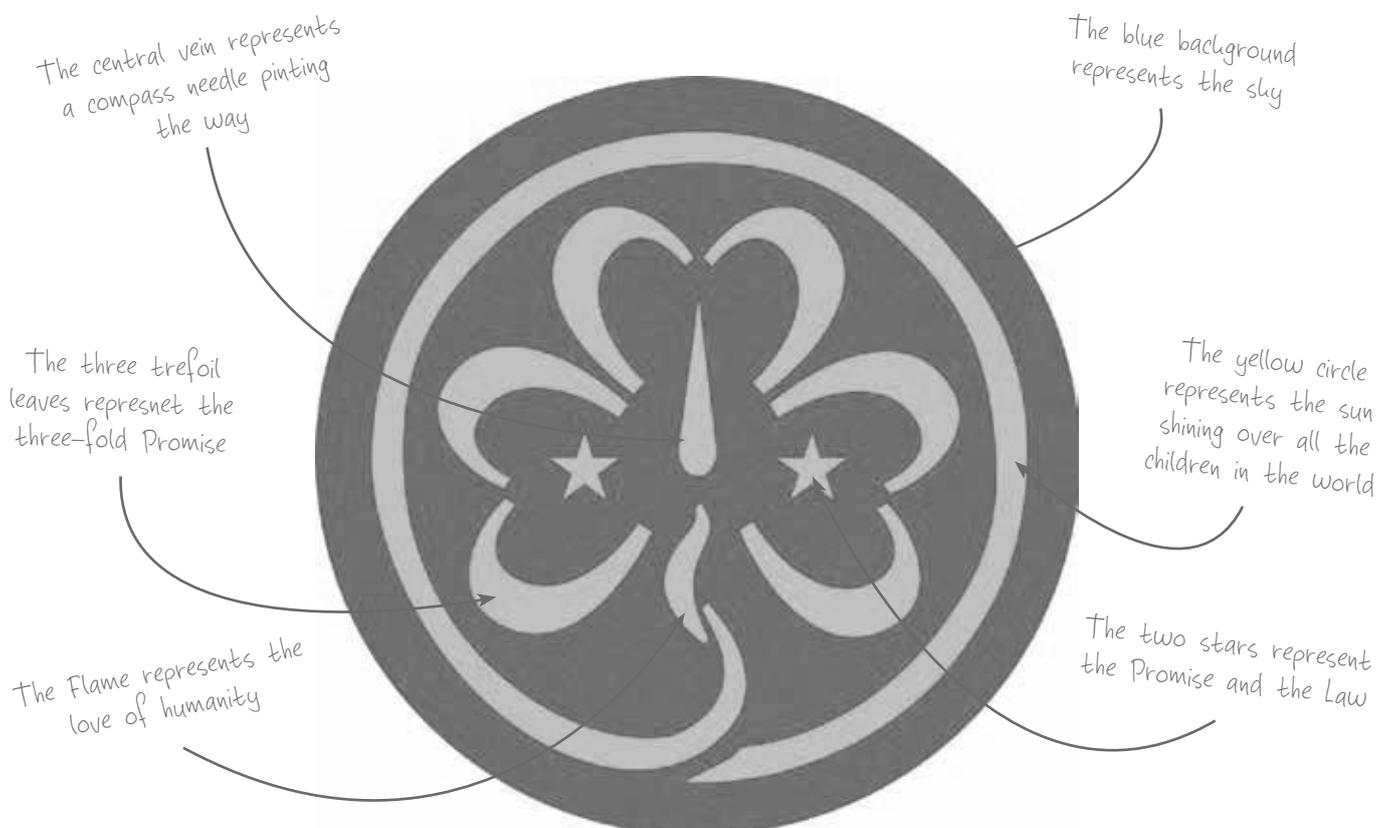
The WAGGGS World Badge

The WAGGGS World Badge symbolises WAGGGS - and every part of its design has a meaning.

The golden trefoil on a bright blue background represents the sun shining in the sky over all the children of the world.

The three leaves represent the three-fold Promise made by all members of WAGGGS. These are: developing of your beliefs or religion; service to your country and community; and keeping the Guide Law.

The flame represents the flame of the love of humanity. The vein pointing upwards through the centre of the Trefoil is the compass needle pointing the way. Finally, the two stars represent the Promise and Law.



Discovering the meaning of the WAGGGS World Badge

You'll need:

- Blue and yellow colouring pens/pencils
- WAGGGS World Badge template
- Several dice

Instructions

1. Have a copy of the World Badge template ready for every girl.
2. Take it in turns to throw the dice. To begin colouring in, you must throw a six first.
3. After you've rolled a six, throw the dice again and colour in the different parts of the World Badge depending on what number you throw next. Some numbers will need to be rolled more than once in order to complete your World badge.
4. Take it turn to roll the dice, colouring in different parts of the World Badge.
5. The first to complete their World Badge is the winner!



Colour in blue background (representing the sky)



Colour in the outer circle (representing the sun)



Colour in the flame (representing the love of humanity)



Colour in the central vein (representing a compass needle pointing the way)



Colour in one trefoil leaf (representing the three-fold Promise)



Colour in one star (representing the Promise and the Law)



Name of activity:

Flower Power

Suitable for:



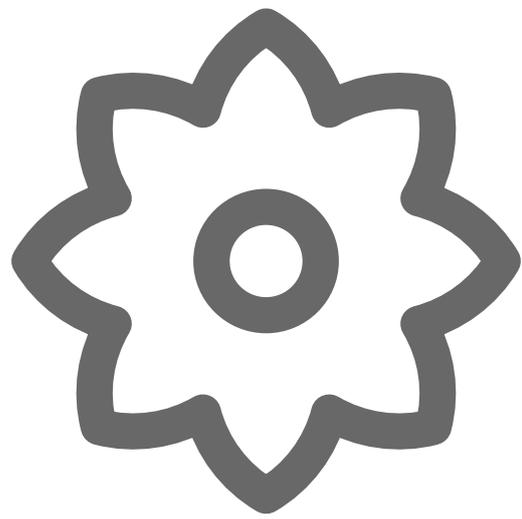
Brownies



Guides



Rangers



Resources needed:

- ✓ Wool
- ✓ Glue

- ✓ Card badge
- ✓ Safety pin

- ✓ Fork with four prongs

Description of activity:

This is an idea from British Columbia in Canada. Flowers have been linked with peace for many years and this is just one way of making a flower badge.

Instructions:

Thread a piece of wool about 15cms long between the two middle prongs of a fork and hold it down out of the way (1).

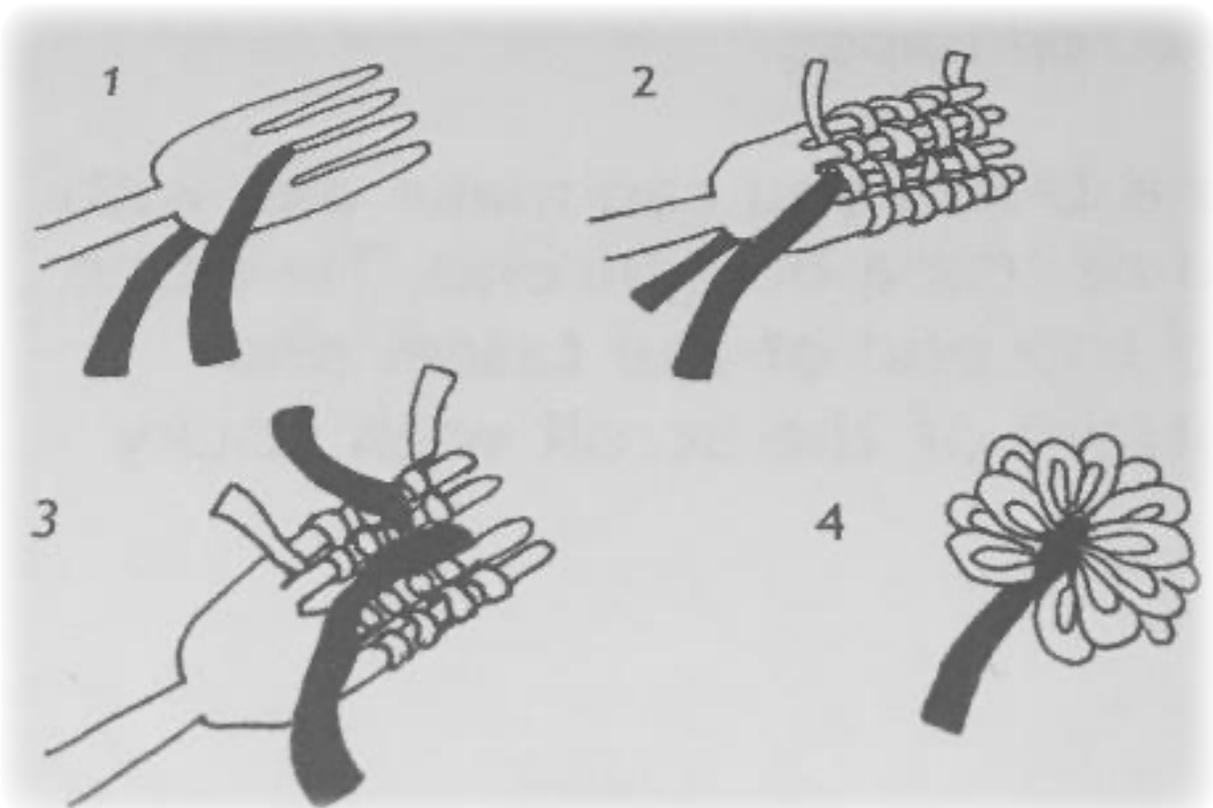
Take another length of wool and weave it and out between the prongs until there is no more room. Push your weaving down from time to time to make more space on the fork. You should be able to weave at least 8 rows (2).

Take the extra piece of wool left between the middle prongs earlier and tie it over the weaving, pulling it very tight (3).

Slide the weaving off the fork and fluff up your flower (4).

Trim off any loose ends.

Make 3-5 flowers and then glue them onto the card to make a posy pin.





Name of activity:

Try A New Language



Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ Did you Know Facts
- ✓ Quirky Quiz & Answer Sheet
- ✓ Hello in Different Languages

Description of activity:

There are roughly 6,800 living languages in the world today but around 4000 of these have less than 10,000 speakers. Try some of these activities to look at language across the world.

Did You Know - Brownies, Guides & Rangers

Share these interesting facts with the girls. Turn this into a True or False game if preferred.

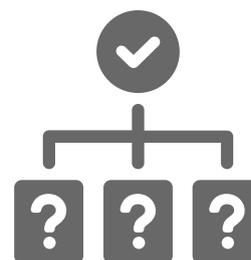
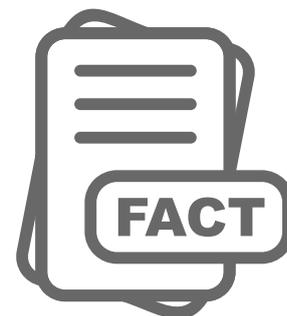
Quirky Quiz – Guides & Rangers

Try out the Quirky Quiz and see how many everyone can get right. Get the girls to make up their own quiz by finding words and their meaning from other languages

Hello in Different Languages – Guides & Rangers

Cut up the different words and spread them around. Match up the correct Hello Greeting with its language. Practice how to say the words – which is the most difficult?

Try and find a place on a map where this language is used and see if anyone has visited there.





Name of activity:

Try A New Language

DID YOU KNOW?

The first word spoken on the moon was 'Okay'.

Seoul, the capital of South Korea, means 'the capital' in Korean.

The word 'checkmate' in chess comes from the Persian phrase 'Shah Mat', which means 'The King is dead.'

Canada is an Indian word meaning 'big village'.

The most common name in world is Mohammed.

Mafia in Old Arabic means 'sanctuary'.

Karaoke means 'empty orchestra' in Japanese.

'Zorro' means 'fox' in Spanish.

QUIRKY QUIZ

1. You are in a restaurant and the waiter brings you 'il conto'. Would you:

Eat it?

Pay it?

Put it on your lap?

Drink it?

Answer: Pay it, 'il conto' means 'the bill' in Italian.

2. A friend gives you a shalwar kameez. What would you do with it?

Eat it?

Sit on it?

Rest your head on it?

Wear it?

Answer: Wear it, a shalwar kameez is a long tunic like garment worn with loose trousers. It is often worn in Pakistan and India.

3. When you get back from holiday a friend asks: 'Did you get those brogues in Ireland?' What are they talking about?

Your trousers?

Your walking shoes?

Your gloves?

Your socks?

Answer: Your walking shoes.

4. You are following road directions in Kentucky (USA) and have been told to turn right at a 'farriers'. What does a farrier do?

Farm?

Make horseshoes?

Work in a national park?

Make jam?

Answer: A farrier makes horseshoes for a living.





Name of activity:

Try A New Language

5. **You're at an Irish restaurant and the waiter asks if your parents would like some mead. What would they do with it?**

Sign it?

Spread it on a roll?

Drink it?

Eat it?

Answer: Drink it, mead is an alcoholic drink made from honey.

6. **You're in a taxi in Germany and the driver asks: 'Wo gehen wir hin?' What is she asking?**

Where do you want to go?

What is your name?

Do you mind if I put the radio on?

Do you know the way?

Answer: Where do you want to go?

7. **If you went to a 'cabeleireiro' in Brazil, would you be:**

Water skiing?

Going to a carnival?

Getting your hair done?

Getting your car fixed?

Answer: Getting your hair done, cabeleireiro means hairdresser in Portuguese.

8. **If you were in Athens and caught a το λεωφορείο (pronounced toe layofor-ee-o), you would have:**

Caught a cold?

Caught a fish in the harbour?

Caught a bus?

Caught the news bulletin?

Answer: Caught a bus, λεωφορείο means bus in Greek.

9. **If you were staying with a Zulu family and they were going on a day trip by 'stimela', how would they be travelling?**

By car?

By train?

By boat?

By coach?

Answer: By train, 'stimela' means train in Zulu.

10. **When you went to visit the Tower of London you saw the Keeper of the Crown Jewels polishing the diadem - what is this?**

A crown?

A sceptre?

A sword?

A brooch?

Answer: Crown, diadem is another English word for crown.





Name of activity:

Try A New Language

HELLO IN DIFFERENT LANGUAGES

Hindi:
Namaste

Mandarin:
Ni hao

Hebrew:
Shalom

Japanese:
Konichiwa

Polish:
Dzien Dobry

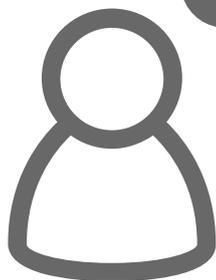
Spanish:
Hola

Irish:
Dia Duit

Persian:
Salam

Swahili:
Jambo

Vietnamese:
Chao





Name of activity:

Kimono Doll Bookmark

Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ Bookmark Templates cut out in thick card (see pdf)
- ✓ White Card
- ✓ Pencil, Ruler & Scissors
- ✓ Black & Red Felt Tips
- ✓ Wrapping Paper
- ✓ Glue Stick
- ✓ Plain Coloured Paper or ribbon

Description of activity:

Kimono means 'Something one wears' in Japanese. It is worn by both men and women. Learn how to fold a kimono by making this cute bookmark.

Trace round the doll template on to white card and cut it out.

Use a black pen to colour in the hair front & back and to add facial feature. Use a red pen to draw a rosebud mouth.

Cut out a piece of wrapping paper with all the sides measuring 11cm. To make a collar, fold down the top edge by 5mm. Place the wrapping paper blank side up.

Cover the back of the card doll with glue and place the template in the centre, face up on the blank side of the wrapping paper as per the illustration.

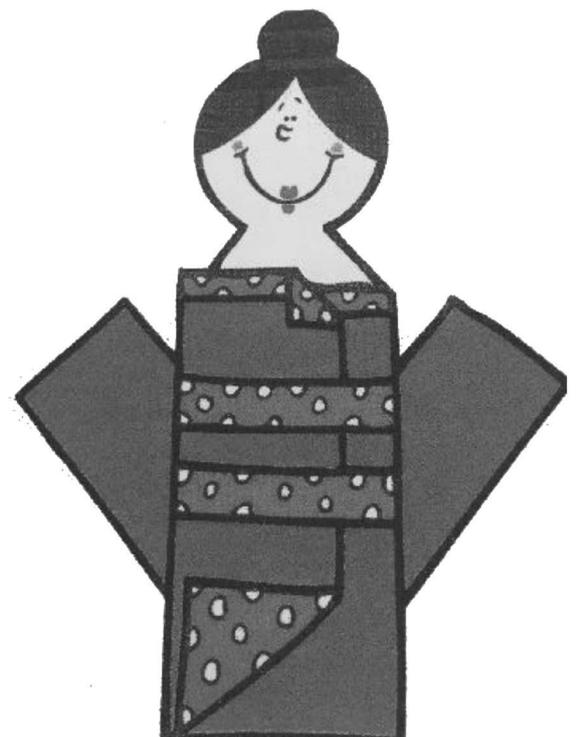
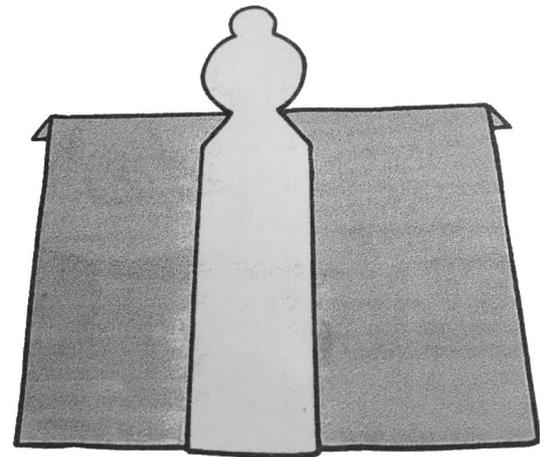
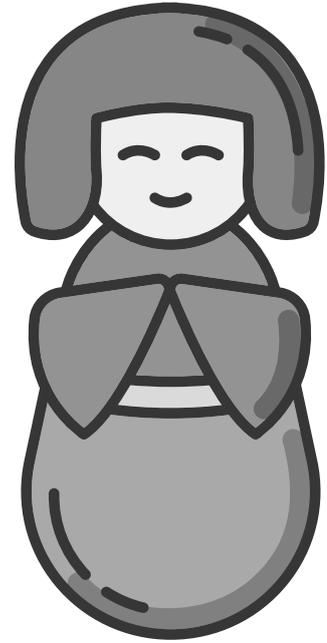
Glue the front of the body and fold the right hand side of the wrapping paper on top of it.

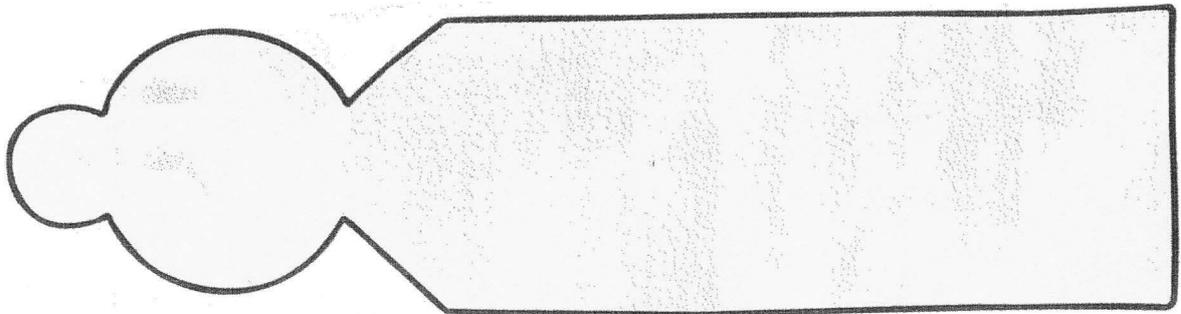
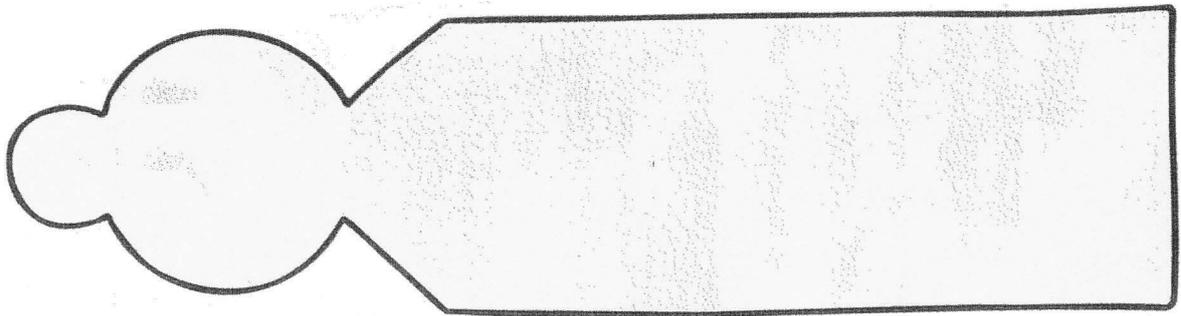
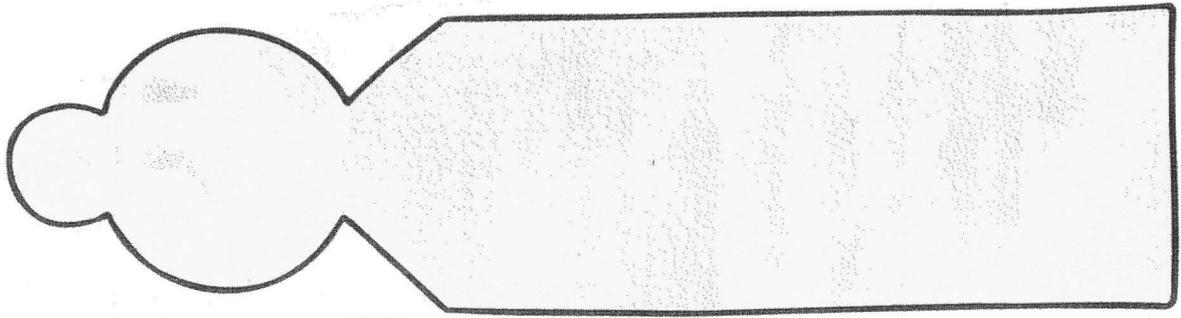
Now the left hand side over that but don't glue it. Take the bottom corner of the kimono and fold it back slightly to expose the inside. Glue down the flap.

To give the doll shoulders, fold back the top corners of the kimono.

Cut out a sash from paper or ribbon and stick it around the middle of the doll. Make sure the seam is at the back so that the front is neat.

As a finishing touch, cover the back seam with a strip of paper about 3cm wide. Fold it into a V shape and glue in place.







Name of activity:

Homemade Fortune Cookies



Suitable for:



Guides



Rangers

Resources needed:

- ✓ Paper Strips with mottos or fortunes written on them
- ✓ 12 tbsp Sugar
- ✓ ¼ tsp Vanilla extract
- ✓ 3 tbsp Water
- ✓ Greaseproof Paper
- ✓ Bowls, Spoons & an Electric Whisk
- ✓ 3 Egg Whites
- ✓ 8 tbsp Butter melted & cooled
- ✓ ¼ tsp Almond extract
- ✓ 16 tbsp All-purpose Flour
- ✓ Baking Tray & a Muffin Tray

Description of activity:

Fill these homemade Fortune Cookies with personal messages for a fun and delicious crafty treat to mark the Chinese New Year.

Preheat oven to 190 degrees Celsius/Fan 170/Gas Mark 5/375 degrees Fahrenheit

Line a baking tray with greaseproof paper and have the fortune strips written & ready to go.

Mix the egg whites and sugar on high speed for 2 minutes or until frothy. Add melted butter, vanilla, almond extract, water, flour and beat after each addition. Make sure each ingredient is absorbed before adding the next. With a tablespoon, spoon the batter onto the greaseproof paper and spread it out into an even 3 inch circle. Its best to only do 2-3 at a time, since they set very quickly and you will not be able to fold more than that. Bake cookies for 7-8 minutes or until the edges brown slightly. If you let them brown too much, they will snap when you shape them. Conversely, if they don't brown a little bit, they will also break (but tear, rather than snapping).

Remove them from the oven and quickly scoop the circle off, and fold your fortune cookie in half, into a semicircle. Slip the note into the cookie (quickly) because if you slip it in right at the beginning, the cookie will be too hot and your paper will stick to the cookie.

Place semicircle cookies onto the edge of a cup, and quickly fold the ends down, to shape into a fortune cooking.

Hold the cookie down to let it set and stick it in a muffin tin to let it cool and hold its shape.



HOMEMADE
FORTUNE COOKIES

TIPS

Since the cookies will be very hot when they come out of the oven, you can use a thin towel to handle them, or you could use gloves.



Name of activity:

WAGGGS Quiz

Suitable for:



Brownies



Guides



Rangers



Resources needed:

- ✓ Quiz Sheets

Description of activity:

Use the relevant section quiz sheets to test everyone's knowledge of WAGGGS, what it stands for and how as members of Girlguiding we are all connected.

Brownies: True or False

There are Brownies in 145 different countries.	TRUE
WAGGGS stands for World Association of Girl Guides and Girl Scouts.	TRUE
Brownies around the world shake hands using their right hand when meeting members of WAGGGS.	FALSE (they shake with the left and make the Guide sign with the right)
The WAGGGS badge is different from the Brownie Promise badge.	TRUE (it is blue with a yellow/gold trefoil)
WAGGGS around the world has 10,000 members.	FALSE (there are 10 million)
There are Brownies in Canada.	TRUE
All of the activities of WAGGGS take place in one area, Europe.	FALSE
WAGGGS is made up of five regions: Africa, Arab, Asia Pacific, Europe and Western Hemisphere.	TRUE
Your Brownie unit is part of WAGGGS.	TRUE
All over the world Brownies make a promise in different languages.	TRUE



Name of activity:

WAGGGS Quiz

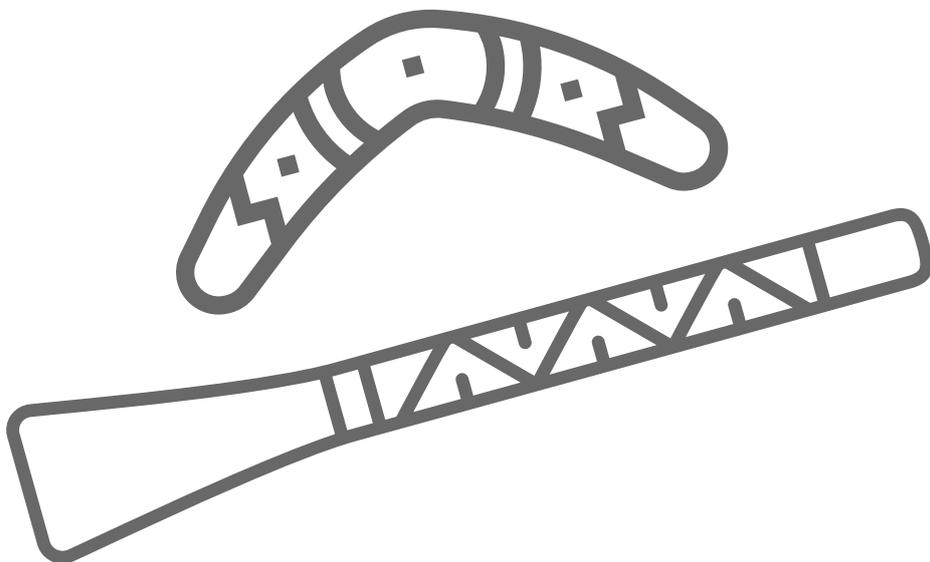
Guides & Rangers: These questions can be a gathering game to start the meeting, or perhaps in a jeopardy type game or relay.

When is Thinking Day?	22nd February
What does February 22nd celebrate?	The birthday of Lady & Lord Baden Powell
What do Guides & Rangers save for Thinking Day?	Pennies/Money
What is the name of the fund to which our money goes?	World Thinking Day Fund
How many World Centres are there?	Five
What is the name of the World Centre in England?	Pax Lodge
In what country is Sangam?	India
What is the country of Our Chalet?	Switzerland
Where is our Cabana?	Mexico
What are Guides called in Switzerland?	Pfadi
What is one thing our Thinking Day money helps to do?	Global Advocacy campaigns which tackle the most pressing issues in the world today
What flag is flown at all World Centres?	World Flag
What are Guides called in Mexico?	Guías
With which hand do Guides all over the world shake hands?	Left
Why do Guides shake hands with the left hand?	As a sign of trust and friendship
Who started Guides and Scouts?	Lord Baden Powell
Girl Guides and Scouts all over the world have a & ...	Promise & Laws
What do we call the system in which Guides are divided into groups who work together with their chosen leaders?	Patrol System
What are the initials for the World Association of Girl Guides and Girl Scouts?	WAGGGS
What part of the World Flag represents the right direction to follow?	The Compass Needle



Name of activity:

Boomerang & Didgeridoo Crafts



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Images of original Aboriginal art – good examples can be found here - <https://art-educ4kids.weebly.com/aboriginal-art-and-patterning.html>
- ✓ Free Printable: Aboriginal Boomerang Craft by Kidz Activities - <http://kidzactivities.net/australian-aboriginal-boomerang-craft/>
- ✓ Cereal box or any cardboard with a large flat surface
- ✓ Toilet or Paper Towel Tubes
- ✓ Scissors & Cellotape
- ✓ Pencil
- ✓ Cotton buds
- ✓ Paint
- ✓ If you prefer not to use paint, felt tips or coloured stickers work just as well.

Description of activity:

Explore Australian Aboriginal culture by making a boomerang or musical instruments that feature the artwork made by indigenous people of Australia, the most famous style being Aboriginal Dot Painting. The Boomerang was used as a hunting tool while the musical instruments were played as an accompaniment to ceremonial dancing and singing.

Boomerang

Using the template, trace the shape of a boomerang on an empty cereal box (or cardboard). Then cut out.

Simply dip a cotton bud into some paint. Then create patterns on the boomerang just by putting dots of paint. Encourage the girls to create circular patterns as inspired by original Aboriginal artwork.

Once dry try it out – does it come back?

For older girls look at the meanings behind the shapes and colours used and create a piece of artwork.



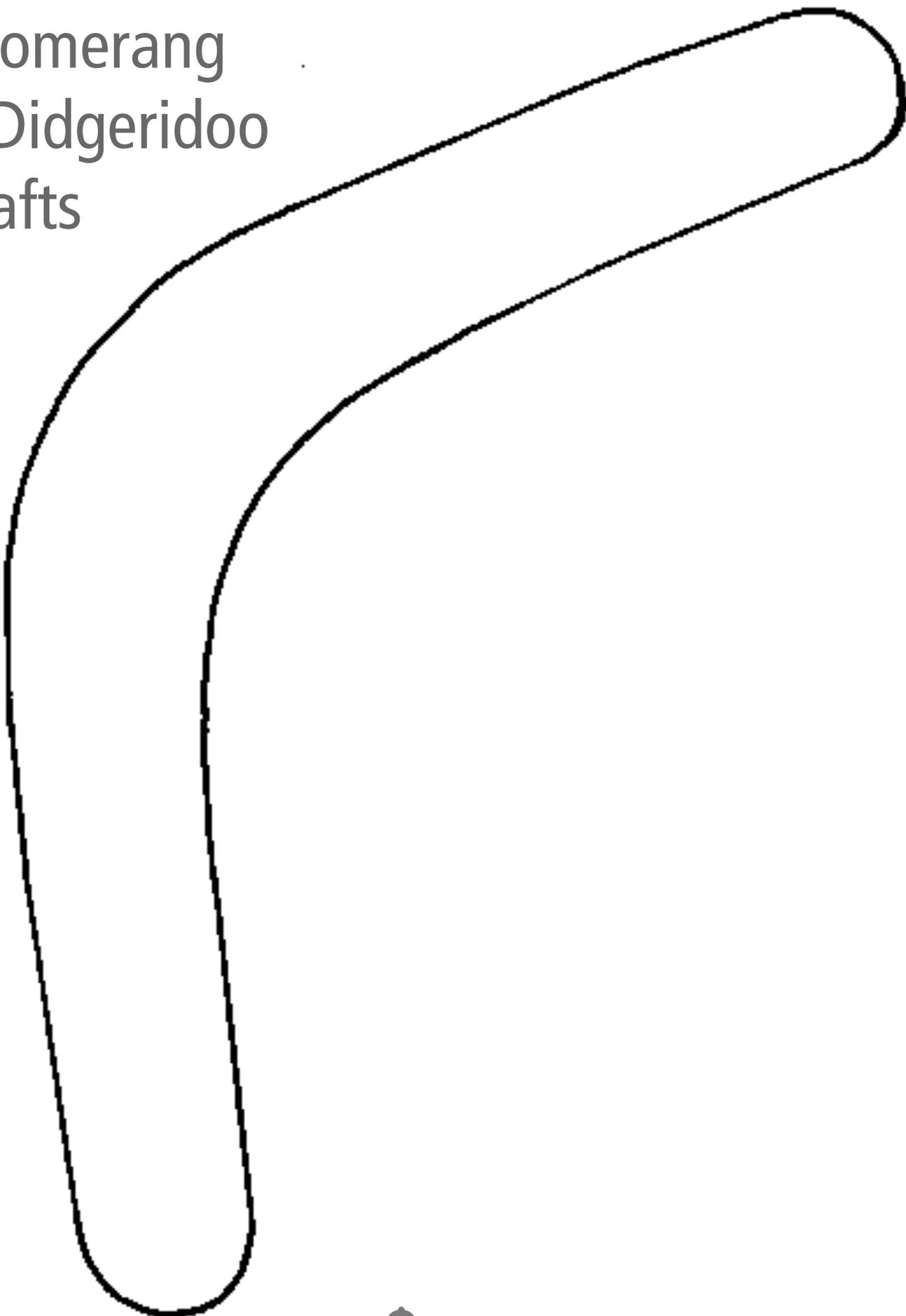
Didgeridoo & Rainsticks

This type of painting can also be used to make a Didgeridoo. Tape together toilet or paper towel rolls to make the instrument as long as you want. Decorate it with patterns and then try and play it! For the Rainstick cover one end with paper before decorating, add dried peas and then seal the other end. Shake away!



Name of activity:

Boomerang & Didgeridoo Crafts





Name of activity:

4 World Centre Fortune Teller

Our Chalet
Our Cabaña
Sangam
Pax Lodge

Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ 4 World Centre Fortune Teller Template from <https://owl-and-toadstool.blogspot.com/2012/09/girl-guide-season-2012-2013.html>
- ✓ Dice (optional)
- ✓ Objects and/or pictures of items that come from each of the countries where a world centre is located

Description of activity:

Learn about our four world centres and the countries they can be found in by creating this fortune teller and testing your units knowledge.

Cut out the 4 World Centre Fortune Teller and fold into shape.

Roll a dice or get someone to call a number between 1 – 6.

Open & close the teller that many times and then ask the question open on the teller.

Open the flap to find out if correct or not.

Keep going until everyone has had a go and all the questions have been asked.

Look at the objects and/or pictures and guess what world centre country they are from.



Name of activity:

4 World Centre Fortune Teller

Our Cabana

Our Chalet

Sangam

Pax Lodge

Coming Together

Peace

Shelter

Small cabin by a stream

England

India

Mexico

Switzerland

1 In which country is Pax Lodge?

2 What does Pax mean?

3 What does Sangam mean?

4 In which country is Pax Lodge?

5 In which country is Our Cabana?

6 What does Cabana chalet mean?

7 What does Pax Lodge mean?

8 In which country is Our Chalet?

9 In which country is Sangam?

10

11

12

owl-and-toadstool.blogspot.ca

OUR CABANA

OUR CHALET

SANGAM WIGGGS

PAX LODGE

What does Cabana chalet mean?

What does Pax mean?

What does Sangam mean?

In which country is Pax Lodge?

In which country is Our Cabana?

In which country is Our Chalet?

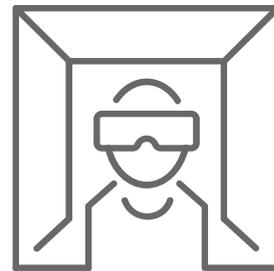
In which country is Sangam?



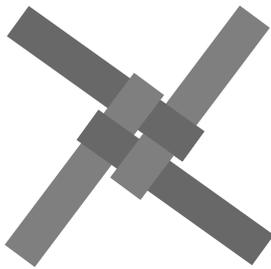
Volunteers – Some Ideas For You To Complete This Section



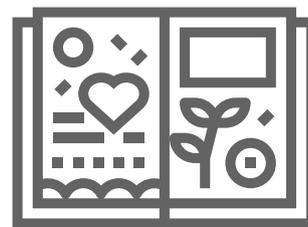
Try a new dish from a different country



Take a virtual tour of one or more of the World Centres



Learn how to tie the friendship knot



Make a scrapbook or photo book of all your international travel memories



Try a new language or at least a few words that would be useful in the future



Connect with a unit from another country

4: Nature

– lots of ideas to encourage girls to enjoy the outdoors





Name of activity:

Scavenger Hunts



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Scavenger Hunt list provided or create your own. The ones provided can be adapted to fit any situation.
- ✓ Bag or box to collect items if outside
- ✓ Phone if the older girls are doing them as a photo challenge

Description of activity:

Scavenger hunts are a great activity that everyone can join in with. You can make them as quick or as long, easy or as hard as you want.

Create a list or pick a theme

Divide the girls into smaller groups if doing this f2f

Set a time limit and make sure any rules are made clear

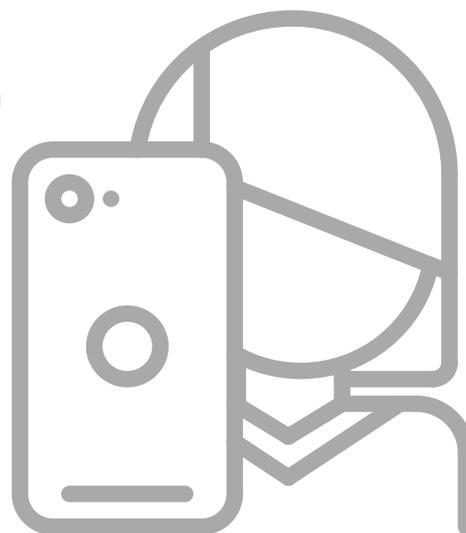
Ideas for themes:

Loads of ideas can be found at www.scavenger-hunt.org. There are themed lists, questions & riddles which can all be printed, or you can use one of the ones in this pack.

You can add in a bonus challenge to make it even more fun – this could include a task that requires extra creativity e.g. Make a tower or a fort from the items collected.

An idea for rainbows is to ask them to find items of different colours or for older girls you could ask them to find something beginning with each letter of the alphabet or the colours of a rainbow.

For a lone member – they can send you a photo of their finds.





Name of activity:

Scavenger Hunts

Find Something

This could be done several ways – girls can collect the relevant items, write or draw them on their sheets or take a photo.

Alive

Dead

Suitable for a Bed

New

Old

Green

Red

Smooth

Rough

Pretty

Tough

Soft

Hard





Name of activity:

Scavenger Hunts

Find Something of Each Colour

This could be done several ways – girls can collect the relevant items or take a photo.



Name of activity:

Scavenger Hunts

Find Me

This can be done as a traditional scavenger hunt or turned in to a photo challenge. Items can be removed or added depending on whether indoor, virtual or outdoor. The person/team with the most points wins.

Something that rattles.	10	
Something with batteries.	10	
Something old.	10	
Something shiny.	10	
Something round.	10	
Something tasty.	10	
Something cold.	10	
Something sticky.	10	
Something wet.	10	
A pair of something.	20	
An object that looks like something else.	20	
Something with words and pictures.	20	
A trefoil.	10	
A tree – an extra 10 points if you can name it!	10+10	
Something with a tail.	20	
A flower – an extra 10 points if you can name it.	10+10	
Artwork.	20	
Something that makes you happy.	30	
Something inspirational.	30	
Something not where it should be.	30	
Entire team jumping (everyone must be mid air for it to count) or your entire family if doing it at home.	30	



Name of activity:

Nature Doll

Suitable for:



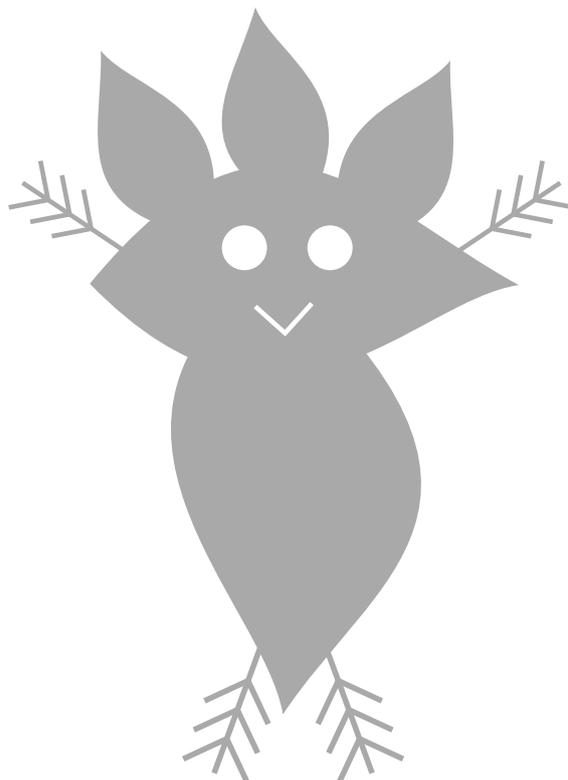
Rainbows

Resources needed:

- ✓ Collect stones, leaves, twigs and sticks etc.

Description of activity:

Go out for a walk and collect some natural materials such as stones, leaves, twigs and sticks etc. Come back and make your very own nature doll. Be as creative as you like!





Name of activity:

Twiggy Owl



Suitable for:



Brownies

Resources needed:

- ✓ Cardboard
- ✓ Sticks/twigs
- ✓ Googly Eyes
- ✓ Piece of String

Description of activity:

Make a twiggy owl to hang in the garden or indoors.

Cut out the shape of an owls head out of card.

Using PVA glue stick on sticks/twigs.

Cut out some cardboard circles for eyes and stick on googly eyes or other natural materials.

Make a small hole towards the top.

Thread some string through the hole and hang out once dry.





Name of activity:

Twig Star



Suitable for:



Guides



Rangers

Resources needed:

- ✓ 5 pieces of bendy twigs (all same length)
- ✓ String
- ✓ Foliage & small battery operated lights (optional)

Description of activity:

Bring the outdoors in with these lovely twig stars.

Take 2 twigs and bind the 2 together with string. Attach them so that the right twig is on top of the left. Pull the twigs apart about 30 degrees to create a point.

Add the next twig, making sure that it's the top-crossing twig at the attachment point.

Each new twig you attach should be placed on top of the last one. Adjust the position of the third twig so that the angle inside matches the angle at the top of your star. The third twig should also lie on top of the first twig.

Weave the fourth twig through the twigs forming the star's top point. Weave under and over and attach it with string afterwards.

When adding the last twig, it's also easier to do the weaving first and then tie it in.

You can add foliage and/or small operated battery lights to turn it into a decoration.





Name of activity:

Pooh Stick Rafts

Suitable for:



Rainbows



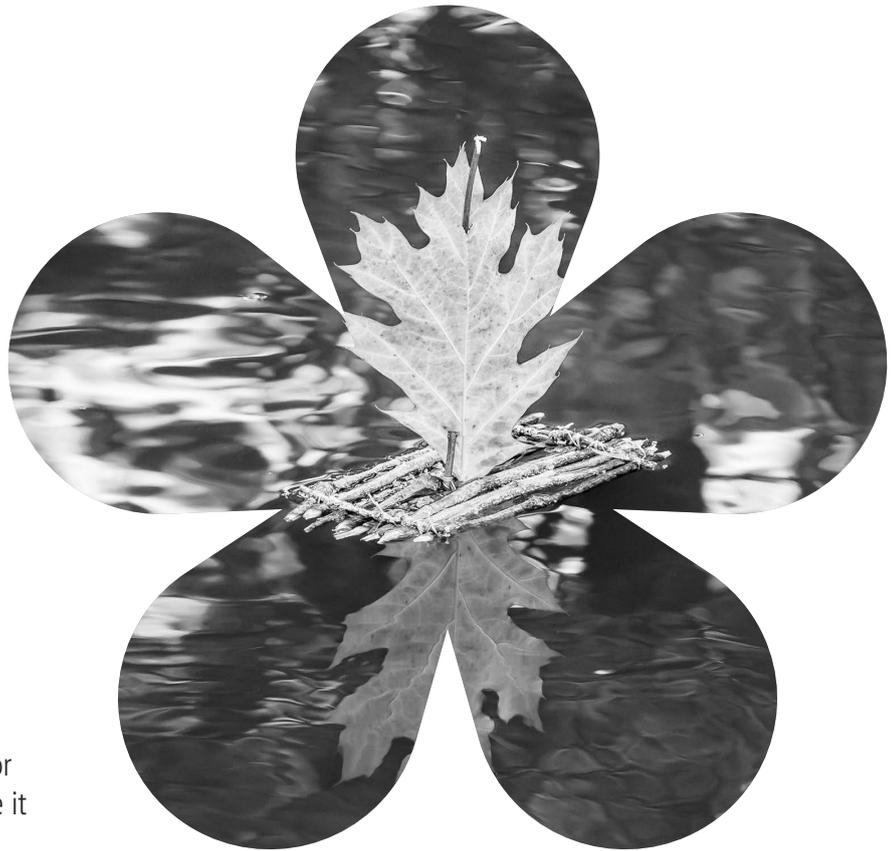
Brownies



Guides



Rangers

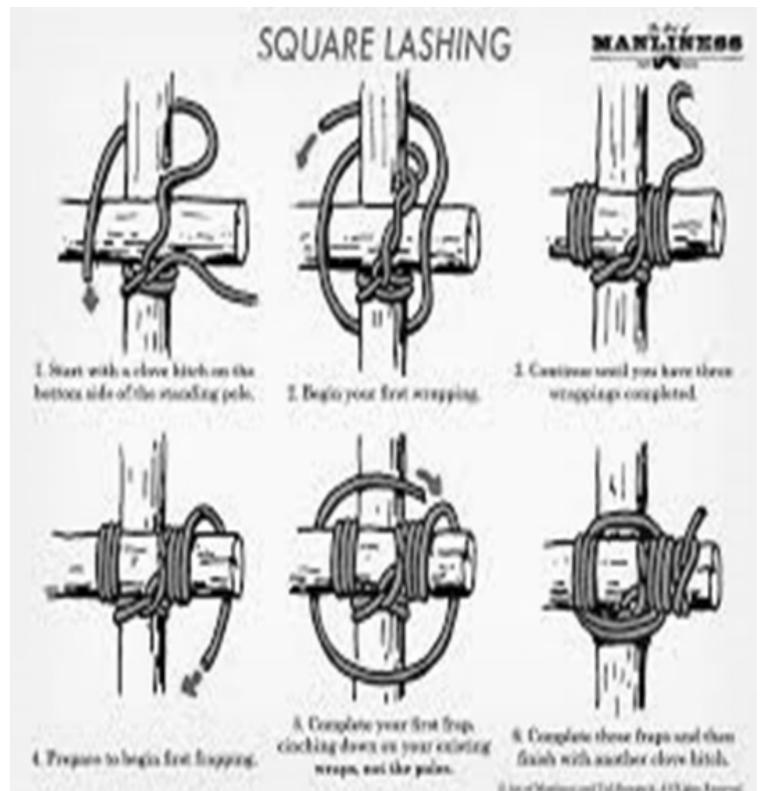


Resources needed:

- ✓ 12 - 15 Sticks of equal length
- ✓ Decoration for the sail – this could be leaves or flowers or make a sail out of paper & decorate it
- ✓ Rubber bands for brownies and rainbows
- ✓ String for square lashing for older girls

Description of activity:

Get crafting inside or outside with this quick twig raft that's easy enough for everyone to get involved. Lay the four sticks for the frame on top of each other to judge size. Either square lash the corners together or use rubber bands to keep in place. Complete for each corner. Once the frame is completed, fix each stick to the frame to make the bed of the raft, winding the string over in a cross fashion or using the bands. Continue until the base is covered, there will be gaps in between each stick. Use one stick as the mast and create a sail either out of natural objects or decorate a paper one. Make two small holes to push the mast through. Insert into a gap in between two of the sticks, carefully wrap string around to fix it into place. The raft is ready for sailing!





Name of activity:

Constellations



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Pictures of constellations for reference for all activities

Indoor Stargazing:

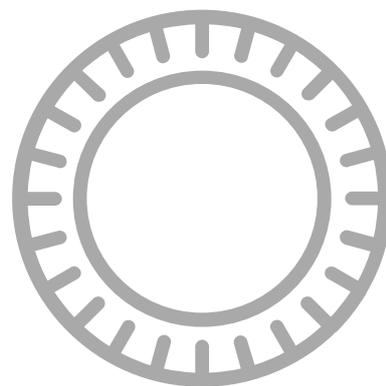
- Paper Plate
- Mini Marshmallows
- Smarties/Mini M&Ms
- Strawberry laces
- Cocktail sticks

Wall Constellation:

- Toilet Roll inners
- Black tissue
- Elastic bands
- Cocktail sticks
- Torch

Star Sewing

- Printed Templates – examples can be found here
<https://www.pinterest.co.uk/pin/317996423693855192/>
- Thin Card
- Pritt Stick
- Wool/String
- Plasticine/Play Doh or similar
- Something to punch holes – a blunt darning needle or hole punch
- For older girls finer thread and needles can be used





Name of activity:

Constellations

Description of activity:

There are lots of different ways of exploring the constellations from the simplest of going outside and looking up to doing some of the following activities.

Indoor Star Gazing

Look at the different constellations patterns in our skies and discuss how they got their names. Get each girl to build their own constellation using either the mini marshmallows and cocktail sticks or arranging the smarties & laces on the plate. Girls could copy existing constellations and then create their own. Older girls could name and create a back story for their creations.

Wall Constellations

Cut two squares of black tissue paper approx. 12cm x 12cm and place them on top of each other. Place the tissue paper over the end of the toilet roll inner and secure with an elastic band. Use the cocktail stick to carefully poke holes in the same pattern as a constellation.

Turn out the lights, point the tube at a wall and shine a torch down the tube to see the stars displayed on the wall.

Alternatively download templates which can then be pricked and stuck over the end of a torch directly.

<http://www.literaryhoots.com/2015/05/constellations-astronomy-for-kids.html>

Constellation Lacing

Print out templates or get the girls to draw their own constellations on a sheet of paper. Making sure the stars are clearly marked as dots. Stick the paper to a thin piece of card.

Place a piece of plasticine etc underneath the dots and using a blunt object press through to create a hole large enough for the wool or yarn to pass through. Or use a hole punch.

Tie a knot in the wool and pass through the holes starting from the back to create the constellation pattern. The wool will need to be looped back on itself to fill all the gaps.

For older girls finer thread and a needle can be used to create pictures which could be turned into cards etc

More activities can be found at:
<https://www.howweelearn.com/constellation-activities-for-kids/>

Star Gazing Online

There are many free apps that can be downloaded on phones or tablets if girls have permission to do so. These can be used outside and will identify what is up in the sky at that moment.





Name of activity:

Grass Heads

Suitable for:



Rainbows



Brownies

Resources needed:

- ✓ Tights
- ✓ Grass seeds
- ✓ Soil
- ✓ Rubber bands or thread
- ✓ Small yoghurt pot
- ✓ Decorations such as Googly eyes and fabric scraps for the heads, coloured paper for the bodies, pipe-cleaners for spectacles etc
- ✓ Glue

Description of activity:

Make your own grass heads characters. Watch them grow, then trim their hair!

Cut off a 15 - 20cm section of the tight that includes the toe.

Spoon in about 2 teaspoons full of grass seeds.

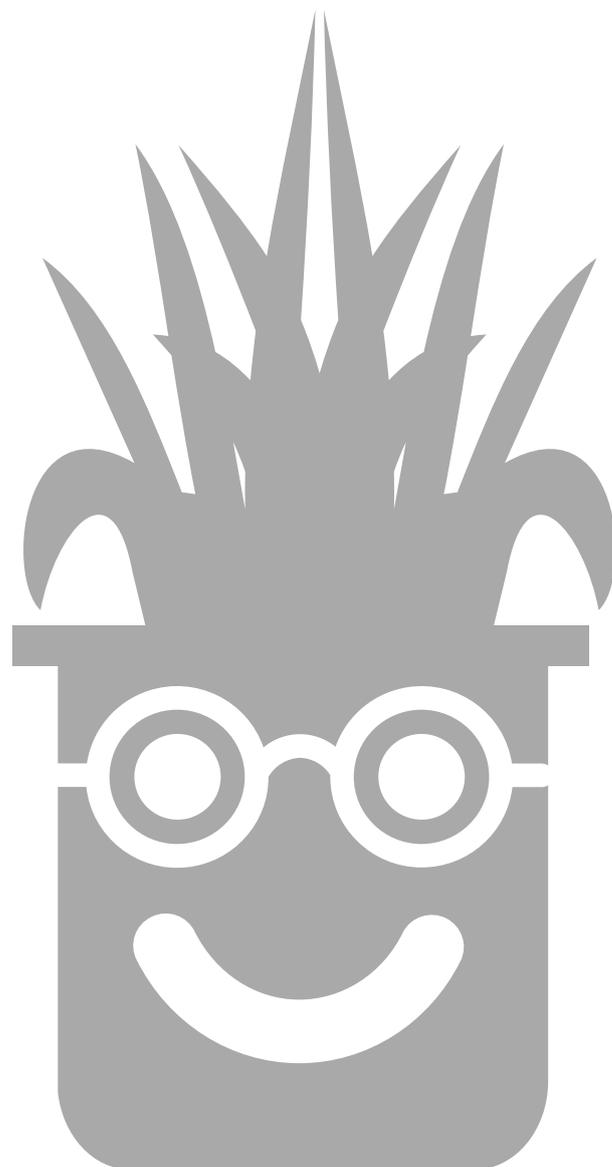
(Stretching the cut off section over a large cup or mug can make it easier to fill)

Fill with soil until roughly the size of tennis ball

Tie a knot to close the end. No need to cut off the dangly bit.

Make a nose or ears by pulling a bit of tight and twisting it. Fasten in place with a small rubber band or thread at the base of the nose or ears.

Now decorate! Add the googly eyes and other items like pipe cleaners for a smile or glasses to make the face, and coloured paper to make the yoghurt container into a dress or a suit or get creative! Just make sure that any glues or markers used for the head are waterproof.



Once finished give it a good dunking in a bowl of water to moisten the soil. Half-fill the yoghurt container with water, and put the head on top, with the excess stocking dangling down into the water.

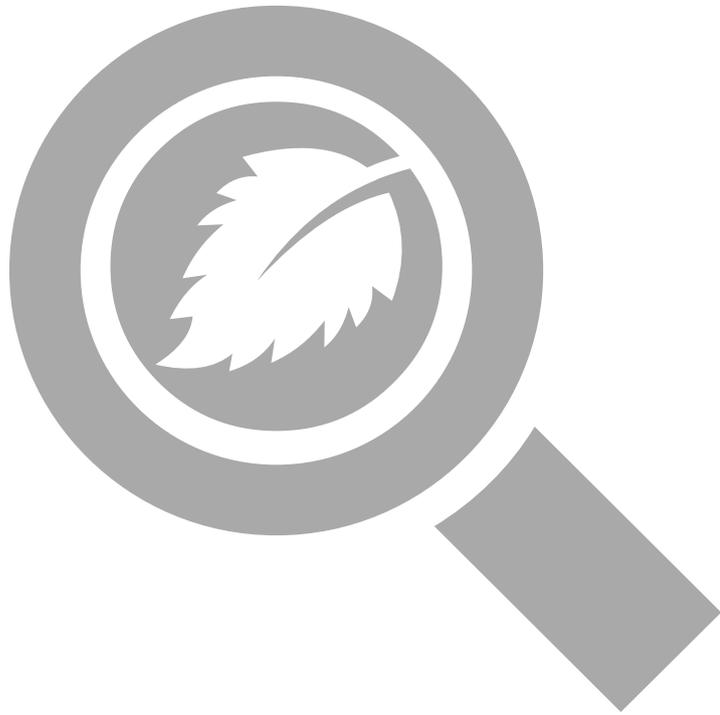
Put the grass head on a windowsill or somewhere with plenty of sunlight. Check every day to make sure the head is moist – it might need a few drops of water onto the head now and then.

“Hair” takes about 1 week to sprout and it should have a full head of hair by 3-4 weeks. With careful attention it should last 6 weeks and it can be given a new hairstyle each week!



Name of activity:

Leaf Detectives



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

✓ Various dependant on activity chosen

Description of activity:

The Woodland Trust have excellent resources around tree and leaf-based activities, most are suitable for Rainbows & Brownies but could be adapted for Guides & Rangers. They have printable tree ID guides which are a fantastic way to help the girls learn about trees. Have a competition to see who can find the most leaves on the sheet!

Other guides for twigs, fruit/nuts & blossoms can be found here:
<https://www.woodlandtrust.org.uk/blog/2020/03/tree-id-kids/>

There are also leaf ID apps available for the older girls to use on their phones if the appropriate permissions are sought. If the girls have collected leaves as part of this activity then there are a lot of follow on activities that can be done such as leaf faces, giant leaf letters, leaf wreaths or leaf mobiles that would be suitable for all sections. The woodland trust has lots of ideas here...
<https://www.woodlandtrust.org.uk/blog/2020/10/autumn-leaf-crafts-for-kids/>





Name of activity:

Leaf Detectives





Be a super spotter!

How many trees can you identify?



Alder



Beech



Oak



Sycamore



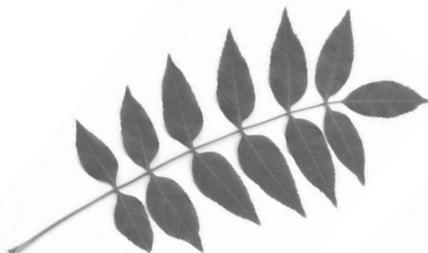
Birch



Holly



Elder



Ash



Horse Chestnut



Rowan



Field Maple



Hawthorn



Hazel



Found any other leaves? Do you know which trees they're from?

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

woodlandtrust.org.uk/naturedetectives | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk

f Search for 'nature detectives' | t #NatureDetectives

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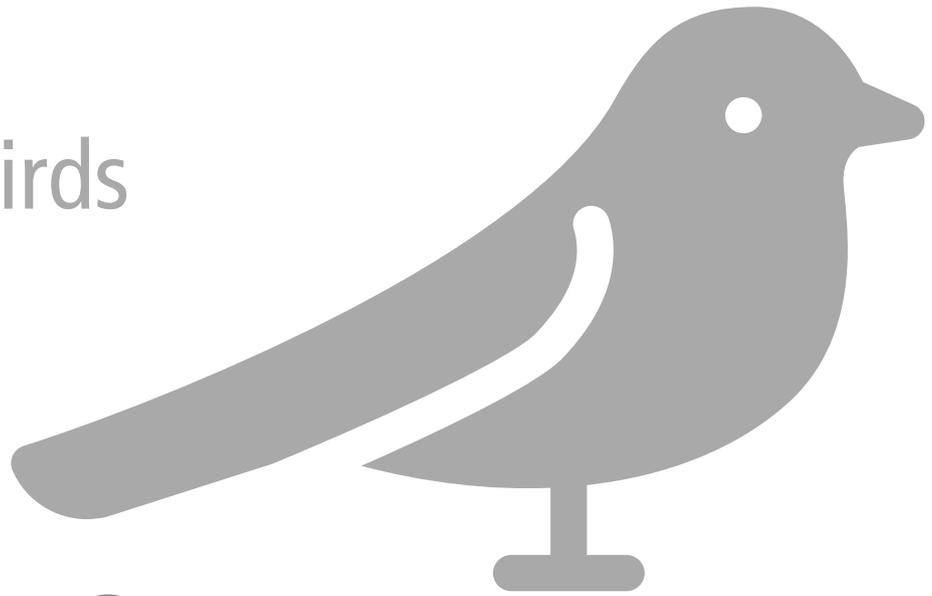
WOODLAND TRUST





Name of activity:

Feed The Birds



Suitable for:



Rainbows



Brownies



Guides



Rangers

Please check there are no nut allergies within your unit before doing this activity.

Resources needed:

✓ **All Sections - Pinecone Feeder:**

- ✓ Large open pinecones
- ✓ Peanut butter
- ✓ Plate/Paper towel
- ✓ Bowl
- ✓ Bird seed
- ✓ Twine/String

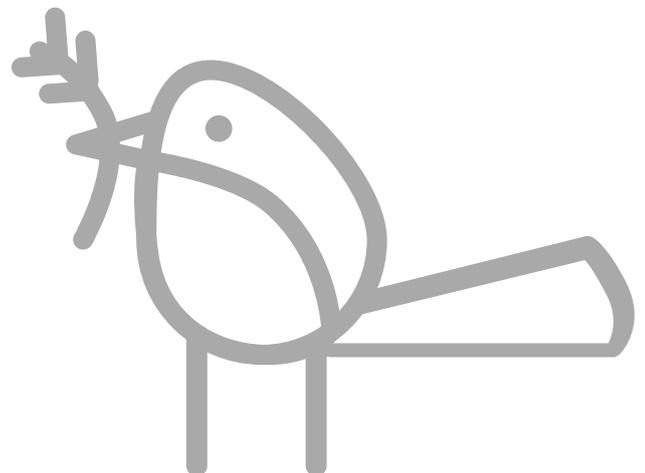
✓ **Brownies, Guides & Rangers - Orange Cup Feeder:**

- ✓ Peanut Butter
- ✓ Bird Seed
- ✓ Orange
- ✓ Knife
- ✓ Longish twigs/Sticks

✓ **Brownies, Guides & Rangers - Bird Food Decorations:**

(Makes between 6 -8 depending on cutter size)

- ✓ 4 cups birdseed
- ✓ 3/4 cup flour
- ✓ 5 teaspoons of unflavoured gelatine
- ✓ 3 tablespoons honey or peanut butter
- ✓ 1/2 cup water
- ✓ Greaseproof paper 7 a paper plate
- ✓ Skewer
- ✓ Thick sided cookie cutter
- ✓ Bowl & Spoon
- ✓ Ribbon/Twine





Name of activity:

Feed The Birds

Description of activity:

Whether it's winter, spring, summer, or autumn, there are bound to be at least a few hungry birds in the garden. Make them feel at home with a handmade bird feeder and enjoy watching and listening to them.

Pinecone Feeder:

Cut out a piece of twine or string about 10 inches long and tie it to the top of the pinecone. (this can be pre done for the younger girls)

Then tie the ends together to make a loop to hang the pinecone from.

Attach the twine to the pinecone before adding the peanut butter and birdseed. Otherwise it is going to get really messy really fast!

Place about a tablespoon of peanut butter on a plate or paper towel.

Carefully spread the peanut butter onto the pinecone, making sure there is a little bit on each one of the pinecone scales.

Grip the pinecone at both the top and bottom and dip it into a bowl of birdseed.

Dip and roll all sides of the pinecone until the peanut butter is completely covered with birdseed and ready for the birds.

Orange Cup Feeder:

Alternatively, you can cut an orange in half and squeeze the juice into a cup (this is for the girls to drink afterwards)

Scoop out the flesh and put a small amount of peanut butter around the inside of the orange, fill with seed.

Push a twig or stick into the base of the orange and push into the ground.



Bird Food Decorations:

Mix together the dry ingredients (the birdseed, flour, and gelatine mix) in a bowl.

Stir in the wet ingredients (the honey or peanut butter and the water) and use hands to get it sufficiently mixed.

Tip the mixture onto the greaseproof paper and spread out into an even layer about the thickness of the cutter.

Rub the inside of a cookie cutter (any shape as long as it has thick sides) with oil.

Press the cookie cutter into the birdseed. Then use a skewer to make a hole.

Place on a paper plate & gently remove the cookie cutter.

Best to be taken home on the paper plate and allowed to harden overnight before stringing a ribbon through it ready to hang on the tree.





Name of activity:

Animal Tracks

Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ Printable cards & answer sheet
- ✓ Alternatively, this can easily be adapted for online as a PowerPoint

Description of activity:

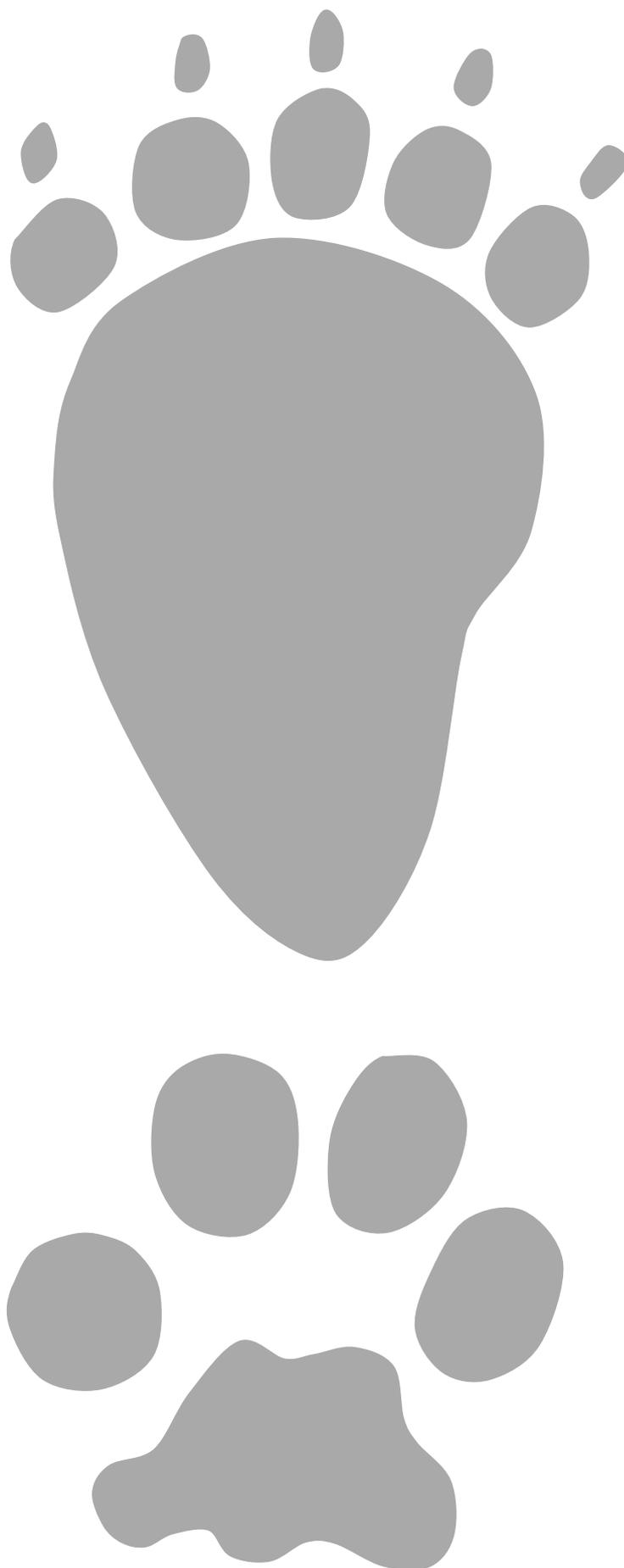
When studying nature it is often hard to get close to the animals but often they leave their tracks. Learning to recognize the tracks of the animals will help to identify those which live in your neighbourhood.

Print out & cut up the cards and keep the answer sheet to one side.

This can be played in many ways for example as a memory game, relay race or find the animal with the end goal being that the tracks are matched up with the correct animal who makes them.

If meeting virtually this can be adapted as a quiz.

Take this one step further and go out looking for tracks either around the venue, during an outdoor session or at home in the garden.



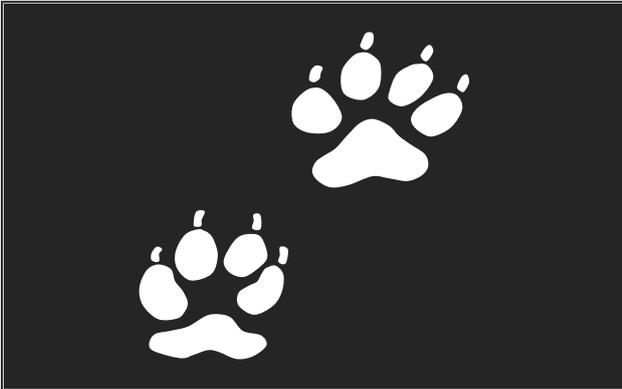


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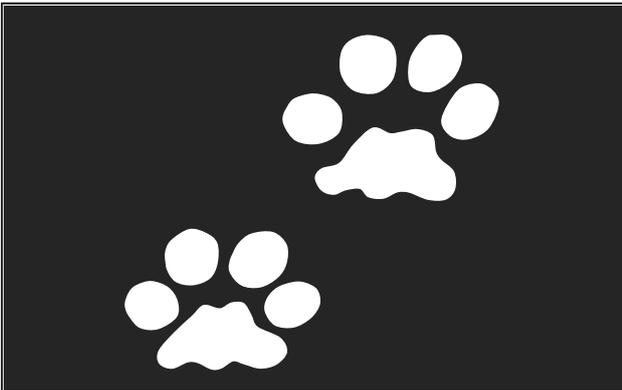
Animal Tracks



deer



coyote



bobcat

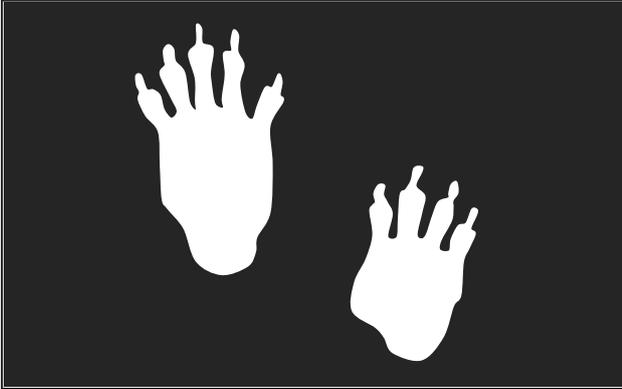


otter

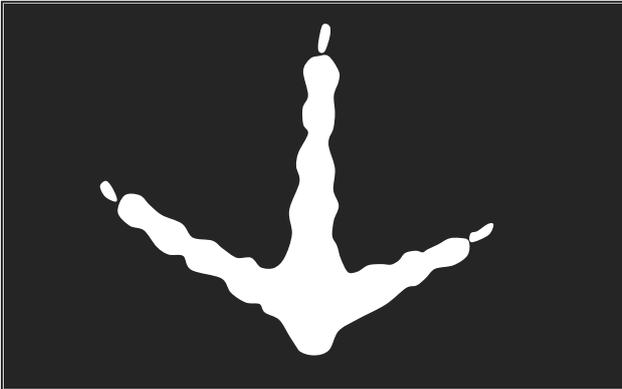


Name of activity:

Animal Tracks



porcupine



turkey



bear

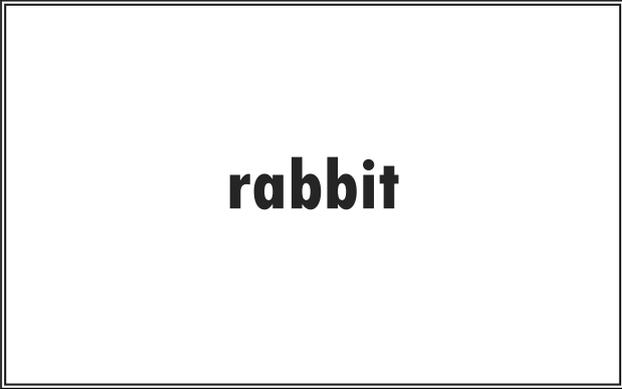
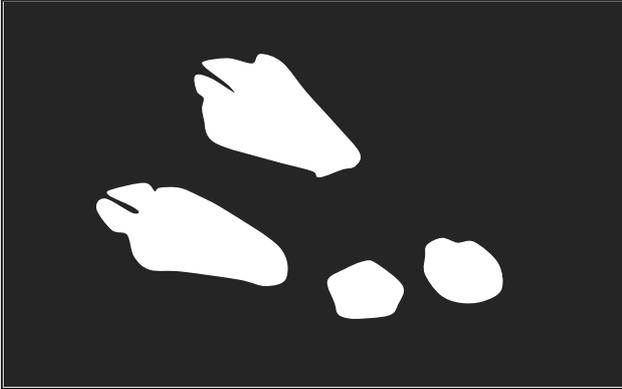


duck



Name of activity:

Animal Tracks

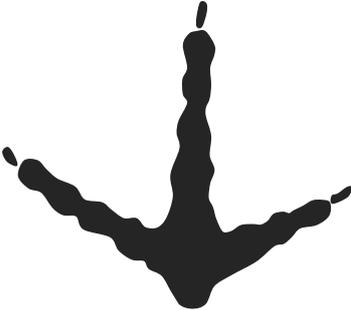




Name of activity:

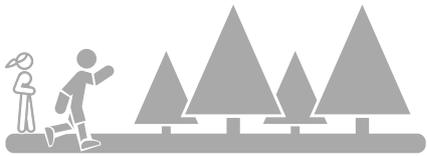
Animal Tracks

Animal Tracks

 <p>deer</p>	 <p>coyote</p>	 <p>porcupine</p>
 <p>turkey</p>	 <p>bear</p>	 <p>otter</p>
 <p>bobcat</p>	 <p>duck</p>	 <p>rabbit</p>



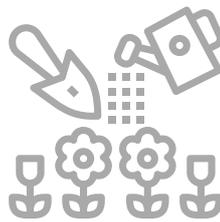
Volunteers – Some Ideas For You To Complete This Section



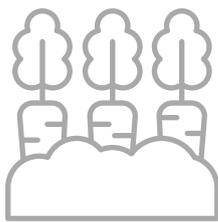
Meet up with a family member or friend and go for a walk appreciating the nature around you and enjoying each other's company



Run an outdoor meeting for your girls, use the activities in this pack or the Get Outside resource and together try something new



Do some gardening



Grow your own vegetables



Create a herb garden



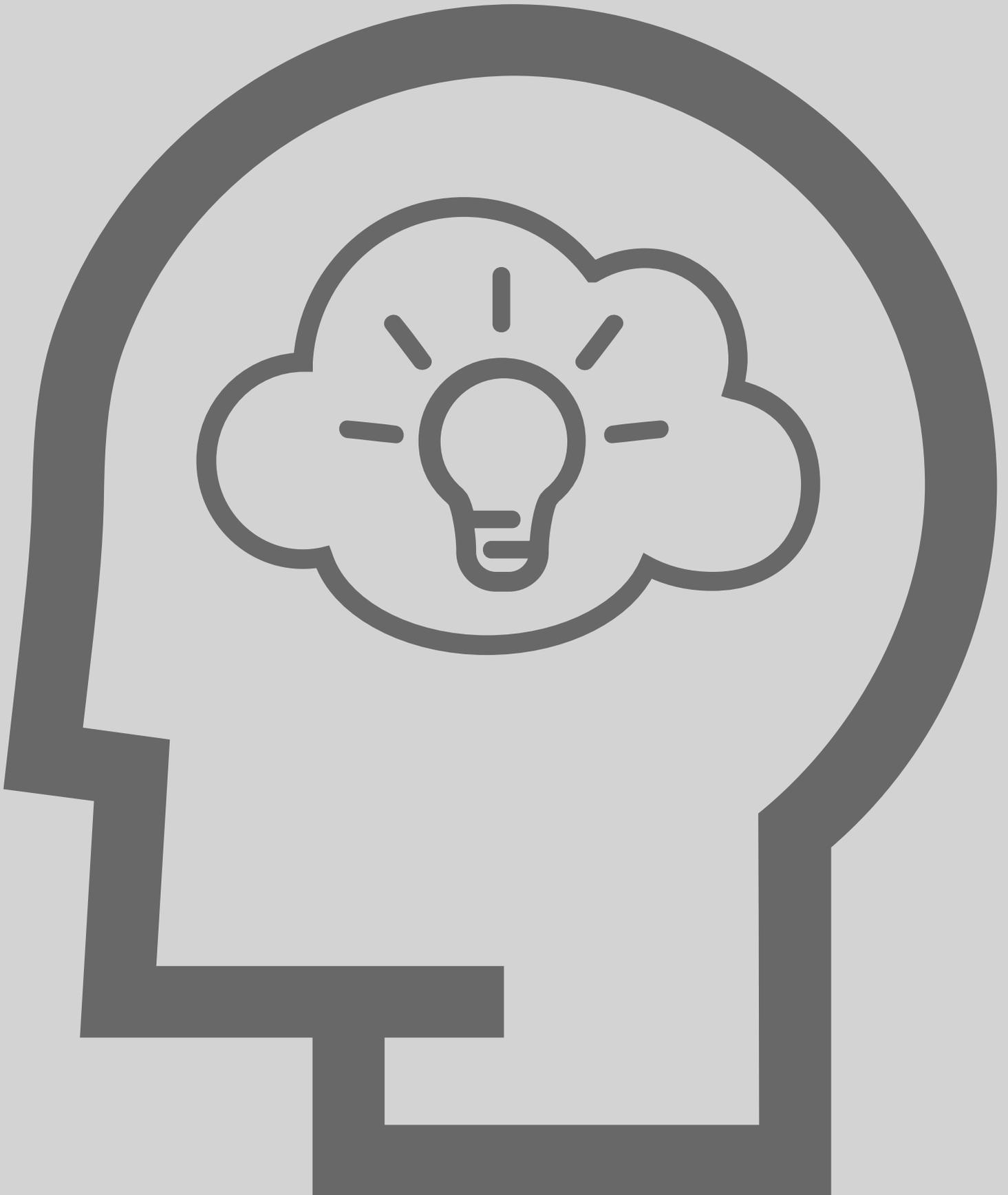
Plant some wildflower seeds and enjoy the bees and butterflies these will attract



Take time to appreciate the birdsong in your garden, can you identify the different birds?

5: Experiment

– an opportunity for everyone
to try something new





Name of activity:

Lava Lamps

Suitable for:



Brownies



Guides



Rangers

Resources needed:

- ✓ Vegetable oil (or a clear oil such as baby oil)
- ✓ Water
- ✓ Food colouring of your choice
- ✓ Alka-Seltzer Tablets
- ✓ Clear container - the taller, skinnier and smooth sided the better the effect is
- ✓ Torch (optional)

Description of activity:

Watching a lava lamp can be very mesmerising with its large coloured bubbles sinking and rising. The action you see is actually a fun science experiment. Make your own (temporary) DIY lava lamp with household materials! It's easy and safe, and it looks very cool.

Fill a quarter of the bottle with water.

Pour the vegetable oil in the bottle until it is almost full. (Use a measuring jug with a spout or a funnel to make it easier).

Wait a couple of minutes for the oil and water to separate.

Add a few drops of food colouring - the colour will sink through the oil.

Break the fizzy tablet in half and drop part of it into the bottle – coloured blobs will appear.

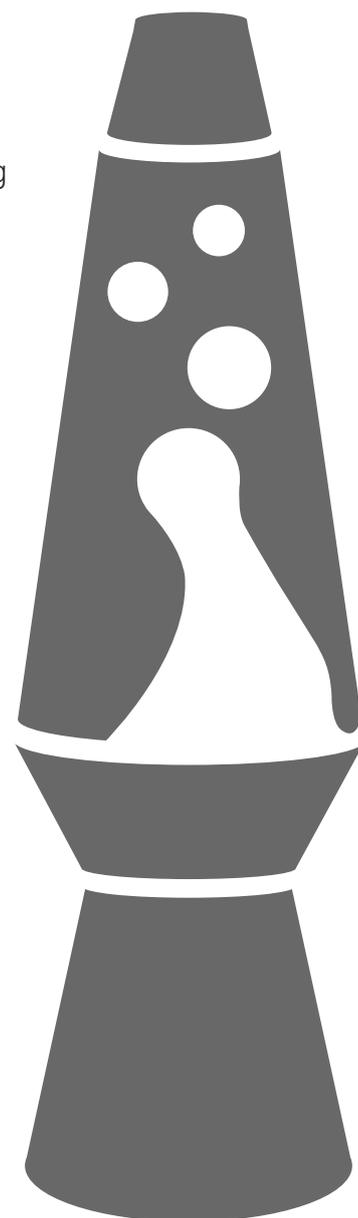
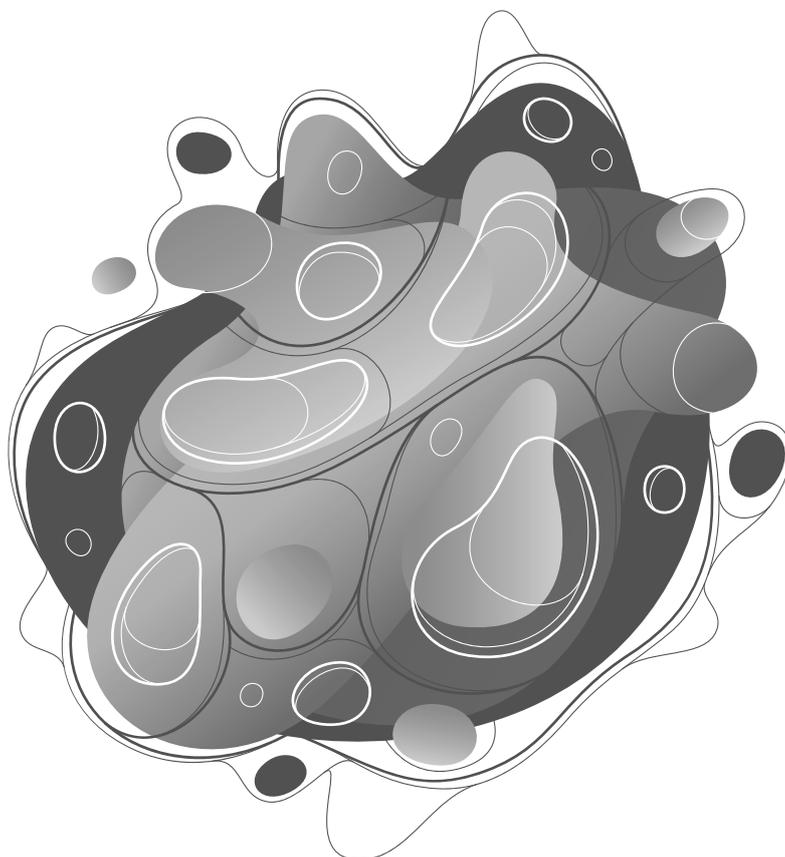
If using a torch, turn off the lights and drop in another half tablet. This time shine the torch through the lava lamp while the blobs are bubbling!

Online tutorials include

<https://www.sciencefun.org/kidszone/experiments/lava-lamp/>

<https://handsonaswegrow.com/science-experiment-diy-lava-lamps/>

<https://sciencebob.com/blobs-in-a-bottle-2/>





Name of activity:

Glow In The Dark Skittles

Suitable for:



Rainbows



Brownies



Guides



Rangers



Resources needed:

- ✓ 10 Bottles with lids (preferably the same size and the neck wide enough for the glow sticks to fit through)
- ✓ Sand or stones
- ✓ Water
- ✓ Glow Sticks
- ✓ Tennis Ball

Description of activity:

Sometimes it's hard during the darker nights to find things to do outside. These activities make good use of the dark and as long as everybody is wrapped up well, great fun can be had. If going outdoors isn't an option then it can still be done indoors if you have a big enough space.

Place sand or stones at the bottom of the bottle and fill with water.

Snap the glow sticks to make them glow, add to the bottle and put the lid on tight.

Place in a typical ten bowling format and if inside turn off the lights.

Take it in turns to roll the tennis ball to try and knock them over.

Make up a scoring system and the number of goes each person is going to have. The person with the most points at the end is the winner.

Alternatively make human skittles by securing the glow sticks on the body and forming up the same. Use a bigger but soft ball instead. If the ball touches a person, they crouch down.

If skittles doesn't appeal to the girls try glow stick dancing. Either hold glow sticks in hands or for an even better effect tape to clothing!! Create dance routines in the dark – very cool when videoed.





Name of activity:

Skittle Rainbow



Suitable for:



Rainbows



Brownies

Resources needed:

- ✓ Plate
- ✓ Warm water
- ✓ Skittles

Description of activity:

This is an easy and exciting activity that investigates what happens to skittles when warm water is added. Make sure to mix up the colours of sweets when arranged around the plate, this way you will get colourful results.

Get a plate and organise the Skittles in a circle around the edge of the plate.

Gently pour the water in the centre of the plate. Warm water works better than cold. Make sure there is enough water to go past the Skittles while filling the plate.

Wait and watch the Skittles colours move towards the centre of the plate with beautiful rainbow streaks.



Name of activity:

Recreate A Famous Piece Of Art Or Landmark

Suitable for:



Guides



Rangers

Resources needed:

- ✓ Laptop or similar device
- ✓ Internet Connection
- ✓ Variety of craft items

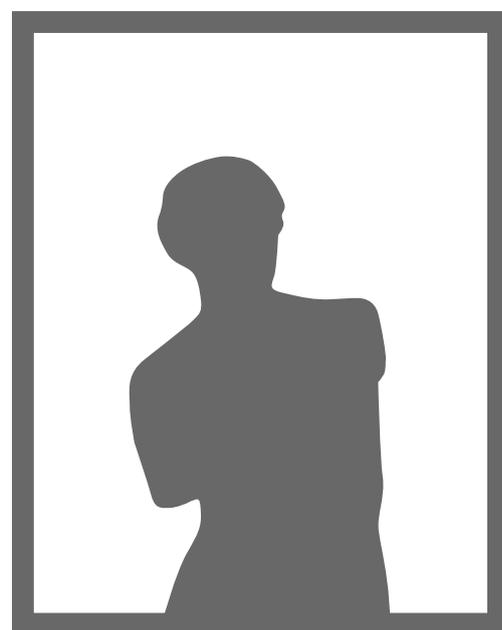
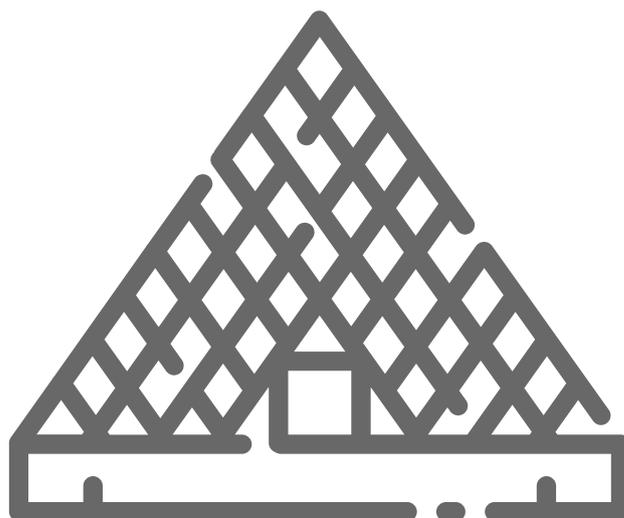
Description of activity:

Take a virtual tour of an international museum - e.g. The Louvre, Guggenheim Museum New York, National Museum of Modern and Contemporary art, Korea, Pergamon Museum, Berlin are all offering virtual tours. Discuss the different kind of art seen on the tour - which was everyone's favourite, did anyone recognise any of the pieces for example?

Recreate a piece of artwork from the tour – this can be done on the laptop/device using software such as Paint or using any craft items to hand.

Create your own unit tour where everyone shows off their artwork and tells the group where their inspiration came from or get the group to guess which artwork is being recreated.

If you prefer you can take a tour of famous landmarks around the world and do the activity based on them.





Name of activity:

Paper Spinners

Suitable for:



Rainbows



Brownies

Resources needed:

- ✓ Colour pencils
- ✓ Scissors
- ✓ Thick card
- ✓ Glue
- ✓ String/Yarn
- ✓ A cocktail stick or any other tool with a sharp tip

Description of activity:

This simple activity can give hours of fun as well as look at how colours and patterns are affected by speed and rotation.

Cut out a circle from the card. 10 – 12cm is a good size.

Colour or design a pattern on both sides.

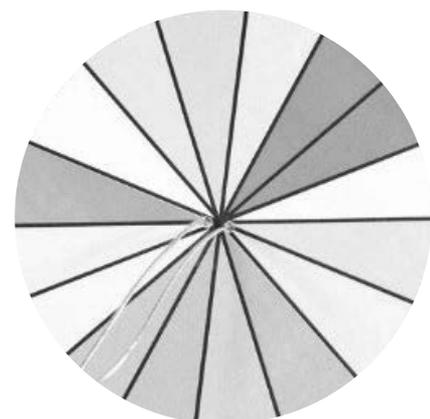
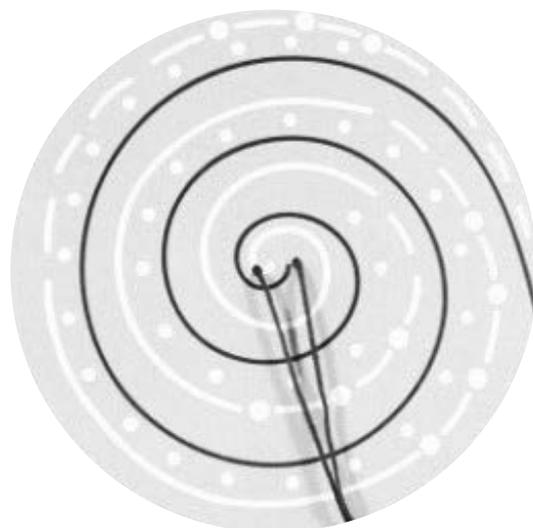
Make 2 holes in the centre – they should be approx. 1cm apart.

Thread string or wool through holes and fasten. The yarn should be approx. 35 – 40cm long.

Make circular motions with yarn in your hands then pull yarn taught – spinner should spin by just pulling the yarn taught.

After you get the spin going, relax your moves and start bringing the hands closer and further apart so you reload the spinner.

<https://www.easypeasyandfun.com/how-to-make-a-paper-spinner/>





Name of activity:

Mini LED Torch

Suitable for:



Guides



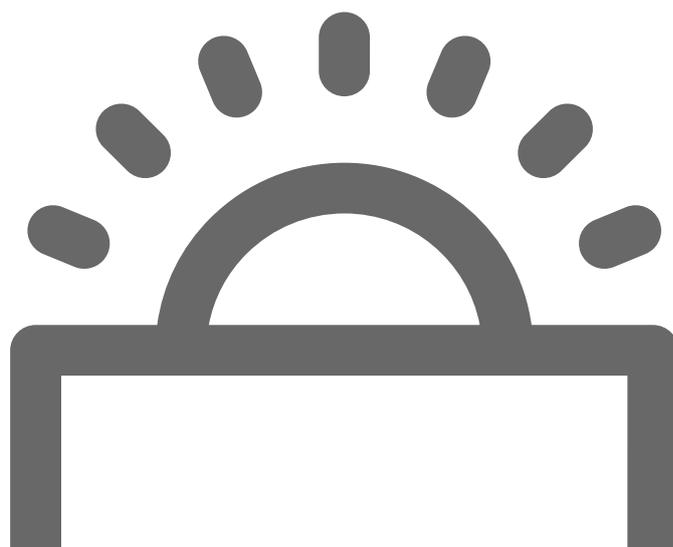
Rangers

Resources needed:

- ✓ 2mm thick fun foam
- ✓ 1 Coin cell battery CR2016 (3v) – a CR2020 or CR2025 battery will also work.
- ✓ Pritt stick or double-sided tape.
- ✓ String or cord (optional)
- ✓ Small scissors.
- ✓ Ruler and pencil.
- ✓ 5mm LED (any colour)

Description of activity:

Thanks to 2nd Kingsbridge Guides (www.2ndkingsbridgeguides.org.uk) for this great activity to make your own mini torch. Download the template from here <https://freepdfhosting.com/99b0c67672.pdf> or photocopy the one provided. You can also watch a step by step guide on how to make the torch here <https://www.youtube.com/watch?v=Aq8mpFkICRM&feature=youtu.be>



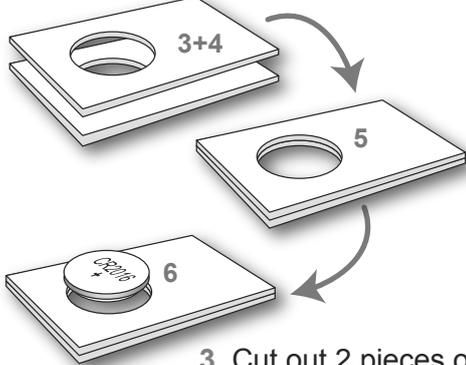
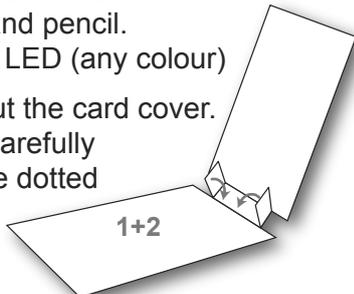
You will need:

• Thin card with the design photocopied or glued onto it.

You can also use an outer layer of clear packing tape, clear sticky backed plastic or a laminator over the graphics to make the printed cover more durable.

- Some 2mm thick fun foam.
- 1 Coin cell battery CR2016 (3v)
A CR2020 or CR2025 battery will also work.
- Pritt stick or double sided tape.
- String or cord (optional)
- Small scissors.
- Ruler and pencil.
- A 5mm LED (any colour)

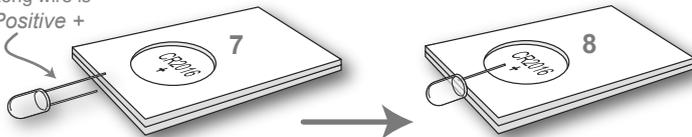
1. Cut out the card cover.
2. Fold carefully along the dotted lines.



3. Cut out 2 pieces of fun foam. You might want to make a card template to help you.

4. Cut a $\varnothing 20\text{mm}$ hole in each of the pieces of fun foam with sharp scissors.
5. Using Pritt stick, or double sided tape stick the 3 pieces of foam on top of each other. Line up the holes.
6. Fit the battery into the hole with the **+POSITIVE** side facing up.

Long wire is Positive +



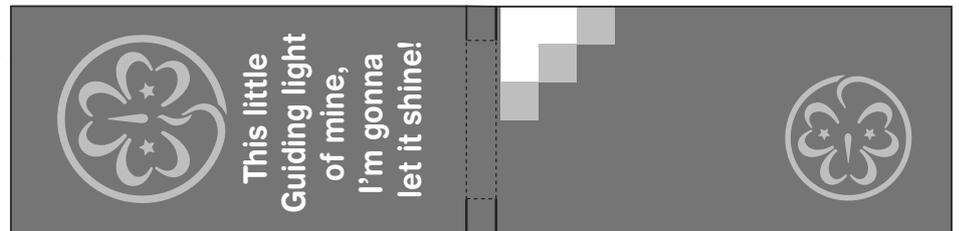
7. Slot the LED onto the foam. The LED has two wires; one long and one shorter. The **LONG** wire must touch the **+POSITIVE** side of the battery. The **SHORT** wire must touch the **-NEGATIVE** side of the battery.
8. **SQUEEZE** the wires and battery to test.

Important Safety Information:

Coin batteries can cause internal burns if swallowed. Batteries must never be put in your mouth and they should be kept away from young children. This activity may not be suitable for younger children. **As with all crafts...** If you are a leader you should try it out before running the activity with a group of young people.

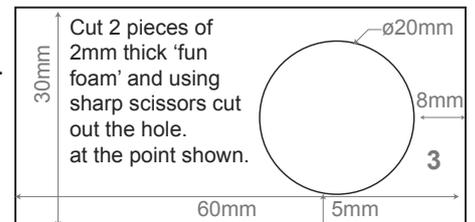
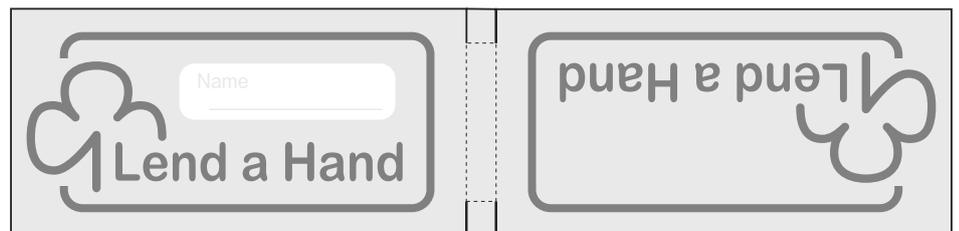
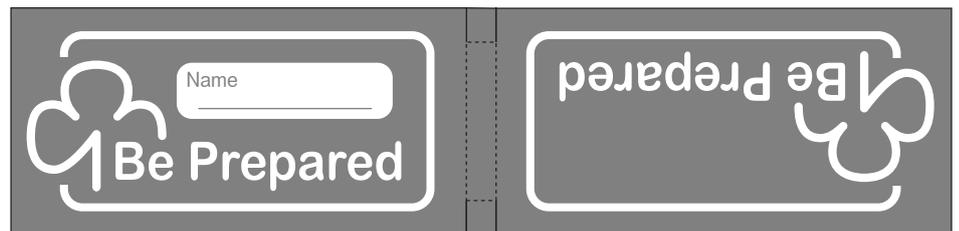
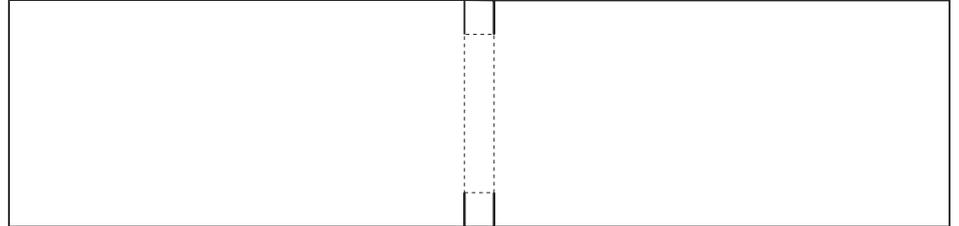
This LED torch lights up when you squeeze the contact wires and batteries together.

How to Make a Mini LED Torch



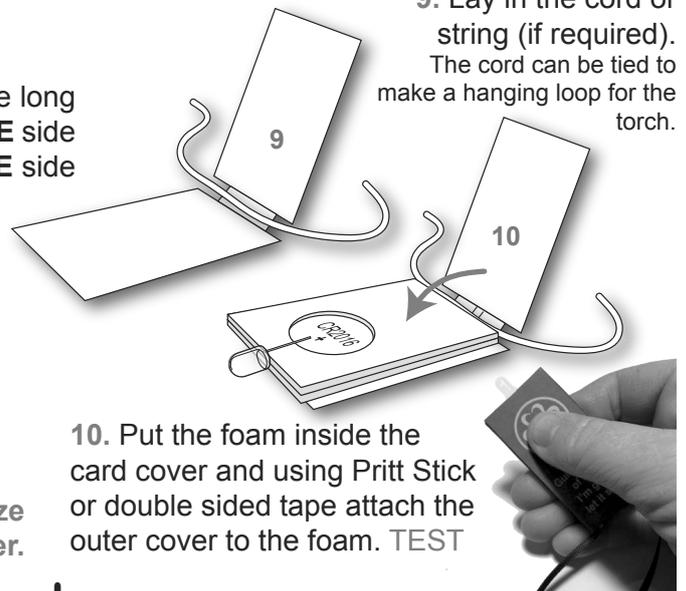
Design based on the WAGGGS World Flag

Blank template - design your own graphics.

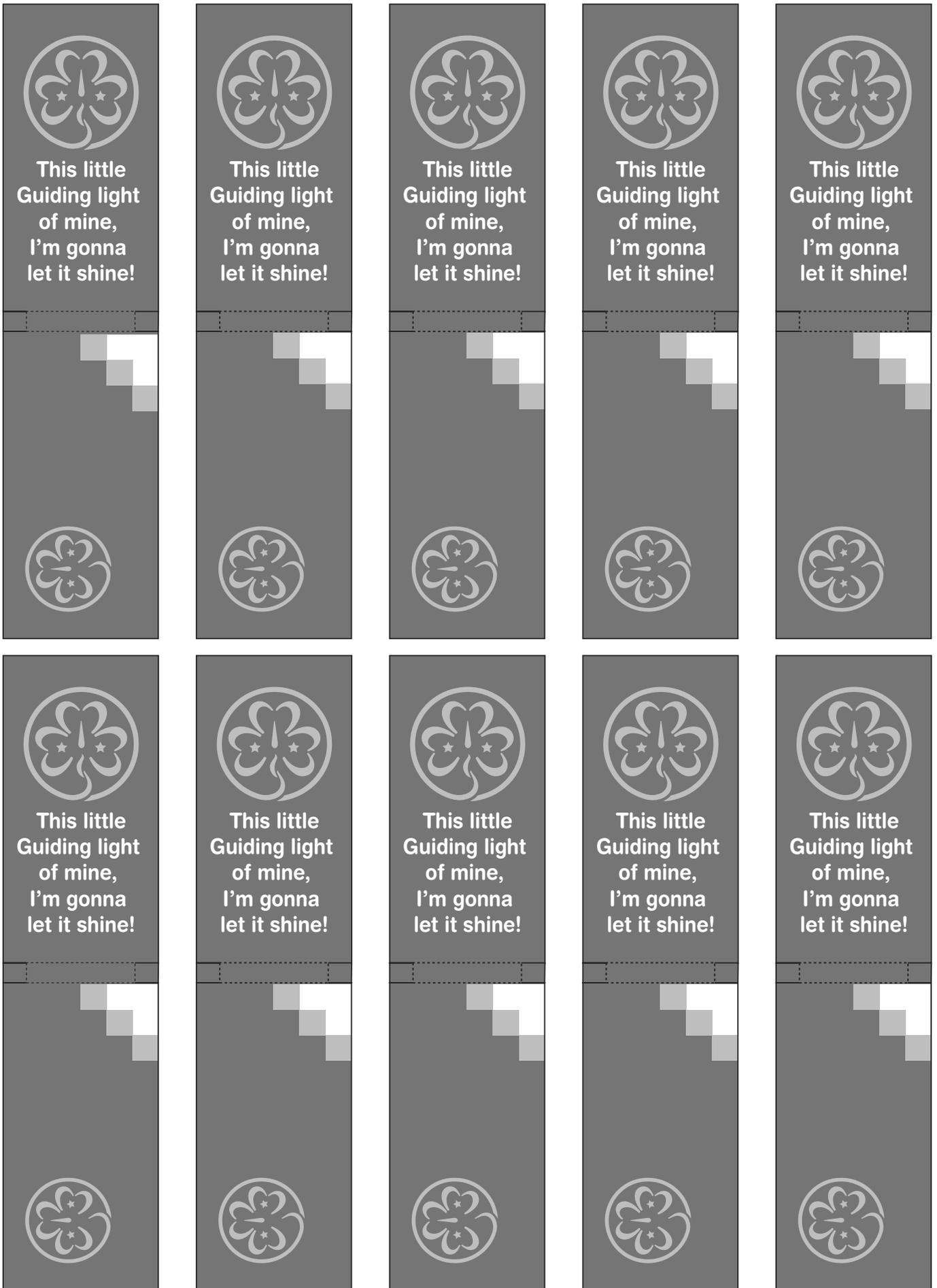


9. Lay in the cord or string (if required).

The cord can be tied to make a hanging loop for the torch.



10. Put the foam inside the card cover and using Pritt Stick or double sided tape attach the outer cover to the foam. **TEST**



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Design based on the WAGGGS World Flag, its meaning can be found here:
<https://www.waggs.org/en/about-us/who-we-are/symbols-movement>

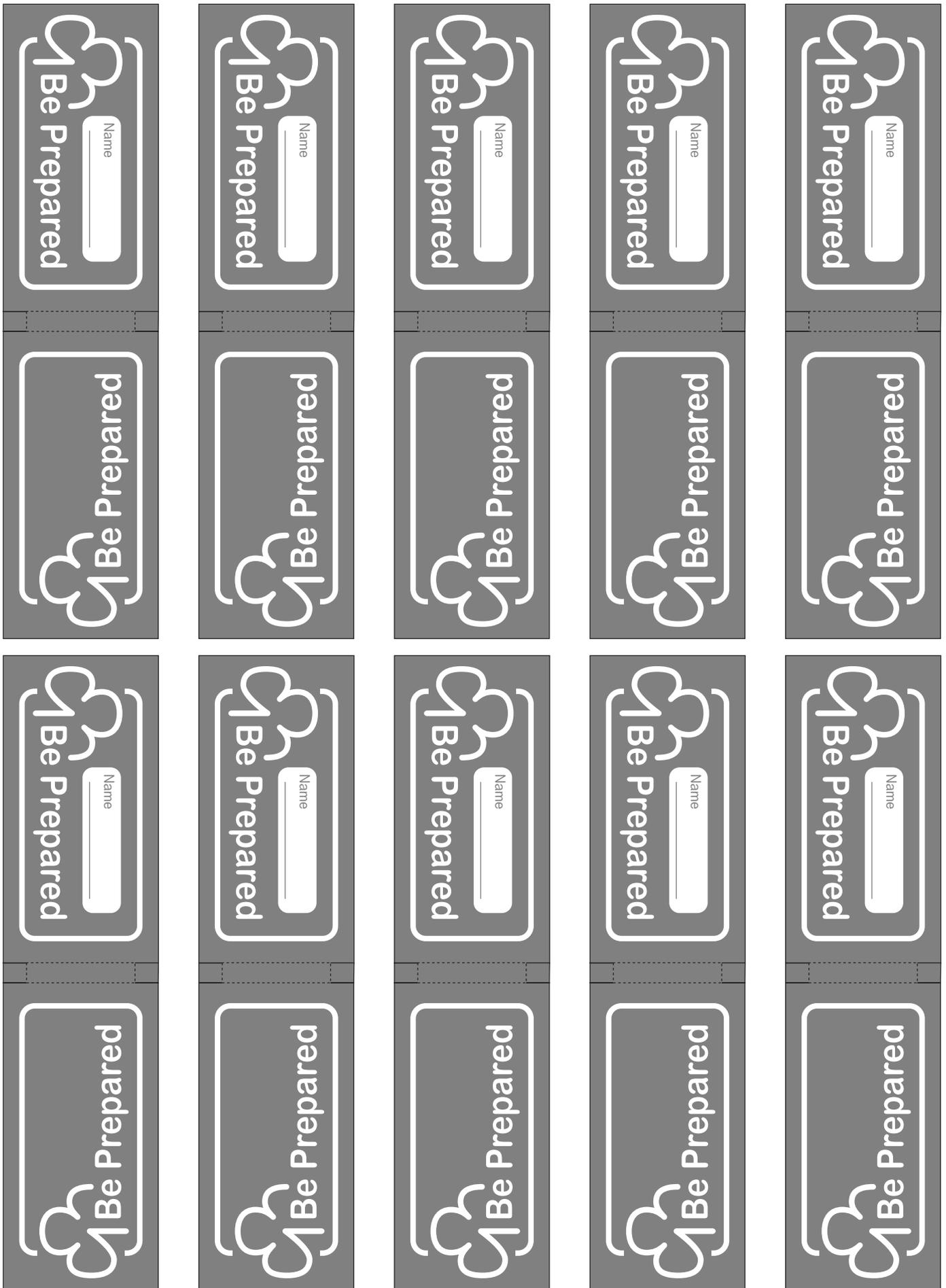


Mini LED Torch graphics - print or stick onto thin card.

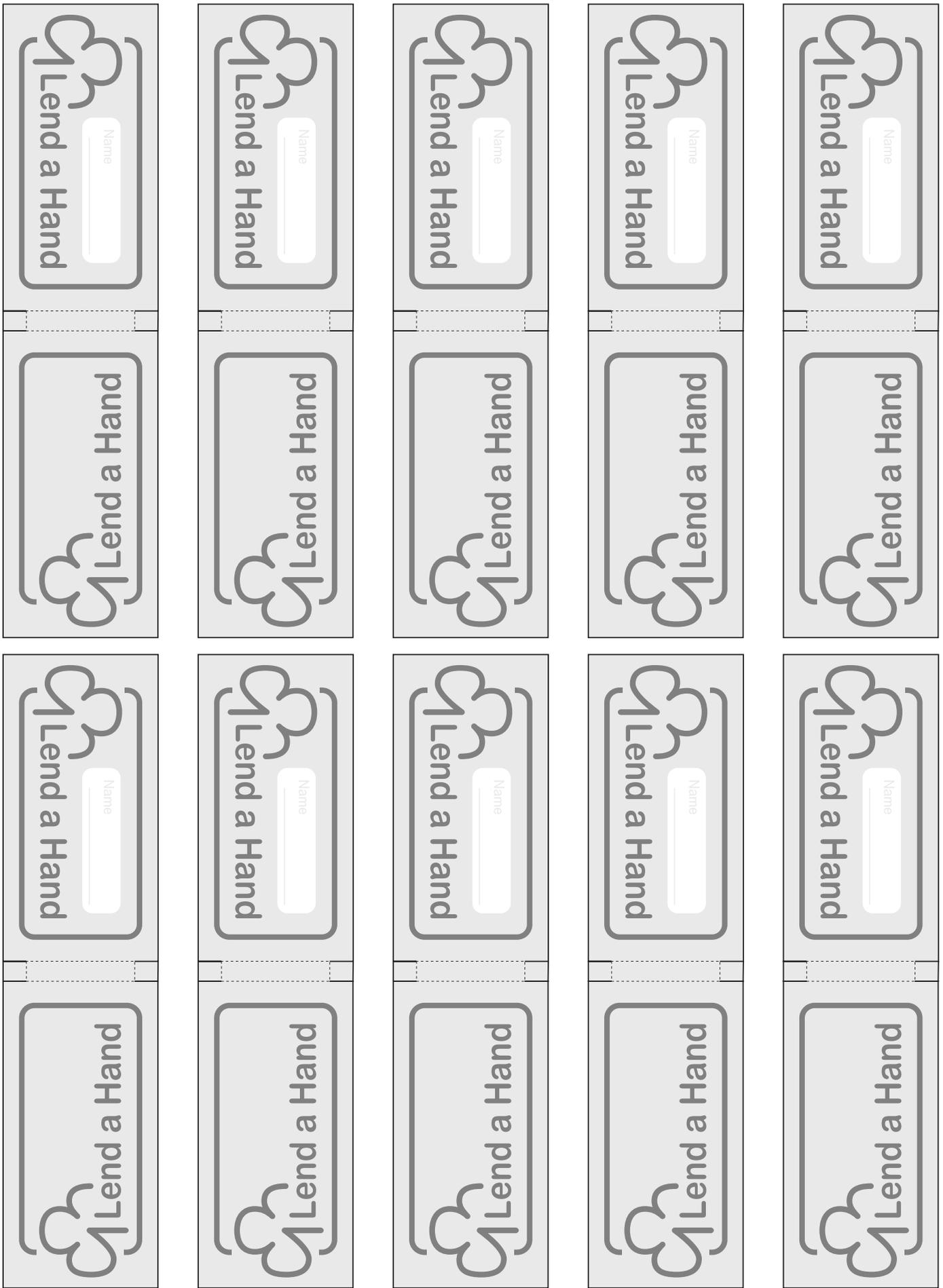




Mini LED Torch graphics - print or stick onto thin card.



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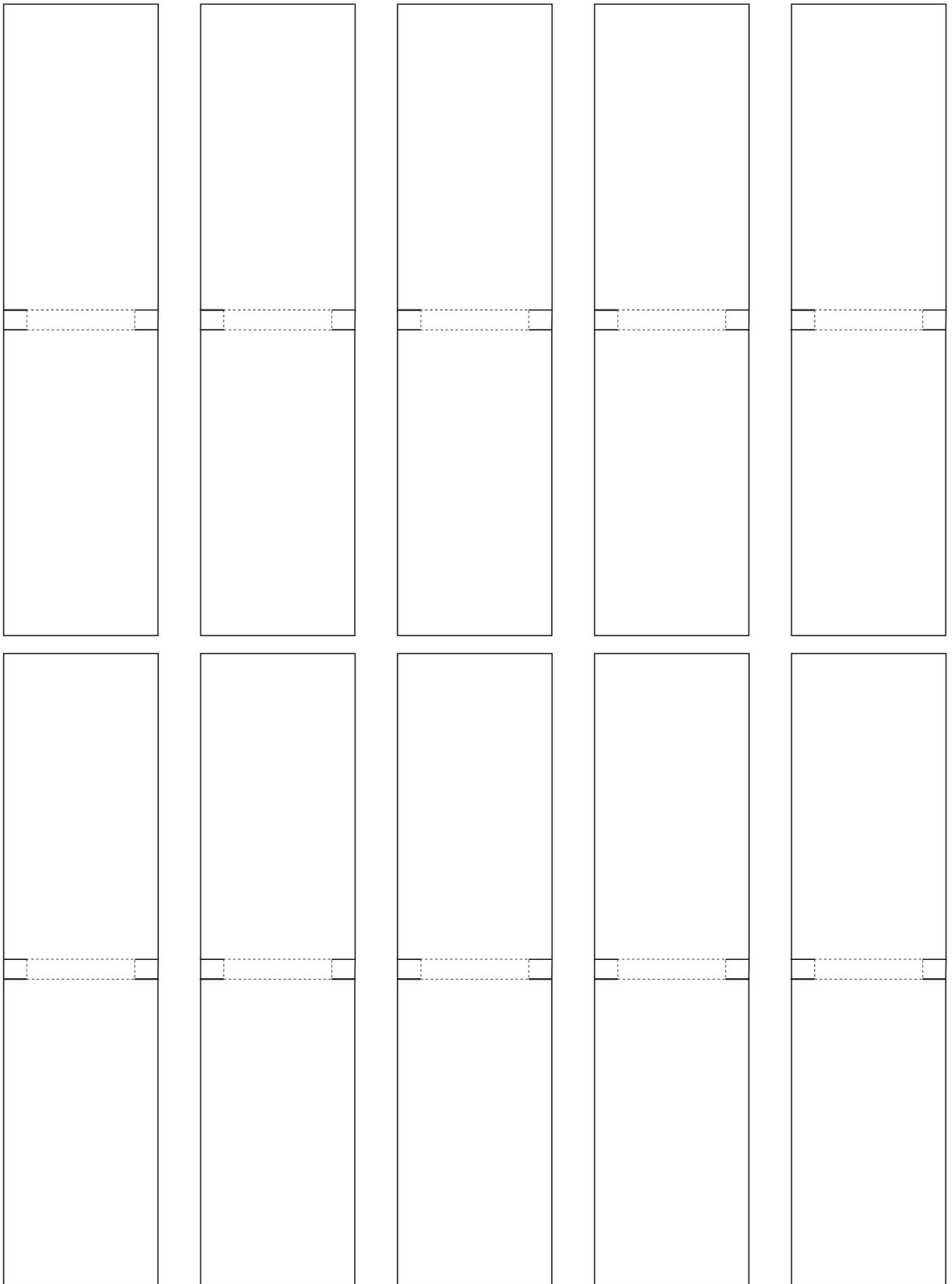


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Mini LED Torch graphics - print or stick onto thin card.





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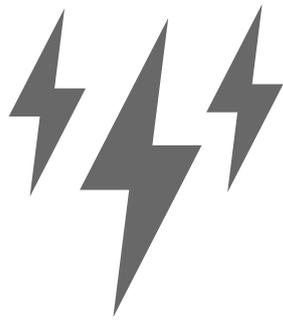
Mini LED Torch Template- Design your own graphics.





Name of activity:

Potato Battery Lightbulb



Suitable for:



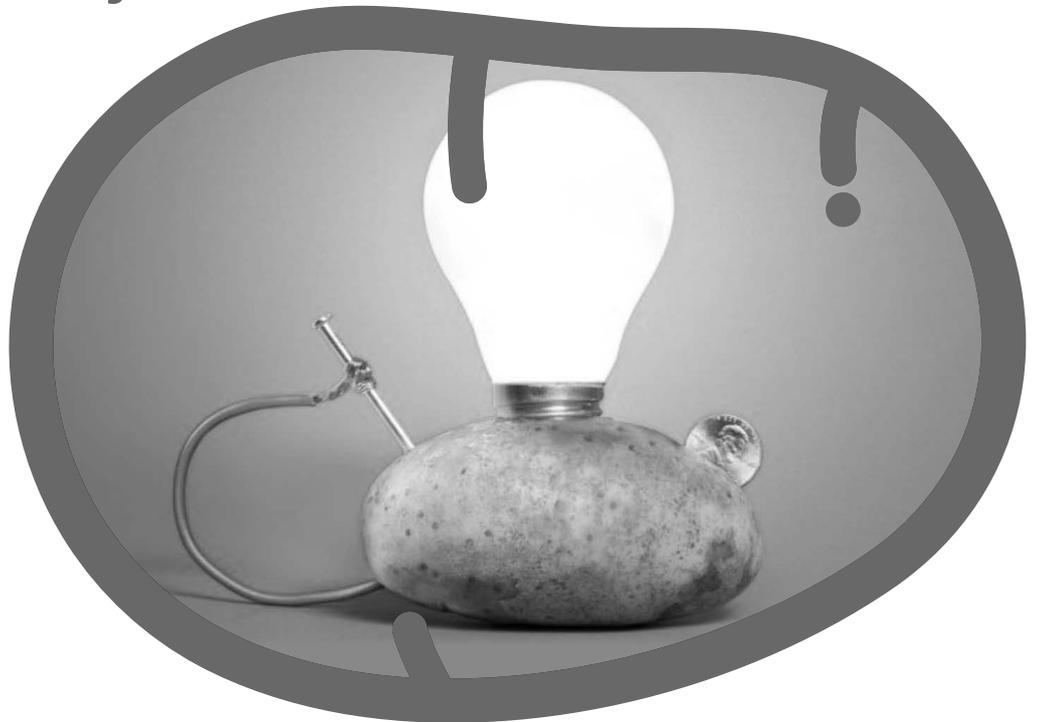
Guides



Rangers

Resources needed:

- ✓ Potatoes
- ✓ 3" Copper Nails
- ✓ 3" Zinc Nails
- ✓ 6" lengths of thin wire
- ✓ Wire cutters or scissors
- ✓ 1-volt LED Bulbs



Description of activity:

You may wonder what the link is between a potato and a light bulb. It's actually a fun experiment about making electricity from a potato to illuminate a small light bulb. It teaches the basics of making electricity and how wires allow electricity to move from one place to another in a complete circuit.

Put a 3-inch copper nail and a 3-inch zinc nail into the potato about 1 inch apart from each other. Push the nails to a depth of about 1 1/2 inches.

Cut two 6-inch strips of very thin wire and remove 1/2 inch of plastic from the ends of the wire strips.

Wrap one of the ends of each wire strip around the top of each nail. Put the opposite ends of the wire onto the two terminals on a 1-volt LED bulb. The LED illuminates, but will be rather dim because very little electricity is made.

Use another potato to increase the voltage by wiring a second potato into the circuit.

Put another copper and zinc nail into the second potato & cut another 6-inch strip of wire.

Remove the wire from the zinc nail in the first potato and wrap it around the zinc nail in the second potato. Wrap one end of the third strip of wire you have just cut around the zinc nail in first potato and the opposite end around the copper nail in the second potato.

Place the opposite end of the wire from the copper nail in the first potato onto the LED bulb terminal and the opposite end of the wire from the zinc nail in the second battery onto the other LED terminal. The LED will be much brighter than before.

Some potatoes have a higher water content, while some have more sugar. These different constituents affect the amount of electricity a potato can produce. Make a potato battery from each variety and record how bright the light is from each potato on a scale of one to five, to see which type of potato makes the best battery.

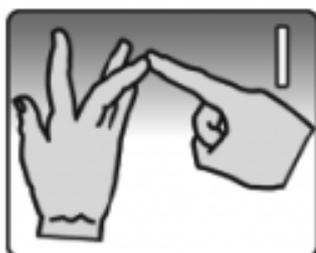
<https://sciencing.com/potato-light-bulb-experiment-kids-12105514.html>





Name of activity:

Learn British Sign Language



Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

- ✓ British Sign Language Sheets for each person or shown on screen

Description of activity:

Sign Language is a visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are Deaf or have hearing impairments. Within Britain the most common form of Sign Language is called British Sign Language (BSL).

Fingerspelling (Brownies, Guides & Rangers):

This is a method of spelling words using hand movements. The fingerspelling alphabet is used in sign language to spell out names of people and places for which there is not a sign. Using the sheet provided each person signs the name of another person and everyone has to guess who it is, this can be increased in difficulty depending on age by trying places or countries as well.

Greetings (All Sections):

Use the Greeting Sheet to learn how to greet each other and then see who can recognise the greeting when it is shown to the group.

More info can be found at <https://www.british-sign.co.uk/>

BRITISH SIGN LANGUAGE - FINGERSPELLING



BRITISH SIGN LANGUAGE - FINGERSPELLING



british-sign.co.uk

BRITISH SIGN LANGUAGE - GREETINGS



HELLO



GOOD



MORNING



AFTERNOON



NIGHT



HOW ARE YOU?



THANKS/PLEASE



SORRY



GOODBYE



british-sign.co.uk



Name of activity:

Try Something New...

Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

✓ Dependant on activity chosen

Description of activity:

Challenge your girls to try one or more of these.....

Try a different food that you have not tasted before for example an exotic fruit, a different type of vegetable or food from a different culture.

Take it one step further and create a dish or meal using ingredients that you have not tried before.

Learn a song or rhyme - this could be a pop song, one from a musical or a campfire song. It could be done as unit or as an individual. If music is not your thing then learn and recite a poem or riddle.

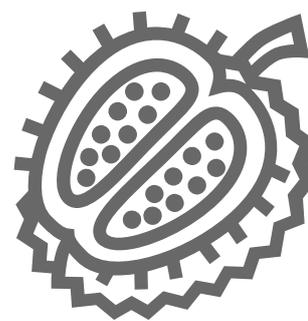
Take it one step further and as a unit put a talent show on.

Try a new craft for example sewing, felting, origami, book binding, finger knitting, bread making. There are lots of ideas online to get you started or invite someone along to your meeting who can show you step by step. Girls can choose their own craft to try or it can be done as a unit.

Take it one step further and teach each other different crafts or as a unit put an exhibition on for parents. You could even sell the crafts and raise money for your unit or for a charity.

Learn about different styles of dance, the music and costumes that accompany it. Try out different routine's or steps and see which style suits you best.

Take it one step further and put on a talent show, you could combine it with learning a new song.





Name of activity:

Musical Instruments From Household Objects

Suitable for:



Rainbows



Brownies



Guides



Rangers

Resources needed:

Mini Tin Can Drums:

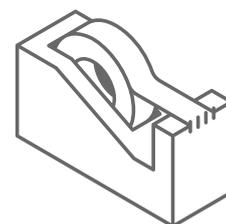
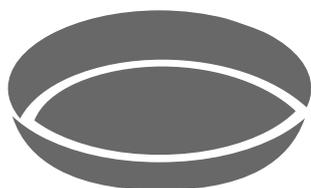
- ✓ Empty tin cans
- ✓ Items for decorating tin can – stickers, ribbon etc
- ✓ 20 inch balloons, one per can
- ✓ scissors
- ✓ double sided tape or glue
- ✓ Pencils or paint brushes for drumsticks

Mini Banjo:

- ✓ Jumbo craft sticks – one per banjo
- ✓ Loom Bands – four per banjo
- ✓ Washi tape/Felt Tip Pens
- ✓ Duct tape/Cellotape
- ✓ Sequins/Gems
- ✓ Craft glue

Thumb Piano:

- ✓ 1 Small rectangular box (sturdier the better) & a piece card
- ✓ Rubber Bands
- ✓ 2 Pens & scissors
- ✓ 5 Wooden Coffee Stirrers





Name of activity:

Musical Instruments From Household Objects

Description of activity:

These easy musical instruments are great fun to make - embrace the noise and start a unit band!

Mini Tin Can Drums

Wash out tin and make sure no rough edges are left. Dry.
Decorate outside of tin.

Cut the balloon, about where it starts to get big toward the base. It's best to start cutting closer to the top and take more off if need be than cut too short to begin with.

Stretch the balloon over the tin can. It needs stretched as much as possible to get the best drum sound.

Stick or glue the ribbon to the seam of the balloon. This will help glue the balloon in place as well as glue on the ribbon.

Use a pencil or a paint brush as a drumstick.

Mini Banjo

Place four loom bands over the lid and secure in place with a piece of duct tape or cello tape.

Next cut the end from the jumbo craft stick and decorate it with a washi tape pattern or felt tip pens.

Attach the lid with loom bands in place to the craft stick with a second piece of duct tape or cello tape.

Finally use small dabs of craft glue to stick on the sequins, or alternatively use plastic gems or a marker to draw the little tuning knobs on the end of the banjo handle.

Thumb Piano

Remove the lid of the box if it has one and place a piece of card with the hole in the centre. Firmly secure a pen across one end with a rubber band.

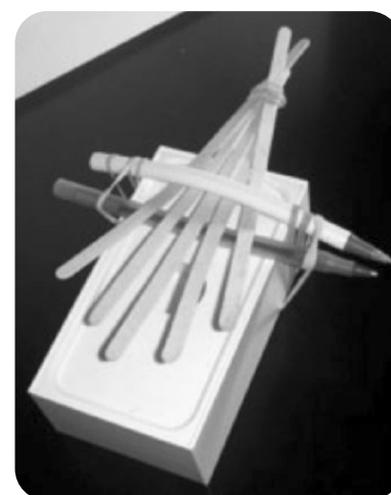
Spread five wooden coffee stirrers like a fan and secure one end with a rubber band. Line the stirrers up in size order with the longest in the middle and shorter towards the edges.

Slide the stirrers under the pen and over the top of the box.

Slide the second pen underneath the fan of stirrers. Move into position near the first pen being careful not to break the stirrers.

Secure in place with a rubber band. The notes are tuned by moving the stirrers, making the length after the pen shorter or longer.

Take it further and as a unit make up a song.





Name of activity:

Upcycle Old Clothing & Trash Fashion

Suitable for:



Rainbows



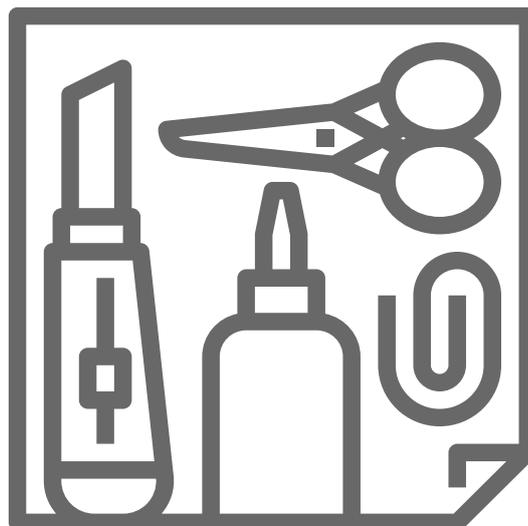
Brownies



Guides



Rangers



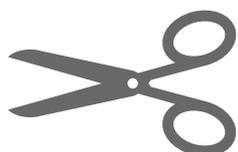
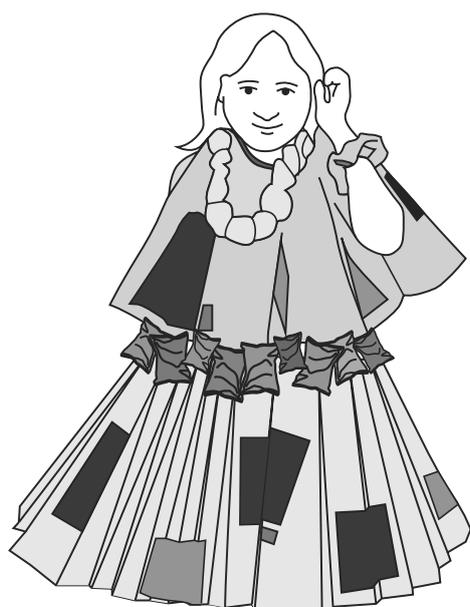
Resources needed:

Trash Fashion (all sections)

- ✓ Scissors & several rolls of tape
- ✓ Scrap paper
- ✓ Pens or pencils
- ✓ Lots of clean household rubbish items for example newspapers, magazines, cardboard and crisp packets
- ✓ Craft materials – for example, string, paint, stickers, scraps of fabric, wool ribbon and glitter

Braided T Shirt Bracelets (Guides & Rangers)

- ✓ Cotton or jersey T-shirt that can be cut up – charity shops are a good place to find them
- ✓ Approx 3ft of cord for each bracelet
- ✓ Rubber Bands
- ✓ Magnets
- ✓ Glue





Name of activity:

Upcycle Old Clothing & Trash Fashion

Description of activity:

Help to look after the planet by recycling and upcycling to create a fresh look or a new item.



Trash Fashion

Using the collected household rubbish items create either a party outfit or a fancy-dress costume. It can be as simple or as complicated to suit the differing age ranges. For the older girls add accessories such as bags, shoes, hats, jewellery or set a theme.

Give time to plan and design the outfits before creating them. Add a time limit to make it more interesting. Take it one step further and have a parade to show off the outfits.

Braided T Shirt Bracelets

Cut the T shirt into 3 strips roughly 1-inch wide and about 12 inches long.

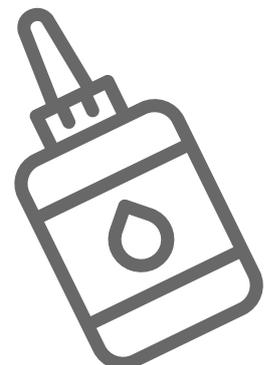
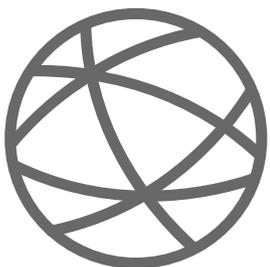
Cut the cord into 3 10-inch pieces.

Anchor the top with a rubber band, separate into 3 strands, and start braiding.

When at the end of the braid, snip the ends, bunch all of the pieces together, and glue on the magnet.

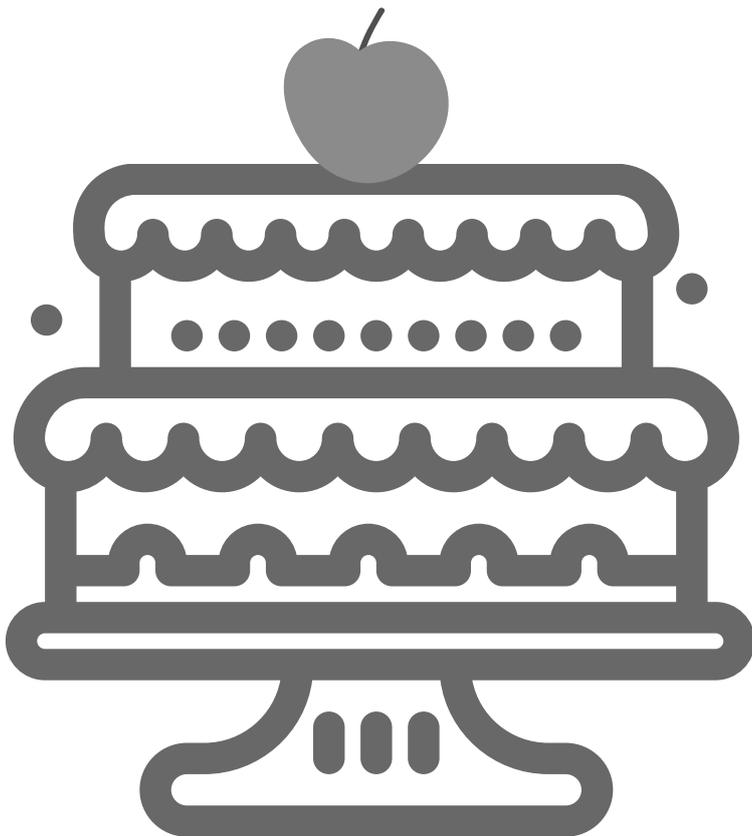
Do the same to the other end. Wrap it around the wrist and make sure it is the right length before attaching the second magnet.

Cut two little pieces of fabric to cover over the magnet ends. Fold the fabric over the magnet and glue together. Idea courtesy of <https://helloglow.co/diy-braided-t-shirt-bracelets>





Volunteers – Some Ideas For You To Complete This Section

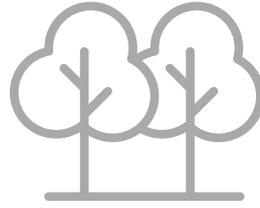


Challenge yourself as well as the girls to try some new – whether it be that showstopper cake you have always wanted to make, a new genre of book to read or a new craft. Step outside your comfort zone and learn a new skill



Try running a different style of meeting for your girls, if you have only been online try meeting outside or if you haven't tried the virtual world yet – join with another unit who has and see what it is all about.

Time To Shine



Congratulations on completing at least one of the activities from each of the sections, we hope you had fun doing these.

One last challenge - make a lighthouse to remind you to keep your Guiding light shining.

Name of activity:

Paper Lighthouse

Suitable for:



Rainbows

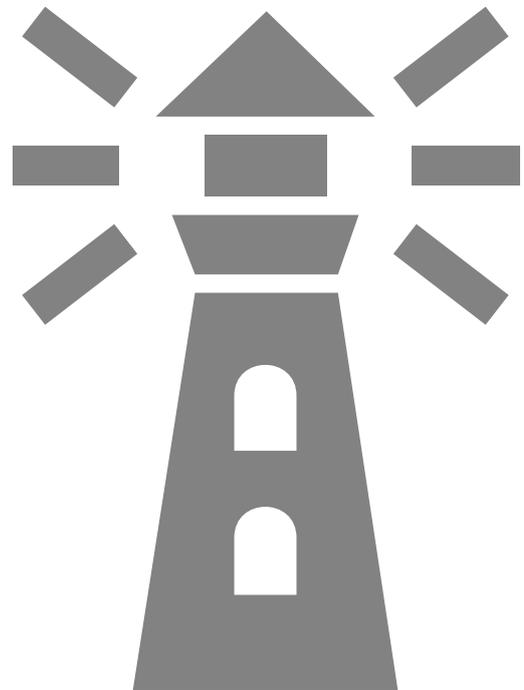
Brownies

Resources needed:

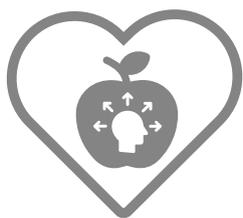
- ✓ Plain white paper cups
- ✓ Battery operated tealight
- ✓ Felt tips/paint etc
- ✓ Glue or Double Sided tape

Description of activity:

Decorate the paper cups.
Glue tealight on bottom end.
While the picture shows a plastic cup over the top we recommend you do not use a plastic cup unless it's able to be recycled to help save the planet.



Time To Shine



Suitable for:



Guides



Rangers

Name of activity:

Clay Lighthouse

Resources needed:

- ✓ 2 or 3 Terracotta pots differing in size or modeling clay
- ✓ Battery operated tealight
- ✓ Red, White & Black Paint & Brushes
- ✓ Glue or Double Sided tape

Description of activity:

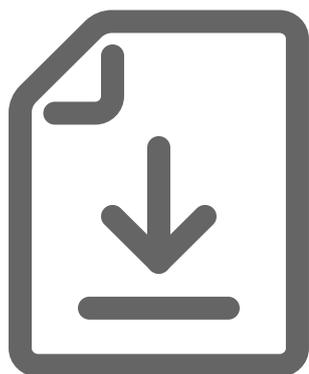
Paint the body of the pots in white paint. When dry, paint the rims with red paint to get the stripe effect. Extra details like windows and a door can also be added. Stack the pots up with largest at the bottom to smallest on the top. Glue or stick the tealight to the top of the smallest pot.

Or instead of using pots which can be expensive, model one out of clay. Each girl will need a small amount of clay and some images of a lighthouse to help get the shape right. Follow the instructions on the clay regarding drying times. Once dry paint to make a lighthouse ornament remembering to add light at the top to keep it shining!



Resources

Some ideas included in this pack have been taken from the following resources:



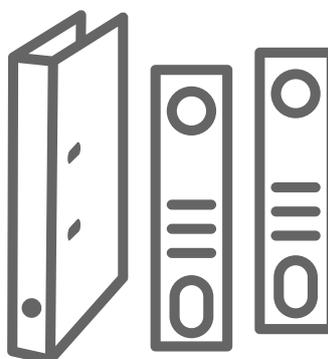
✓ A World of Ideas
published by The Guide
Association



✓ Pic 'n' Mix published by
Girlguiding Anglia

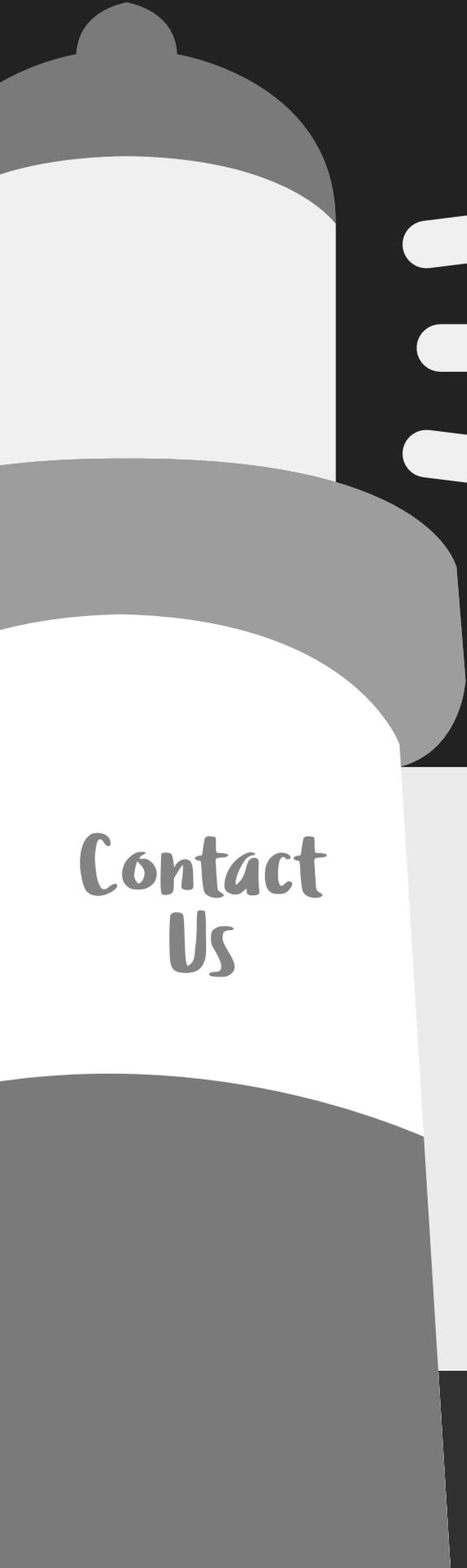


✓ Aim High published by
The Guide Association



✓ WAGGGS World
Thinking Day
Pack 2018





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