

Rainbow Jigsaw

Indoor Activity

Seaside

Ideas for an indoor Rainbow meeting on a Seaside theme.

Time -1 hours - Indoors

Budget: Probably less than £3 and all purchases are for games and can be re used.

Risk Assessment: Allergies - check (sand),
Volley ball - allow space, limit numbers playing

Time		Equipment
6.00	Opening - Registration/ Colouring pictures, Song :Look, Learn, Laugh, Love Talk about Seaside Safety	Pictures, pencils, crayons, felt tips
6.20	Game - Seaside Beetle Game	Towel, Dice and shaker , sunglasses, lotion, bucket and spade, bottle of water
6.30	Sing Song: <i>Tongue Twisters:</i> She sells sea shells, Red Lolly ,Yellow Lolly.	
6.35	Sand And Shell pictures in trays/boxes	Play Sand, shells (or pictures) trays (aluminium - takeaway boxes, shoeboxes),
6.50	Beach volley ball	Beach volley Ball
6.55	Closing - Rainbow song	

Games

Seaside Beetle Game

Need: Dice and Shaker, Towel, Sunglasses, Lotion, Hat, bucket and spade, bottle of water)
Handy notes :(if not available use pictures of objects)

Set Up: Split Rainbows into groups and give them all the items listed above

Play: Seaside Beetle - each Rainbow roll the dice - needs a 6 to start

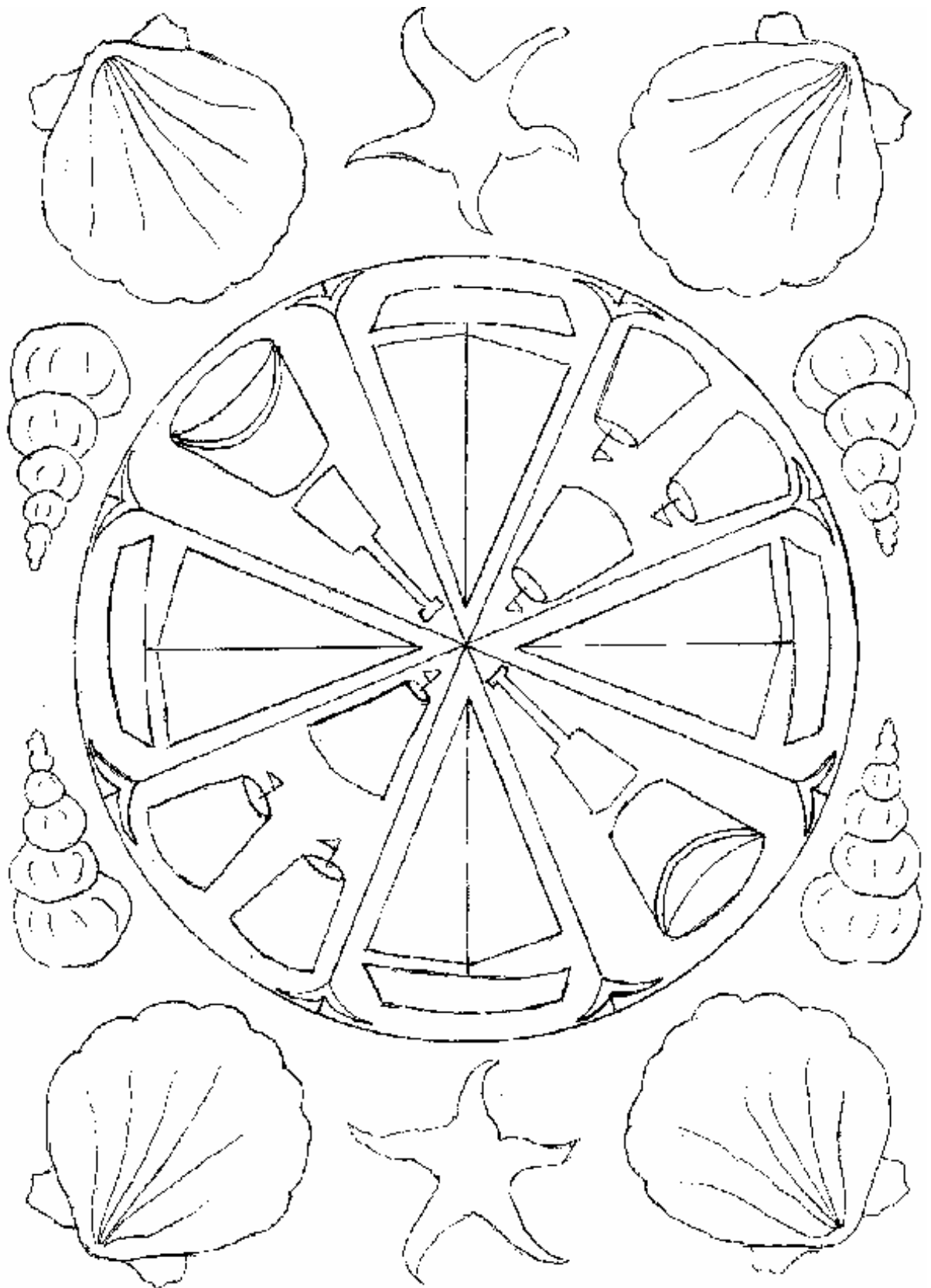
6=towel
5=sunglasses
4=lotion

3-hat
2=bucket and spade
1=bottle of water

Sand and Shell pictures

Need: Tray or box, sand and shells, pictures

Play: let the imagination run to make a seaside picture



Rainbow Jigsaw

Outdoor Activity

Summer is here - Splish/Splash

Ideas for an outdoor Rainbow meeting on a water theme.

Time -1½ hours - Outdoors

Budget: Probably less than £3 (or ask girls to bring goggles, rubber rings etc).

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

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

First aid box to hand. Drinks if hot.

Appropriate clothing for activity and climate (tee shirts, shorts, sunhat, sun cream)

If not at usual meeting place 1 Day Activity forms will be required. Check adult Ratio .

Time		Equipment
6.00	Opening - Registration/opening song Look learn, Laugh, Love Talk about water safety	
6.05	Split into 2 groups Group 1 Game - Go Fishing Group 2 Game - The Water Carrier	Fish magnets, canes , paddling pool or similar (baby bath) Paper cups, bucket, towel, measuring jug
6.15	Swap over groups	
6.30	Game - Summer relay	Balls, rubber rings, goggles, flippers
6.50	I spy /I listen	I spy cards of objects I listen cards sounds
7.00	Closing - Rainbow Song	

Games

Go Fishing

Need: fish magnets and canes, paddling pool (or baby bath)

Handy Notes: - or hook the duck (variation)

Play: Rainbows take in turns to catch/hook as many fish or ducks

The Water Carrier

Need: paper-cups, water and water containers, bucket and towel (to dry the girls!)

Set up: Set the bucket a distance apart from the cups and water container.

Play: Give each of the Rainbows a paper cup and fill them up from the water container. The Rainbows then have to transport the filled paper cups to the bucket over a distance to be emptied into the bucket. How much did they lose on the way? (Forgot to say - Make a hole in the paper cups!!)

Summer Relay

Need: balls, rubber rings, snorkels, flippers

Set Up: Set up a relay course using the above items. Balls can be rolled, kicked etc, rubber rings can be jumped in over or through, goggles, flippers can be worn (or used to flap a paper fish) etc .

I Spy/I Listen - Pre-printed cards (words or pictures). See how many of the objects /sounds on the cards that the Rainbows find and hear.

N B For up to date information on every aspect of Guiding consult the Guiding Manual

Brownie Adventure

Indoor Activity

Pep Up Your Pop!!

Ideas for a Brownie meeting on a Fathers Day theme using no-cook cooking.

1½ hours - indoors

Budget: Probably less than £5

Risk Assessment: Food allergies, suitable footwear, and cleanliness

Time		Equipment
6.00	Welcome -Registration/opening	
6.05	Game - Happy Families	Happy Families pack of cards -(music optional extra)
6.15	Divide into 2 groups - -Group 1 -decorate empty margarine tubs -Group 2 -make peppermint creams	Empty margarine container and something to decorate it with. Ingredients for Peppermint creams, Aprons for girls, Mixing bowls etc.
6.45	Swap over groups	
7.15	Game - Famous Fathers (running game)	4 large pictures, Blu tack for fixing
7.25	Prayer for fathers, grandfathers etc.	
7.30	Goodbye - Brownie Bells	

Games

Happy Families

Need pack of Happy Family playing cards

Set Up: Select enough sets of family cards for one per girl. Give each girl a card. The girls assemble themselves into matching families with the whole family sitting on one chair seated in a circle. Father on the chair, mother on 'his' knee, son then daughter. All cards are then returned and put in a pile in the centre.

Play: Brownies run around the circle until the music stops (or whistle is blown or you shout stop). They then come into the centre, pick up a card and get into their family. The last family to sit down is out. Continue until you have a winning family.

Handy Notes: If you only have a small number of Brownies, remove some of the cards and only have 3 people in each family.

Famous Fathers

Need 4 large pictures of famous fathers (e.g. David Beckham, Tony Blair, Henry VIII etc.)

Set Up: Put up pictures on all 4 walls

Play: Brownies run around the centre of the room. At a given signal they stop and a famous father is called out. The girls then need to go to that father and form a line. The last one in the line is out. An alternative to being out is to give the last one in the line a counter. The winner is the one with the least counters.

Brownie Adventure

Outdoor Activity

Butterflies

Ideas for an outdoor Brownie meeting on a Butterfly theme.

Time -1½ hours - Outdoors

Budget: Probably less than £3 and all purchases are for games and can be re used.

Risk Assessment: Be aware of Boundaries and keeping children in view at all times if using a public park etc. Guider /YL to scan area (check for foreign objects, glass etc.)

First aid box to hand.

If not at usual meeting place 1 Day Activity forms will be required.

Time		Equipment
6.00	Welcome- Registration/opening	
6.10	Game - Mirror the Butterfly	1 large cut out butterfly per six
6.30	Make a butterfly from natural objects. Each six is given a 'shopping list of items needed e.g. 2 large leaves, long grasses, twigs stones etc.	List of items needed
6.55	Peg Games	Clothes pegs
7.15	Sing song: I like the Flowers Cecil is a caterpillar	
7.25	Prayer for outdoors	
7.30	Goodbye- Brownie Bells	

Games

Mirror the Butterfly

Need a large cardboard cut-out butterfly per six (see template)

Set Up: Give each six a cardboard butterfly.

Play: Brownies collect natural objects (e.g. small stones, grasses, fallen leaves etc.) and each six arranges their objects one on half of their butterfly's wings. The sixes all swap butterflies and the following six then has to find exactly the same items to create a mirror image, so that both pairs of wings have the same pattern.

Handy Notes: Discuss collecting natural objects and not picking flowers etc.

Clothes Pegs Games

Need plenty of clothes pegs. (Suggest at least 80)

Set Up: Clothes pegs need pegging onto bushes, trees or any other objects (you??)

Version 1: 4 tiny different butterflies printed out 20 times. Stick the pictures on the pegs. Each six is given a different type of butterfly to collect.

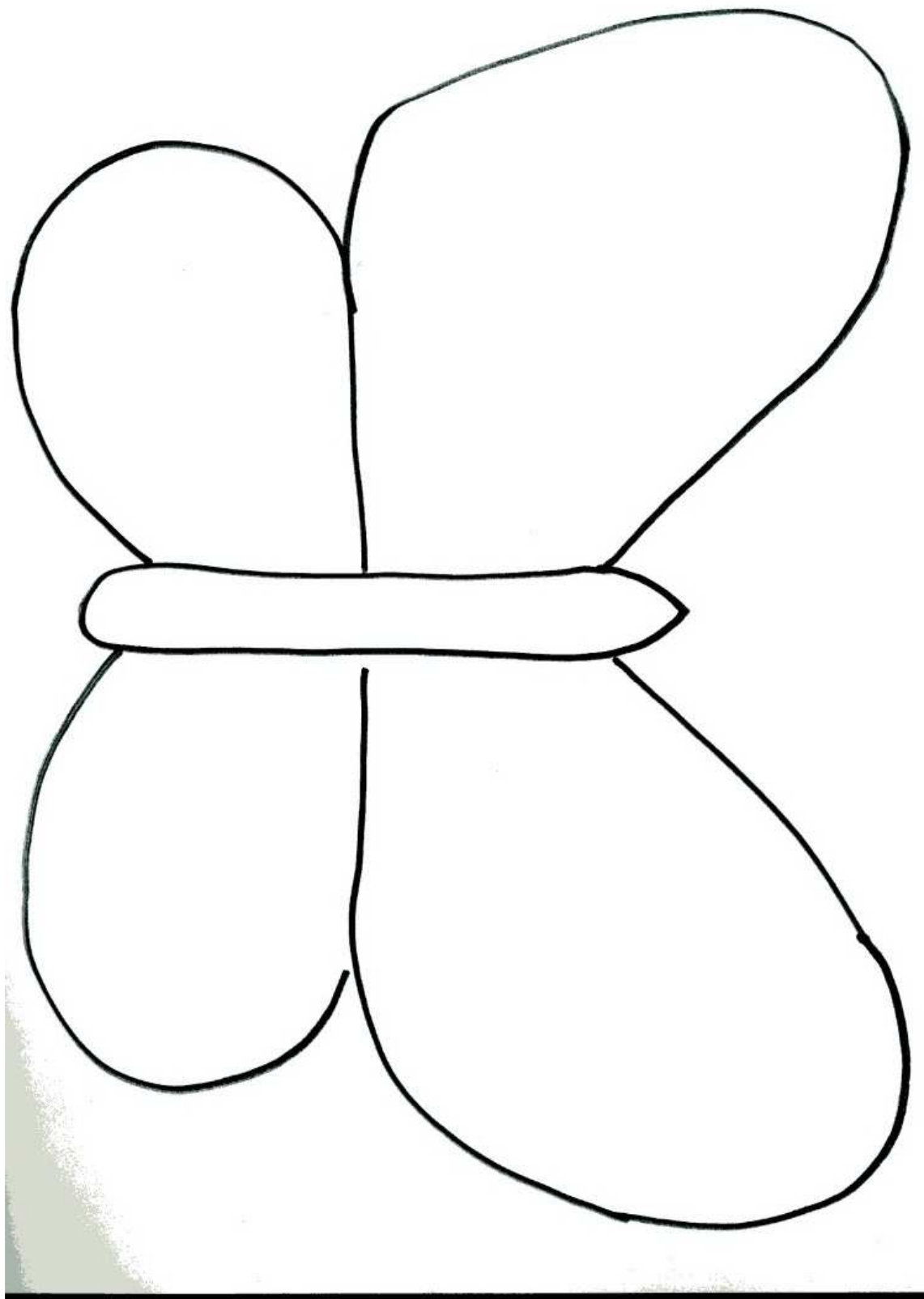
Version 2: use various coloured pegs. Different colours have different scores. E.g. red pegs score 10, blue 5 etc.

Version 3: write numbers on 4 sets of 20 pegs (1 to 20). Each six has to collect a whole set. They can trade in duplicate numbers with you in exchange for a peg they haven't already got.

Play: Brownies work in sixes but go individually to collect pegs in accordance with the version of the game selected.

Handy Notes: You will lose some pegs, so have spares otherwise the game is useless after the first time you have used it.

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Guide Go For Its

Indoor Activity

Safety in the Sun

Ideas for an indoor Guide meeting on Sun safety awareness theme.

Time -1 ½ hours - indoors

Budget: £1 per person max (ask each Guide to bring products known and used at home)

Risk Assessment: Ensure prior information from Girls of possible known allergies to skin care products etc) .Appropriate clothing for activity (aprons)

Knives usage (for food preparation)

Time		Equipment
6.00	Meet - registration -	
6.05	Split into 3 groups or patrols to research/test – Information <ul style="list-style-type: none">○ UV Safety○ Skin protection ○ Edible skin care	Information leaflets on UV Safety Skin care leaflets, Health mags, skin care products, cotton wool, Milk, oatmeal, lemon, cucumber, ground almonds, Bowls, knives, spoons, wooden spatulas, cleaning materials, aprons, baby wipes , towel
7.10	Cleaning and clearing areas	Rubbish bags, cleaning materials
7.20	Summary discussion of activity - lead off - visit to health farm	
7.30	Taps	

Activity

UV Safety

Need: Information leaflets on UV Safety -obtainable sources - Internet, health centres, tanning centres, local hospitals.

Discuss and ask Guides to produce a 5 point safety card

Skin Protection

Need: -skin products from home - or local shops may have samples etc

Guides to Sample products read health mags and look at ingredients on products

Edible Skin Care

Recipes Overleaf

Edible Recipes for Skin Treatment



Beauty and the Feast

Clean up!

You will need:

- Some natural yoghurt
- One lemon
- Cotton wool pads
- Oatmeal
- Milk

If you need to put the zing back into dry skin, try this facial cleanser...

Squeeze the lemon. Mix one tablespoon of yoghurt and one teaspoon of lemon juice in a small bowl. Smooth this onto your skin with your fingertips, leave for a minute, then wipe off with a cotton wool pad. Splash some cold water on your face, then gently pat dry with a nice fluffy towel.

After cleansing it's always good to tone your skin.

Get fresh and veg out!

Simply rub your face all over with a slice of potato or cucumber and feel your face coming alive.

It's that simple!

Soft touch

For skin as smooth as a baby's bot(!)...

Pour one cup of warm water over four tablespoons of ground almonds in a small bowl, and mash until it turns into a milky coloured liquid. Then bottle it!

Use after cleansing and toning as a luxurious moisturiser. Don't rinse it off - just let it soak into your skin. Keep it in the fridge in between uses. If you have some liquid left over, don't throw it away! Bottle it and take it on holiday.

Articles taken from Guides Website

<http://www.girlguiding.org.uk/members/guides/active/index.html>

Back To Basics

Ideas for an outdoor Guide meeting on backwoods cooking theme.

Time -1 ½ hours - Outdoors

Budget: £1 per person plus transport costs

Risk Assessment: Accidents - burns, scalds, food poisoning, stings bites, trips, falls .Make Guides aware of boundaries, stranger alert if using public places etc. Check area (check for foreign objects, glass etc.)

Ensure of dietary and allergies for food

First aid box to hand. Permission of landowner for fires etc

Appropriate clothing for activity.

If not at usual meeting place G/O Activity forms will be required. Check adult Ratio.

Time		Equipment
6.00	Meet - registration - check food/equipment - organise patrols .Establish rules and boundaries	
6.10	Backwoods Cooking - Barbecues	Suitable, fire lighting materials , matches ,Barbecues Cooking utensils, forks, tongs, kebab sticks etc Prepared wrapped foil food
7.00	Sampling goods	Paper plates, cutlery
7.10	Cleaning and clearing cooking areas	Rubbish bags, cleaning materials
7.20	Summary discussion of activity - lead off for more adventurous outdoor cooking -	
7.30	Taps	

Activity

Backwoods Cooking

Need: Barbecues, matches, fire lighting materials, cooking utensils

Food - suggestions

- Chocolate bananas - cut banana skin , place in choc flake wrap in foil
- Eggs in orange
- Sausages wrapped in bacon - kebab style
- Burgers
- Toasted buns
- Baked apples
- Marshmallows between choc digestives

Handy Notes: Pre prepare food at home - ensures cleanliness, food hygiene, time saver

Ensure safety of fires- sand and water available in case of accidents

Lead Off from Activity

Survival Badge

Traditional camp activities

Senior Section Programme

Indoor Activity

Arriba

Ideas for an indoor Senior Section meeting on a Mexican theme

Time -1 ½ hours - indoors

Budget: £2 per person

Risk Assessment: Ensure prior information from Girls of possible known allergies to Food, dietary needs, cleaning products (skin care) etc.

Appropriate clothing for activity (aprons)

Knives usage (for food preparation)

Time		Equipment
6.00	Meet - registration - check equipment discuss Basic Food Hygiene	
6.05	Arriba -Mexican Feast Preparation and sampling!	Food, plates, kitchen foil, knives, plates, food prep boards, washing up /cleaning materials
7.00	Our Cabana - and World Centres - Research	Internet Access, World Guiding Resources
7.20	History of Food - Recipes	Recipes, Cook Books ,
7.30	Closing thought reading	

Activity

Mexican Feast

Need: Cheese (Mexican if poss.), red and Green Peppers, Lettuce, Guacamole, Salsa, Doritos, tortillas etc

Cut up the food and get feasting - beware the taste buds!!

Senior Section members could hold a taste panel and give marks for presentation, taste and originality?

Our Cabana and World Centres

Let the members research the World Centres - from books, internet, guiding resources

History of Food and Recipes

Seek out recipes from abroad -discuss possibly to lead off to more adventurous cooking evenings or perhaps local visit to a meal out to local Chinese, Italian restaurant etc -

Background and History of the World Centres

The History of the World Centres

Over 70 years ago - just 20 years after the Girl Guiding Movement was founded and had already spread to many countries world-wide with a growing membership of over one million - the idea of a world meeting centre was first discussed.

Our Cabaña

Since opening in 1957, more than 68,000 participants have entered through 'The Chief's Door' at Our Cabaña, WAGGGS's third World Centre. The only centre in the Western Hemisphere, it has quickly become the most visited of them all.

Situated in a busy suburb of Cuernavaca, less than 50 miles (70 km) from Mexico City, it has a solar heated swimming pool and a wide range of social programmes for adults and young people.

The Centre has an exciting Mexican atmosphere mixed with the international presence of staff and guests.

Our Cabaña has plenty to offer. There is a volleyball court, tennis court and a solar-heated outdoor swimming pool, a fire circle and a Craft House displaying Mexican masks, corn crafts and ceramics.

Fiestas are an important part of Mexican life and these are held outside the Great Hall, where guests often find themselves dancing to a live Mariachi Band.

Our Chalet

Our Chalet was the World Association's first centre, built high up in the Swiss Alps in a small village called Adelboden. Since opening in 1932, it has welcomed over 60,000 residential guests as well as thousands of day visitors. It is popular in the winter for skiing, and in the summer for hiking and sightseeing in the beautiful Bernese Oberland.

Pax Lodge

WAGGGS's second World Centre opened in London in 1939, and after two relocations is now situated in Hampstead alongside the World Bureau in the Olave Centre.

It is a convenient centre from which to explore one of the world's greatest capital cities. Thousands of Girl Guides and Scouts have enjoyed staying at the new Pax Lodge, which recently celebrated its 10th birthday.

Sangam

The last World Centre to be built was Sangam. Situated in the modern and bustling city of Pune, Sangam is a haven of peace and tranquillity. Its inviting swimming pool, warm climate and interesting cultural activities make this world centre popular with young people and adults alike. Officially opened in 1966, it offers a fascinating experience of Indian life through its community based programmes.

Information from Guiding website - World Centres

<http://www.girlguiding.org.uk/xq/asp/sID.169/qx/new/international/article.asp>

Senior Section Programme

Outdoor Activity

Out of the Pantry Into the Fire

Ideas for an outdoor Senior Section meeting on Ready Steady Cook theme

Time -1 ½ hours - indoors

Budget: £1 per person plus transport costs

Risk Assessment: Trangia Cooking - ensure correct usage, : Accidents - burns, scalds, food poisoning, stings bites, trips, falls .

First aid box to hand. Permission of landowner for fires etc

Ensure prior information from members of possible known allergies to Food, dietary needs, Cleaning products (skin care) etc.

Appropriate clothing for activity (aprons)

Knives usage (for food preparation)

Time		Equipment
6.00	Meet - registration - check equipment discuss Basic Food Hygiene	
6.05	Out of the pantry - into the fire- Ready Steady Cook challenge -Senior Section members are given a box of ingredients and have 45 mins to prepare and cook a 2 course meal from the box!	Trangia, Pre boxed Food, matches , water container, plates, kitchen foil, knives, food bowls, cooking utensils ,cutlery food prep boards, food cloths
7.00	Sampling and Judging	
7.20	Cleaning and clearing areas	Rubbish bags, cleaning materials
7.30	Closing thought reading	

Activity

Ready, Steady Cook

Need: Trangia, cooking utensils, and pre bagged food.

Ideas for ingredients

- Sausage
- Onion
- Banana
- (vegetarian and or beef/pork)
- Potato
- Chocolate
- Stock Cube
- Flour
- Orange
- Carrot
- Milk
- Herbs
- Egg
- Oil

Ensure safety of fires - sand and water available in case of accidents

Lead off from Activity

Indoor Cooking challenge competition - longer cooking time - more adventurous (unusual food items)

Visit local supermarkets -Internet shopping - check out prices