

Gathering Activity:

Olympic Rings - color Olympic rings using Guiding colors.

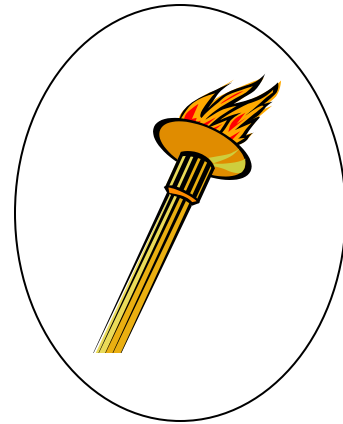
Opening:

Sing regular opening song

Parade of athletes (have girls parade around the meeting place)

Arrival of the Winter Games flame

Simply take some cardstock and roll into a tube and add some tissue paper in red, orange and yellow for flames.



Activity 1: Talk about fair play, good sportsman ship and safe play

Activity 2: Make sweat bands (use cloth hair bands and decorate with markers or fabric paint)

You can but headbands at any dollar store and puffy paint as well.

Activity 3: Warm ups - Sing head and shoulders

Activity 4: Games

- bean bag curling (use bean bags to push down the floor to a target)

-obstacle course (using whatever you have around create a small course to get the girls moving)

-newspaper skating (use the sheets of newspaper under the girls feet as skates)

Closing: Medal presentation

-you can buy medals from the party favor section of a store, make your own or simply give a ribbon.

Song

Good byes

