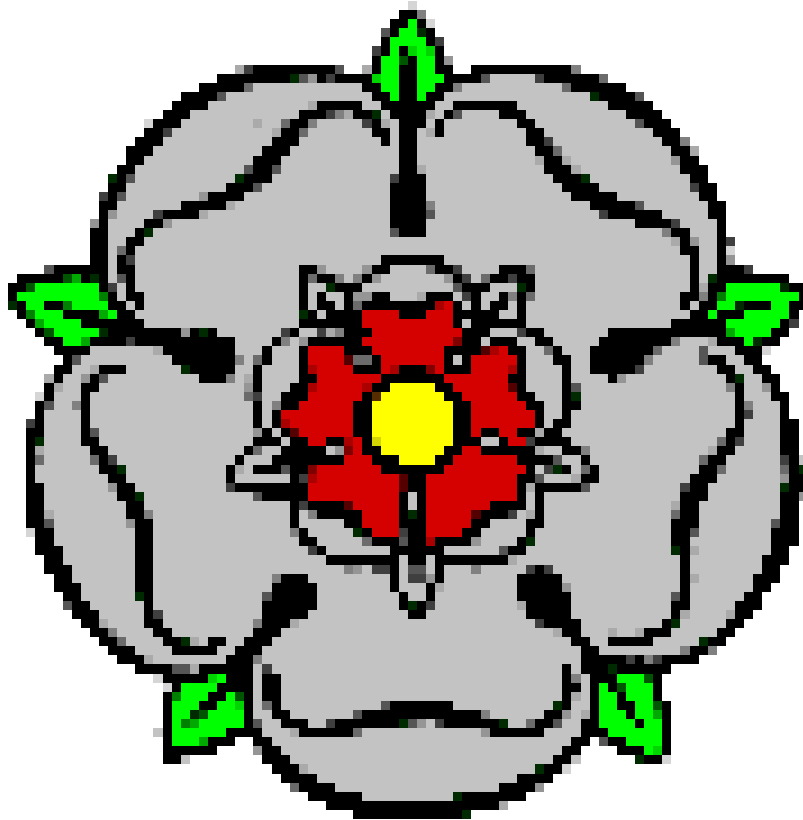


Autumn Activities For All

Compiled by Girlguiding Northants Trainers
August 2006

RAINBOWS Brownies GUIDES Senior Section



Girlguiding Northamptonshire

Rainbow

Indoor Activity

Autumn

Ideas for an indoor Rainbow meeting on an autumn theme.

Time -1 hours - Indoors

Budget: Probably around £6 depending on numbers

Risk Assessment: Allergies, knives, girls frightened by having head covered

Time		Equipment
6.00	Registration and opening Use the dot-to-dot sheet draw the outline of the leaf and colour it in. Find the leaves hidden around room. Discover all their names.	Dot-to-dot sheet, pencils, crayons, felt tips. Leaf silhouettes (drawn or real). Leaf identification - books or pictures
6.25	Autumn Lotto	Card, pictures, leaves, twigs, dice and shaker
6.35	Hedgehog cakes	Flat sided knives, sponge cakes in a case, chocolate spread, chocolate buttons, sweets for eyes, bags to take home in
6.15	Hedgehog game	Cover
6.55	Closing song etc	

Games

Hedgehog Game

Need: coat, cover or blanket

Play: Leader shouts “Hibernate” and all girls curl up like a hedgehog with eyes closed and hands over eyes, leader covers one hedgehog up with blanket. When Leader says “wakey, wakey” - all the rest get up and have to guess who is still hibernating. For fun - cover some bags and see how long it takes to guess who is hibernating!

Autumn Lotto

Need: Piece of card, dice and shaker, and six autumn items for each group and numbers 1-6.

Preparation: Put autumn items on tables at opposite end to groups of girls. Each item represents a number. Place the number with the item. For example place pictures of a tree along side number 6. On another table place pictures of a squirrel with number 5, hedgehogs with a 4, twigs with number 3, leaves with number 2 and a rainbow with number 1. (You could also use anything else to do with autumn if you wish)

Play: In groups gather round a card, each girl takes it in turn to throw dice. Throw relevant number to fetch autumn item from table and lay on card. **Nobody to throw dice while fetching items.**

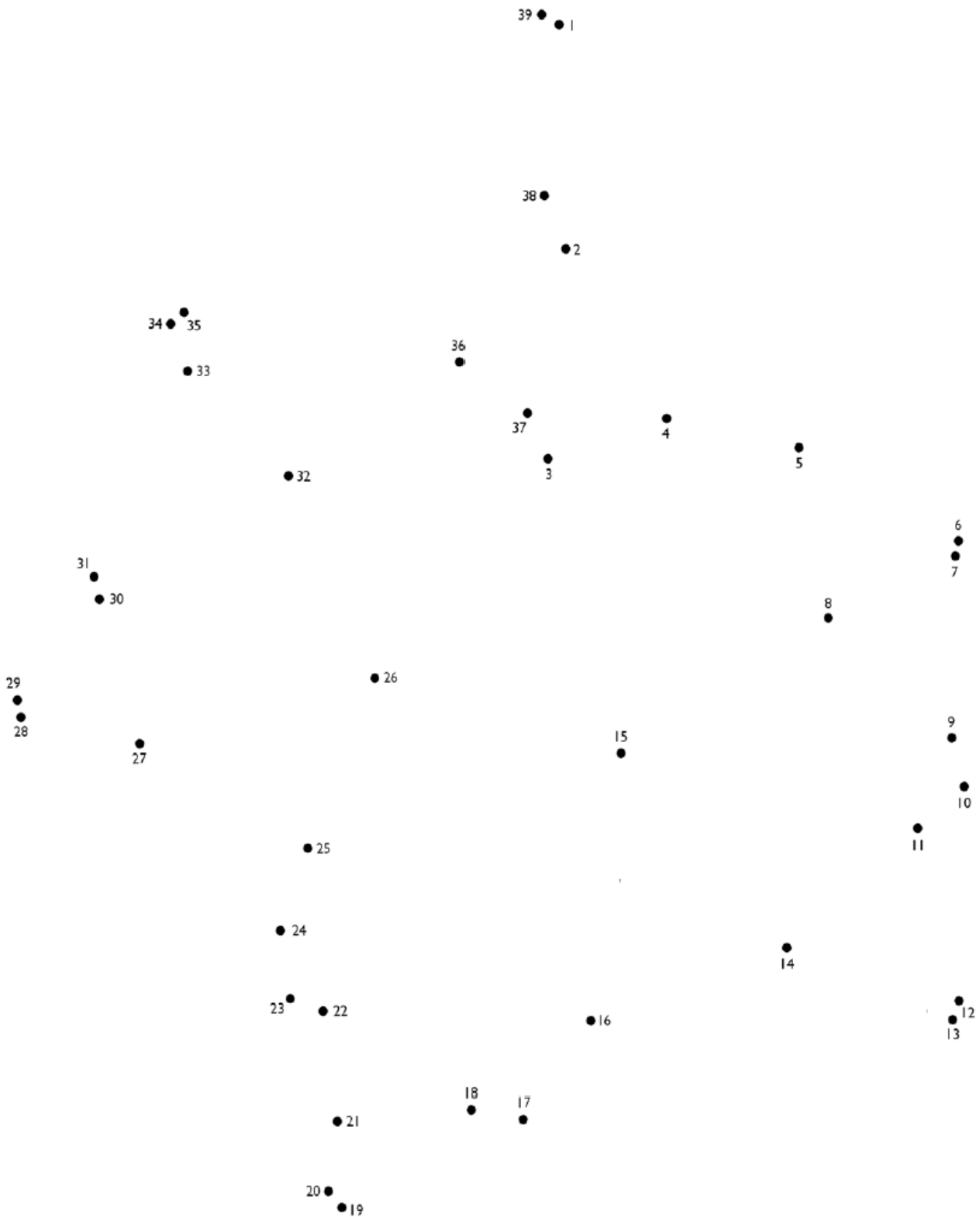
Activity

Hedgehog cakes

Need: sponge cakes in cases, chocolate spread, flat bladed knives, chocolate buttons (broken in half), sweets such as Skittles, sandwich bags to take home in.

Activity: Wash hands. Cover cake with spread using knife. Use sweets for eyes and nose on one half of the cake, place button halves vertically into the spread on the other half (to form the spikes)

DOT TO DOT what kind of leaf is it?



www.naturedetectives.org.uk

Rainbow

Indoor/Outdoor Activity

Autumn is here -

Ideas for an indoor/outdoor Rainbow meeting on an autumn theme.

Time -1 hour - Outdoors/indoors

Budget: Negligible

Risk Assessment: Be aware of Boundaries and keeping children in view at all times if using a public park etc. Allergies

Guider /YL to scan area (check for foreign objects, glass etc.)

First aid box to hand.

Appropriate clothing for activity and weather

If not at usual meeting place One Day Activity forms will be required. Check adult ratios.

Time		Equipment
6.00	Registration	
6.05	Hedge, hedge, hog game	
6.20	Create a natural collage of a hedgehog	Outdoor: collect leaves and a few stones, paper Indoor: strips of paper, pencils, card, glue, scissors
6:30	Falling Leaves	Parachute or large sheet, leaves
6.45	Sing some Autumn songs	
6.55	Closing song etc	

Games

Hedge, hedge, hog (like duck, duck, goose)

Play: girls sit in a circle. One girl walks around the circle and touches each girl on the shoulder and says “hedge”, until she decides to say “hog”, the girl that is “hog” jumps up and both girls try to get back to “hog’s” place first. Continue until you have had enough!

Falling leaves

Need: parachute or large sheet, fallen leaves

Play: place leaves in the middle of the parachute. Gather around the edge and lift the parachute gently and watch them fall/float down again, try not to loose the leaves

Activity

Collage:

Need for outdoors: Large sheet of paper for unit or smaller ones for groups. Collect natural objects (no longer living) to make a hedgehog and place on the paper.

Need for indoors: Large card for unit or smaller card for groups. Create your own hedgehog by either, curling strips of paper around pencils or drawing around hands and cut out to make spikes and stick onto the card. Draw on eyes and nose.

Songs

The leaves are falling down (Tune: the farmer's in the den) after the girls know the words, be adventurous and sing in two rounds!

The leaves are falling down (make actions with fingers)
The leaves are falling down
Red, yellow, green and brown
The leaves are falling down

The seasons songs (Tune: Oh when the saints) make up your own actions

1. Oh when the leaves, fall off the trees
Oh when the leaves fall off the trees
We know that it must be the autumn
When the leaves fall off the trees.

2. Oh when the snow begins to fall
Oh when the snow begins to fall
We know that it must be the winter
When the snow begins to fall

3. Oh when the birds, begin to nest
Oh when the birds begin to nest
We know that it must be the spring
When the birds begin to nest

4. Oh when the sun, shines oh so bright
Oh when the sun shines oh so bright
We know that it must be the summer
When the sun shines oh so bright

Take a look at www.sttiggywinkles.org.uk and learn some hedgehog facts.

FACT: bread & milk is bad for hedgehogs.

What does the hedgehog eat naturally? The hedgehog is carnivorous and, in the wild, lives on a diet of beetles, earthworms and other invertebrates.

Which animals drink milk naturally? None. All animals are weaned off their mother's milk before reaching adulthood.

Is milk beneficial to adult animals? No, for the following reasons:

1. Milk is very bad for the teeth; bread and milk is especially bad, as it is too soft for proper dental care.
2. Many animals are intolerant of the lactose in milk which can lead to diarrhoea, dehydration and death
3. Milk is iron deficient so in excess can cause dietary imbalance.
4. Milk will readily curdle if left for any length of time.
5. Milks that have been skimmed or semi-skimmed have had beneficial fat soluble vitamins removed.
6. In drought conditions animals may drink milk rather than water, to their detriment.
7. Milk is an ideal medium for the proliferation of harmful bacteria in the stomach and intestines

Do hedgehogs like milk? Undoubtedly, but we all like chocolate which is bad for our teeth.

How can we help our garden hedgehogs?

1. By providing a compost heap for sleeping in.
2. By providing tinned dog or cat food as a dietary supplement.

Conclusions: Milk especially with bread, is of no use as a dietary supplement for hedgehogs and is potentially harmful.

Brownie Adventure

Indoor Activity

Berry Good Ideas !

Ideas for an indoor Brownie meeting on an Autumn theme .

1½ hours - Indoors

Budget: Probably less than £5

Risk Assessment: Food allergies, and cleanliness, sharp knives,

Time		Equipment
6.00	Welcome -Registration/opening	
6.05	Game - Berry Good Game (pg 105 Pic n Mix)	1 packet of small coloured sweets
6.20	Miniature Gardens Alternative Instant Miniature Garden	1 Orange per Brownie Compost, Newspaper Flower seeds or herbs Sharp Knife Spoons Bun paper cases Compost or sand Leaves and tiny flowers
7.05	Pyramid of Twigs	Empty lemonade bottle Selection of small twigs between 5cms and 7cms long
7.20	Song - All things Bright and Beautiful	Song sheets or hymn books
7.25	Prayer for Nature	Prayer sheet
7.30	Goodbye - Brownies	

Games

Berry Good Game

Talk about what berries are dangerous. What birds can eat and what humans can't. Divide Brownies into sixes- give each six each a few different coloured sweets. Each six sends one Brownie out of the room whilst the rest choose one of the coloured sweets to be poisonous. The Brownie returns and starts collecting the sweets (berries). If she picks up the "poisonous one" the rest of the six give a warning sign. She keeps the sweets she has picked (non poisonous one). All take in turns to go out of the room

Miniature Gardens

Provide one orange for each Brownie. Cut one third of the orange away and scoop out the flesh. Fill up with compost and plant with tiny flower seeds or herbs. Watch it grow from week to week

Instant Miniature Garden

Fill paper bun cases with soil or sand and arrange with leaves/flowers etc.

Pyramid of Twigs

Take the bottle top off the lemonade (or suitable bottle) and see how many twigs each Brownie can balance on top of the lemonade bottle .

Prayer for Nature

We Praise you Lord for the song of the birds and all their lovely colours.

We thank you for our parks and gardens.

We show you through conservation that Brownies care about the countryside Amen

Natures Wonder - Look, Listen and Learn

Ideas for an outdoor Brownie meeting on an autumn theme.

1½ hours - Outdoors

Budget: Probably less than £3

Risk Assessment: Be aware of Boundaries and keeping children in view at all times if using a public park etc. Allergies

Guider/YL to scan area (check for foreign objects, glass etc)

First aid box to hand

Appropriate clothing for activity and weather

If not at usual meeting place a One Day Activity form will be required. Check adult ratios

Time		Equipment
6.00	Welcome -Registration/opening	
6.05	Quadrant	Area of ground Hoop or circle of string
6.15	Compass Flower	Thin card with picture of a flower on per six Pen or pencil per six
6.30	Footprint Trail - Weathervane	Several card footprints Sheet of paper and pen for each six
6.55	Scavenge Hunt	Match box per Six
7.15	Paint Palettes	Paint charts per Six
7.30	Goodbye - Brownies	

Activities

Quadrants

Lay the hoop on the ground and ask all to look and describe what is inside the hoop

Compass Flower

For each Six on thin card draw a flower and on each petal write instructions e.g.

Find something wet?

What can you hear?

How many shades of green can you see? etc

Get them to write against the petal what they have found.

Footprint Trail - Weathervane

Prepare beforehand several card footprints and lay out around outside (useful to have laminated) (set boundaries making sure of suitable and safe areas)

On each of the footprints is set an instruction eg. Stop and listen for sounds, Draw today's weather, what shape are the clouds, Can you feel the wind, what colour is the sky etc

Scavenge Hunt

Give a matchbox to each six and ask them to find as many small objects to fill the matchbox.

Paint Palettes - use paint chart per six ask them to find as many things to match their colours. As soon as they have found the right match tell them to stand still and put up their hand and you can then go and check. May mean YL or Guiders have a lot of running around to do!



Guide Go For Its

Indoor Activity

Ideas for an indoor Guide meeting on an autumn theme.

Time : 1 ½ hours – indoors

Budget: Approx £5 total

Risk Assessment: Safe use of knives

Time		Equipment
6.00	<i>Meet – registration –</i>	
6.05	<p>Fruit and Veg Game</p> <p>Everyone sits on a chair in a circle with one Guide stood in the middle</p> <p>Everyone chooses a different fruit or veg which the leader writes down</p> <p>The leader then shouts out 2 or 3 of the names and they have to swap seats and the person in the middle has to steal the seat</p>	Chairs
6.15	<p>Split into 3 groups (20 mins per activity)</p> <p>1. Apple tasting Cut up a variety of English apples, both cooking and eating and get the Guides to try them and choose their favourites. A good opportunity to promote English produce</p> <p>2. Edible/Poisonous plants Print out a set of pictures of edible and poisonous plants and cut them up. Challenge the Guides to sort them into the 2 groups. This is part of the survival badge</p> <p>3. Natural Kim's Game Use natural objects to play Kim's game This is taken from Adventure Out</p>	<p>Apples Knife Chopping board</p> <p>Cards with pictures of edible and poisonous plants</p> <p>Tea towel, tray Natural objects Pens and paper</p>
7.15	<p><i>Autumn Word Game</i></p> <p>Give each patrol a set of cards each with one letter from the words AUTUMN HARVEST (13 cards per patrol)</p> <p>Using the questions on the attached sheet each patrol needs to stand up and spell out the answers.</p> <p>Give points for the quickest team and also for initiative!</p>	
7.25	<i>Taps</i>	

AUTUMN HARVEST

- Which season are we in?
 - Autumn
- What is it called when the farmers bring in the crops?
 - Harvest
- You wear this to keep you warm in Autumn
 - Vest
- This is what musical notes are written on
 - Stave
- Another word for rubbish
 - Trash
- Be careful you don't get this on our bike
 - Rust
- Do this to keep away the stubble
 - Shave
- Many people have allergies to these
 - Nuts
- If aid doesn't reach them, this may happen to many people in Africa
 - Starve
- A collective name for the outdoor world and animals
 - Nature

Add in any more you can think of. Then ask the Guides if they can come up with any more!

Autumn

Ideas for an outdoor Guide meeting on an autumn theme.

Time : 1 ½ hours – indoors

Budget: £1 per person max

Risk Assessment: Ensure prior information from Girls of possible known

Allergies to nuts and seeds

Cold melt glue gun only

Hand washing after handling natural objects

Time		Equipment
6.00	Meet – registration –	
6.05	<p>Autumn pets</p> <p>Ask girls to bring a large fir cone with them to Guides</p> <p>Go outside in grounds to collect natural objects e.g. feathers, twigs also take a selection of other items with you e.g. googly eyes, corks, material scraps</p> <p>Using a glue gun or strong glue stick on the objects in order to make themselves Autumn pets!</p> <p>If you cannot get hold of fir cones large stones work well too, especially if you varnish them first</p>	<p>Large fir cones</p> <p>Glue gun or strong glue</p> <p>Decorative items</p> <p>Newspaper</p>
6.45	<p>Bird feeders</p> <p>Make a hole in bottom of yoghurt pot, feed through some string and fix with a knot</p> <p>Mix lard (at room temperature), seeds, peanuts (make sure suitable for birds) into a stiff mixture and pack this into the yoghurt pot</p> <p>Put in fridge to set and then hang up</p> <p>The Guides could record the birds that visit their feeder over the next week</p>	<p>Empty yoghurt pot each</p> <p>String</p> <p>Mixing bowls and spoons</p> <p>Lard, seeds, peanuts</p>
7.25	Taps	

Senior Section

Indoor Activity

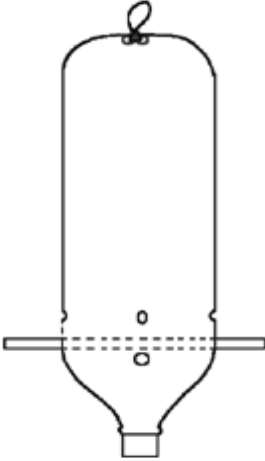
Autumn

Ideas for an outdoor Senior Section meeting on an autumn theme.

Time : 1 ½ hours – indoors

Budget: Approx £2-£3 each

Risk Assessment: Careful supervision and training with drill and sharp edges
Check for allergies to nuts and seeds

Time		Equipment
7.00	Meet – registration –	
7.05	<p>Bird Feeders</p>  <p>Remove all the labels and stickers from the plastic bottle.</p> <p>Wash and dry the bottle. The bottom of the bottle will be top of the feeder.</p> <p>Drill two small holes in the bottom of the bottle. Thread wire through one hole and out the other. Twist the ends of the wire together to make a loop for hanging the feeder. Use a small piece of duct tape to seal the holes so rain cannot get into the feeder.</p> <p>Using a drill, make 7mm holes that are on opposite sides of the bottle. Insert 20-25cm by 7mm dowels into the pairs of holes.</p> <p>Repeat the above step to make several more perches.</p> <p>To allow the birds to feed, make 7mm holes 4cm above each of the perches.</p> <p>Fill the feeder with seeds and nuts</p>	<p>2 Litre plastic bottle per person</p> <p>7mm dowels</p> <p>Strong wire</p> <p>Duct tape</p> <p>Drill with 7mm bits</p> <p>Seeds and nuts suitable for birds</p>
8.15	Bird Wordsearch	

Find 20 British Birds

British Birds

A U E X D O S Y D F R V D M A F Q A S B
H G B I Q U U R K S E F X R U S I W A T
H I V Y W O I H I P D T I W A Q W R V J
A I T Z L B N A W A W J Z R V Z N V R B
A M R G K C H A F F I N C H E O Z O G K
J O M C H L X R H C N J E H W C B U O X
V U A X X K G Z J E G W V L G I R O B Q
H L J L V T Y W L O Y W C I N L R E Z C
B C T N O R E H F H A R H J W Q I I S F
K T I T E U L B J D C E E K S Q D A T T
D W B N X B A V K D G H M E Z K G J G O
K K A W Q Q E C N X G S T Q W S G L P M
M J E H Z Q A R C Q R I W X I E M M F U
S B S A W J D Y G L E F O S P B Z Z M L
U K J A Y O X Z U T A G R Q V B A R U E
Z D Y T R Q R Y J O T N R V H V B V J P
A I Z L P U A R E O T I A M Y M G F B J
G M V V A X Y Q A C I K P A O G E G Q Y
L U G R X R O U W P T Z S K E S T R E L
N I H V T Q K I B O S B X D U A J X M K

1. Senior Section

Outdoor Activity

Autumn

Ideas for an outdoor Senior Section meeting on an autumn theme.

Time : 1 ½ hours – Outdoors

Budget:

Risk Assessment: Safe use of equipment
Permission forms
Correct adult supervision
Wet weather gear!

Time		Equipment
7.00-8.30	Contact a local conservation group, gardens, old peoples home etc. and ask to go and do some outdoors community service. E.g. clearing leaves, litter pick, tree planting This could count towards phase 1 of get out and Have Fun Octant of Look Wider	

