



## Training and Program Day

This package includes what is needed for a fun day OUTDOORS with Guide age girls. A schedule and all activities have been included. Feel free to add to it or leave some out. Each time slot has a variety of choices. It is meant to be a fun, learning time for the girls.

Lord Baden-Powell referred to Guides as:

**“a jolly game** played largely in the out-of-doors where Guiders and Guides can go adventuring together, as older and younger sisters, picking up health and happiness, handcraft and helpfulness through camping and hiking and the study of nature.”

“(Guiding) as I have said.....is not a science to be solemnly studied, nor is it a collection of doctrines and texts. Nor again is it a military code for drilling discipline into (girls) and repressing their individuality and initiative. No—it is a Jolly game in the out of doors.....”

Lord Robert Baden-Powell, January 1931

Program/Training Day 2012

TAKE IT OUTDOORS

Time Schedule

9:30 registration and opening

1. 10:00 --10:45
2. 10:50—11:35
3. 11:40—12:20
4. LUNCH and Swapping
5. 1:10—1:55
6. 2:00—2:45

2:45—3:00 CLOSING

Activities:

Hike ----- two feet two eyes

Craft ----- I made it

Compass/Trails -----Which way

Game-----Run Play Run

This and That challenges

## TAKE IT OUTDOORS

# HIKE

Hikes come in all shapes and sizes. We have included several. Choose one or combine them, depending on your numbers.

It is important to explain to the girls the importance of respect for nature. A few simple rules to reinforce so that others can enjoy the outdoors after they have, include—don't pick plants and flowers unless there is an abundance of them. And not to pick just because. —don't break off the ends of branches as they walk along a trail—stay on existing trails—don't litter.

---When going on a hike always tell someone where you are going, for how long, and who is with you.

---Carry a day pack. It should include; water, snack, whistle, first aid kit, pencil and paper, extra socks, flashlight, garbage bag (orange) waterproof matches, Kleenex.

Hike 1—Scavenger hike—before the hike go along the trail and leave some things to be found and some natural ones already there. Make a list for the girls; make teams of two or three; they check off the things they see and at the end of the hike compare the lists to see who saw everything. The things to be found can be in order as they are on the trail or put in random order.

Hike 2---Take cover--- this is a game of camouflage. The girls walk along behind the Guiders. At various points along the trail where there are places to hide the Guiders calls out "Take Cover". The girls take 12 steps off the trail and hide. The Guider is counting to 12 while they do this. The Guider then turns around and without moving tries to find the girls, calling their names when she does and they come out of hiding. After a few minutes the others are called out and the hike continues until the Guider calls "Take Cover" again.

Hike 3---Tree identification---give each girl pieces of paper (half sheet size) and a crayon. Along the hike call out names of trees and have the girls find it and then make a bark rubbing.

Hike 4---Color hike---gather some color chips from a paint store. In groups of two or three have the girls look for things along the hike that are the color of their chip. OR give each group of girls a colored donut(circle of colored paper with a round hole in middle) to place over the natural object they find of that color to compare shades of color.

Hike 5—Camera hike---have the girls bring along cameras and take pictures of unusual natural shapes, trees, other girls, fun antics and of course the Guiders.

# TAKE IT OUTDOORS

## Crafts

### Grass Head Guys, Gals, and Guides?

#### Materials

- 2 tablespoons grass seed
- Knee high or panty hose stocking foot
- 1 cup potting soil
- Plastic yogurt container
- Water
- 2 googly eyes
- Permanent marker
- Card stock, craft foam, and so on, for clothing



#### Instructions

1. Spoon the grass seed into the stocking foot, and the potting soil on top of the seed. Tie a knot in the stocking, leaving the excess fabric hanging. Fill a yogurt container halfway with water and place the stocking head on top with the nylon tail in the water to serve as a wick. Attach googly eyes to the head and draw on a mouth with permanent marker. To decorate the yogurt container, tape on clothing made from card stock or other materials.

Be sure to check the water level in the yogurt container every day, keeping it at least half full.

You may want to create “clothing” using branch specific colours for Sparks, Embers, Guides etc. or create international costumes that represent some of our WAGGS friends.

Idea adapted from: [www.familyfun.com](http://www.familyfun.com)

#### CAMP HAT FRIENDSHIP BRACELET

On one piece of cording or leather 20cm. long; put 5 pony beads in the guiding colors; with a white one in the middle to represent peace. Center the beads and tie a knot on both ends. Add a butterfly bead to one end to represent freedom and a heart on the other end to represent friendship and love. Tie ends and trim then add a safety pin and attach to hat

## TAKE IT OUTDOORS

# Compass and Trails

Divide your time for this session with enough time for both compass and trailmaking.

Materials---compasses, pencil, paper and bright colored markers (colored popsiclesticks or large beads)

Teach the girls the basics of the compass, the parts and how to hold it and take a bearing. Remind them that when walking the paces it is just a regular walking step. Instructions are on the "North on North and Follow your Nose" sheet.

Have the girls walk the triangle from the sheet North on North and follow yourNose. Don't make the triangles too big. 12 paces is good.

### **GAME: Follow the beanbag**

Compass and beanbag for each team of four. Small pieces of card with N, S, W, E printed on them.

Each girl is given a direction N S E W.

Each team is given a compass and a beanbag.

One girl from each team throws the beanbag as far as she can in that directionThe rest of her team runs to find the beanbag.

The second girl then sets the compass in the spot where the beanbag was found, stands to face her given direction and throws the beanbag.

The game continues in this way. Additional compass directions such as NW, SE, or degree bearing could be used for the more experienced girls.



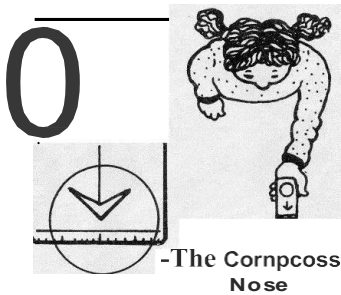
# North on North and Follow the Nose...

How we have taught hundreds of kids to use a compass.

by Marg Brenda

The compass is an essential safety tool in orienteering, but many people say it is too difficult for children to master. Not so!!! If a logical progression is used in teaching the skill of using a compass, kids (and adults) starting with no knowledge find it easy and fun to learn. We use the Silva 7N, and here's how we have taught hundreds of kids to use it too.

If you start teaching compass skills by using terms like *direction of travel arrow*, *orienting lines*, *orienting arrow*, *north magnetic arrow*, etc., the kids' eyes glaze over, and you've lost them. So we use simple terms which are easy to remember:



## The Parts of the Compass

**The Compass Nose**  
(direction of travel arrow)

Start by saying, "You must always hold the compass so the nose points in the same direction as your nose." Demonstrate and check that everyone is doing this correctly. "No, Suzy, your nose doesn't go out your right ear." Sometimes the point is best emphasized by making a little drawing, having your group try to guess what it is as you draw it. Draw an aerial view of someone holding a compass with the compass nose and their nose pointing the same way.

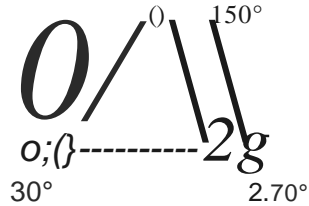
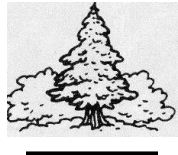
is pointing on their compass. Check that they are all pointing in the right direction.

"We don't always want to travel north, though." To illustrate this point, you can use the story of Albert the alligator in a boat who was trying to follow the advice to, "Go west, young man, go west." But his compass only pointed north and Albert concluded it was no use to him and threw it overboard.

"So, what do we do if we want to travel west? We turn the housing until the "W" (for west) is on the compass nose. Now, holding your compass properly, turn your whole self (take little steps) until the red "north" needle is on the "N". The compass nose now points west, and you are facing west, and if you travel in this direction long enough, you'll reach the Pacific Ocean. The rule to remember is: **North on North and follow the nose.**"

## Setting a Safety Bearing

Now you can practise this rule by setting different directions. Set south to some location, east to another, and then pretend you are going to rescue a downed plane at 260° from the crossroad between the two. All orienteers will recognize that you have now shown the kids how to set a safety bearing. If they are going to be orienteering, the use of it is now explained. (This part of compass lore can be taught to kids as young as Brownies.)



## Practising Facing and Walking a Bearing

The old game of "walking a triangle" is a good practice for facing and walking a bearing. Kids seem to enjoy this, and it can be done indoors or outdoors. Have them spread out so the compasses don't affect each other, explaining the effect of metal on compasses. You should have the bearings you want to use ready in advance.

Because the compass has 360 degrees and you want to walk a triangle, you must divide 360° by three and get 120°. Pick a low number like 30° and add 120° to get 150°. Add 120° again and get 270°. So, the numbers for the sides of the triangle are: 30°, 150° and 270°.

The girls put a small token, like a penny, between their feet on the floor. They set 30° on their compass nose and turn until the red magnetic needle is on the "N" (North on North). They follow their nose for a certain number of steps (not more than six steps at first). They repeat all the steps with 150° and 270°, and they should be back at their penny, or at least within an arm's span of it. Now you can mention evenness of pace to get right on the penny.

Have the girls try again with new numbers, i.e. 20° (+120°) = 140° (+120°) = 260°. They can also try a square: 32° (+90°) = 122° (+90°) = 212° (+90°) = 302°. This really gets tricky when practised outside in the grass.



## The Red End of the Needle

(north magnetic arrow)  
Tell the girls, "The red end of the needle always points north." Have them point with

## Following a Safety Bearing

"Stand facing your bearing and look through the clear part of the nose. Then

find something distinctive to walk to and walk to it." As you teach your girls this skill, now is a good time to put in a plug for orienteering, i.e. being sensible and

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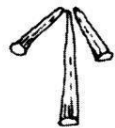
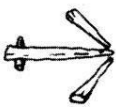
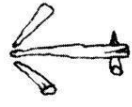
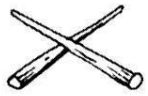





# Trail making

Explain to the girls the different trail signs. See below. Remind girls not to remove the signs until everyone has had a chance to follow the trail. Last group through should remove the signs.

Send the girls off in teams of two or three to lay a simple trail. Set the number of trail signs you want them to use. Set a time limit. When they are back have the teams follow a trail made by another team.

Optional: Trails can be layed using a combination of trail signs and compass bearings.

## Have Fun!

<b>Trail Signs</b>				
	straight ahead	turn right	turn left	do not go this way
<b>Rocks</b>				
<b>Pebbles</b>				
<b>Sticks</b>				
<b>Long Grass</b>				
Number of paces in direction indicated			I have gone home. 	

# TAKE IT OUTDOORS

## Games

Games are a fun way to teach skills or just a way to have fun. Something is always learned playing games. Don't let your games carry on too long, stop when everyone is still having fun.

Girls like to make up their own games. Provide the teams with an assortment of tools. Hula hoops, balls, skipping ropes, blind folds, frisbees, bats, beanbags etc. The girls must make up an active game using two or more of the tools. Keep the rules simple. If you have a big group divide into teams and create more games to be played one after the other with everyone.

Games:

**Capture the flag**—equipment needed- two flags (squares of fabric)

Set out the boundaries for the game in a large area, mark the center boundary.

Each team selects an area for a jail and places their flag near the back boundary. The other team must know where the jail is and where the flag is.

The object of this game is to capture the other team's flag without being caught. If a player is caught she is taken to jail. She can be freed by a member of her team, she is then allowed to return to her side safely, the girl who freed her can be caught and put in jail. The freed girl must return to her own side before trying for the flag again.

When the flag is captured the player must take it back to their side without being tagged.

## Roundabout

Players stand in a circle facing each other front to back. When the leader signals "Go" everyone begins running around the circle. Always passing on the outside, each player tries to pass the person ahead. Players try to tag players as they pass. Tagged players are out. When the leaders call "Switch" players reverse the direction. This turns the tables on the fast runner who is just about to overtake another player. The last untagged player is the winner.

If there is a large number of players make two groups.



## TAKE IT OUTDOORS

### This and That challenges

This section is about thinking and working together as a team and having fun.

Equipment: 3x5 cards with tasks written on them. Pencils, paper, a book, and sheets of paper.,

Task #1—open a book to page 73 without using your hands

Task #2—Pick up a book and carry to a teammate without using your hands.

Task #3—put your socks on with only one hand.

Task #4—write your name on a piece of paper without using your hands.

Task #5—Tie your shoe without using your hands.

Task #6—make 3 folds in a sheet of paper using no hands.

Task #7—remove a piece of masking tape with your toes.

The girls should complete the tasks in order. Each person completes an assigned task and then touches another team member to start the next task. The first group to finish wins.

Rotate the cards so each girl is challenged.

Have the girls run to the leader to get the next task.

### EYES, BODY, VOICE

Equipment—ball, pylon for each team of three

Divide girls into groups of three. Two of the girls are blindfolded, the third is permitted to see. One of the blindfolded girls is the “body”; she can move but is not permitted to see or speak. The other blindfolded girl is the “voice” she can speak but can neither see or move. The third girl is the “eyes” she can see but cannot speak or move. For each team of girls place a ball somewhere within the playing area. Also place one traffic pylon somewhere in the playing area. Each team’s goal is to guide the “body” to their team’s ball, pick it up and then take it to the pylon. The “voice” and the “eyes” for each team will have to give the “body” direction to find the ball. The “voice” and the “eyes” must communicate with each other in order to give directions to the “body”.

## TAKE IT OUTDOORS

### GROUP WALK

Players line up shoulder to shoulder, each girl's right foot next to her right. The challenge to the group is to "walk forward" as each step every girl steps forward with one (and only one) foot keeping the feet of the girl on either side of her.



### FOUR HAND CARRY RELAY

The object of this game is to carry a person with a foot injury safely. Guides are in relay formation. The first and second in each group carry the third girl using the four hand carry to a given point and back so that she is safely held and comfortable. Then the first goes to the end of the line and the second and third carry the fourth and so on.

### BREAKING BARRIERS

Have the girls in teams at one end of the playing area. At least two members on each team cannot use their legs. The team must figure out how to get everyone from point A to point B. Obstacles can be put in the way. To make it more challenging. The object is to get the whole team to the designated finish line..

This challenge will give the girls an idea of how people without the use of their legs might overcome obstacles.

### BLIND TREE GAME

Girls are in pairs and each pair is given a blindfold. The blindfolded girl is led to a tree and allowed to hug and examine it before she is led back to the starting point along the same route. The blindfold is removed and the girl attempts to locate her tree. Change places and repeat.