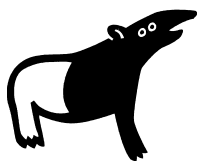


Rally in Rio

Guide Rally



USE as a RALLY, SLEEPOVER OR DAY CAMP



Planning the Day

When: Whenever you decide works best for your group. Use the kit as a day camp, rally or a sleepover.

Time: This package is set up like a 2 hour event in a round robin style. You can adjust as needed. There are many activities in this package. You choose which activities that best fit your needs and group.

Theme: ***Rally In Rio***

Who: Guides!!!

- The number of participants for your event should be based on what is comfortable and sensible for your Guides and you.
- You can do this as a unit or get together with another unit. You may even consider having a bridging event.
- You could have the Guides invite their families or maybe have them bring a friend.
- You will need to make sure ratio is covered and that you have enough adults to work each round robin station.

Where: That depends on you. Have it outdoors or in. Make sure your location is large enough to have the space to have all the activities and accommodate the number of people you have invited.

Health and Safety

- Be sure to use Safe Guide in planning the event. Be sure to fill out all appropriate forms and make sure they are sent in early enough to have time to be assessed.
- Once you have all the details be sure to send a note home including a permission slip.
- Keep all your permission forms and health forms with you at the event in the first aid kit where they are secure and accessible during the day.

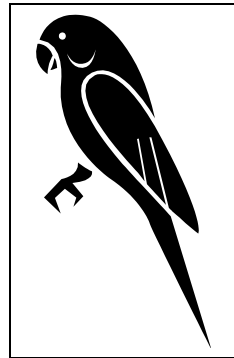
Cost: depending on your Unit finances, you may need to charge each Guide a nominal fee to defray the day's expenses.

Activity Planning

If the number of Guides you have coming is less than 12 you may chose to do activities all together in consecutive order as opposed to a round robin.

Here is a suggested outline for a smaller event

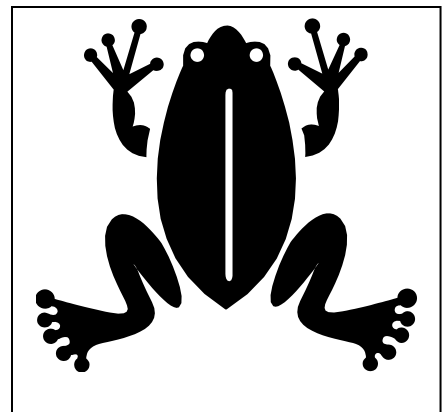
10 min Opening/ gathering activity
20 min activity
20 min activity
20 min snack
20 min activity
20 min activity
10 min closing



If the number of Guides you have is larger more around 20-50 you will want to use this round robin format. This is where a small group of girls and adults move from one activity station to another.

Here is a suggested outline for a larger event

10 min Opening/ gathering activity (name tags and group designation)
20 min round robin activity 1
20 min round robin activity 2
20 min round robin activity 3
20 min round robin activity 4
20 min round robin activity 5
10 min closing- everyone together



One of the round robin station will be a snack station in this format.

Opening Activities

You can use the shapes for name tags provided in this package or create your own.

Name tags are an easy way for everyone to see where they belong and needed when everyone doesn't know each other.

Have everyone gather in a circle. Welcome everyone to the event explain the days activities. If there is time sing a fun action song or two.

Saskatchewan Program Committee 2013

program@girlguides.sk.ca

Suggested activities for Group or Round Robin Sessions

Active Games

Balloon Soccer Juggling

Each Guide is given one balloon. The girls will find personal space and begin to use their feet to juggle the balloon. The girls can juggle with one foot, both feet, their knees, and head. They can keep track of how many times they hit the balloon before it hits the ground.

Soccer is a huge sport in Brazil and this is a fun way to try out some soccer skills. You could turn it into a relay. The girls can also work with a partner and share a balloon or even have two balloons.

Chicken

In the depths of the rainforest it can be very dark. Yet plants will grow to reach some light. If you plant a bean sprout in a dark box and have a tiny hole cut in it. The sprout will grow towards the hole where the light is.

In this game the girls are going to follow the voice in a similar way. Have all the girls stand in a circle, holding hands. Depending on the size of your group place 2-4 girls in the middle. The girls in the middle will be blindfolded (the chickens). Once they are blindfolded and in the middle a leader will open up a space in the outside of the circle. Then she will say begin. The girls holding hands making the circle must be quiet. The chickens will walk backwards with their bums up and making a chicken noise. They will gently go around the circle trying to find the opening that was made to get out. If they are backing up to the outer ring the girls will gently raise their knee to show them they are at the edge but not the opening. Once the first chicken finds their way out of the circle she will begin making her noise louder so the other chickens can follow the sound and find their way out. This game always creates laughter.

Amazon Ant March

Amazon ants work together to find food, to protect their home and to protect their queen. Sometimes when a colony gets too large or if food becomes scarce, the ants begin a march to other parts of the rain forest to find a new home. You can simulate this activity and teach cooperation. In this game, an adult maps out a path that represents a river in the Amazon rain forest. The children form two lines and hold hands to form a chain. The first line of "ants" to make it to the end of the river and a new home without breaking the chain wins the game. If a chain is broken, the "ants" have to return to the beginning of the river and start again.

http://www.ehow.com/list_6388028_outdoor-rainforest-games.html#ixzz27IzV3fOj

Queimada (A Brazilian Game of Tag)

How to play Queimada

To play this game, you form two teams. Each team has a field and there is a place called the cemetery. One person from each team starts in the cemetery, so he's dead. The rest of the team starts in the field.

The person who is at the cemetery always starts the game by throwing a ball to the opposite side where his partners are. The "living people" from this team have to catch the ball and throw it against the other team. If someone from the opposite team touches the ball, he is burnt, so he is dead. The "dead ones" go to the cemetery, and the game finishes when every "living person" from one team dies.

Newspaper Costumes

The costumes that people in Brazil wear to Carnival are exciting, intricate and take a long time to make.

You can have the girls get into small groups and give them newspaper and masking tape. Give them a time limit and see what kind of costume they can come up with.

Hit the Coin (Traditional Brazilian game)

Hit The Coin is another popular game among Brazilian children that requires steady aim and concentration. To play, fix a short bamboo stick or dowel (12 to 18 inches in length) into the ground so it doesn't move. Draw a small circle about 5 inches in diameter around the stick and place a small object (coin, bottle cap, etc.) on top of the stick. Players then take turns trying to knock the small object off of the stick by throwing coins at it. To win the player must knock the small object completely out of the circle

Newspaper Habitat

Have the girls get in groups of 3 or 4, give them a large sheet of newspaper. Explain that the newspaper is the rainforest and they are its inhabitants. Tell the girls they all need to fit on the newspaper. Now tell them a logging company has come in to cut down these rare trees as people want them as hard wood floors in their home. Tell the girls to take their paper and fold it in half as their habitat has just gotten smaller. Soon the girls will start not fitting and they will "die". Continue as many rounds as necessary using different scenarios each time. Once everyone does not fit have a discussion about all the wonderful things the rainforest holds that will be lost if the rainforest continues to be lost. (medicines, animals, plants...etc.)

Web of Life

Materials: A large ball of wool (the chunkier the better)

To Play: Girls form a circle, while standing. Leader holding ball of wool starts: unravel the wool a bit first, then holding on to the loose end, she says "I am the EARTH", then throws the wool ball across the circle to a girl on other side. This girl then thinks of something in nature that depends on/connects to the previous thing; i.e. "I am the LAKE(S) that cover the Earth"; She then (unravels the wool a bit first) throws the ball to someone across the circle - remembering to HOLD ON TO THE PIECE OF WOOL that connects her to the first person. Play continues like this until everyone has had a turn/is connected, with each player, both by wool and by statements in turn (i.e. "I am the FISH that swims in the lake", "I am the MOSQUITO that feeds the fish", "I am the HUMAN that feeds the mosquito", I am the SUN that shines on the human...) The entire circle is now connected by a crisscrossed web of wool. Girls should be reminded to keep their wool tight throughout the game.

Now leader says something like: "THERE HAS BEEN A TERRIBLE OIL SPILL" and tugs on her line of wool, and sits down, saying "When you feel a pull on your line: sit down". What happens naturally, is that eventually all participants should be sitting down. Discussion can ensue, as to the interconnectedness of all things in nature, etc. During the game there will naturally be some dropping of the wool ball; girls who throw the ball and forget to hang on to their end, etc... but that's what makes it fun too -someone has to climb in/under and retrieve the wool from time to time.

Rainforest Animal Relay

Print off the relay cards in this package. You will need to one set per team. Have the girls split up into teams and stand at one end of the room. On the other end of the room place their set of cards. Have the girls go one at a time get a card and bring it back to their team. Once they have all the cards they match up the name with the picture. First team done wins.

Variation: Have the teams, skip, jump, roll or run each time. Use your imagination and get them moving!

Science

Rainforest Rubber

Rubber and latex come from a milky white substance that many rainforest plants and trees produce when cut. Native inhabitants use it for waterproofing and medicinal purposes. Many toys, rain gear, medical supplies and other products are made from this multi-purpose rainforest product. Explore the uses of rubber by making your own rubbery material.

You need: borax, water, glue

Mix 1 tablespoon borax with 1 cup of water. In a separate plastic container mix 25 ml white glue with 20 ml water until well mixed. Stir in 5 ml of the borax solution with a coffee stirrer or Popsicle stick. As a solid substance begins to adhere to the stirrer, peel it off and knead it onto a paper towel until it loses its stickiness and becomes like putty. Experiment with stretching and bouncing the substance. Discuss how the properties of rubber relate to the types of products in which it is used.

Cloud in a Bottle

You need: empty water bottle, water, a match

Clouds are a huge part of the life cycle of a rainforest. Water droplets form around small particles to make a cloud. As warm rising air cools and expands, air pressure decreases and clouds form. You can simulate your own cloud in a bottle with a tablespoon of water in a clear bottle. Drop a lit match into the bottle to provide the particle base and cap it immediately. Squeeze the bottle several times to create the air pressure changes that compress and expand the air to form a cloud.

Snacks

Fruit

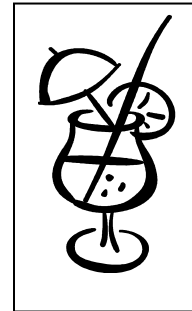
An array for fruit, melons, pineapples and mangos would be tasty.

Chocolate

From the cocoa tree.

Jungle Juice

In a cup place some fruit pieces(pineapple, orange slices, melon pieces...the choice is really yours). In a jug combine 3 parts orange juice, 3 parts apple juice, 1 part pineapple juice, and three parts ginger ale. Then pour the juice mixture in the cup of fruit and you have jungle juice.



Fried Bananas

Things you need: firm peeled bananas, sugar.

Cut two peeled bananas in half across the center, then cut each half lengthwise. Pour the sugar into a shallow bowl. Roll the bananas in the bowl until they are coated with sugar. Melt the butter in a large nonstick skillet over medium-high heat. Carefully put the banana slices in the skillet with the cut side down.

Saute the banana slices on one side for approximately 30 to 45 seconds or until the cooked sides are golden brown. The color is the result of caramelized sugar from the sugar coating, as well as the banana's natural sugar. Turn the banana slices with a spatula and continue cooking for an additional 30 to 45 seconds, again watching for the bananas to cook to a golden brown color. Remove the bananas from the skillet with the spatula. Place the slices on a serving platter to cool.

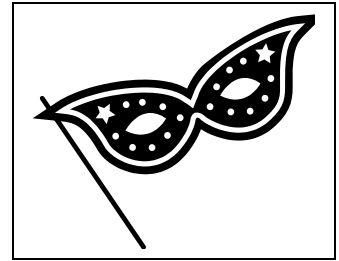
Pop Floats

You may not be able to have floats that go down the street in a parade but you can have pop floats. All you need is vanilla ice cream and any flavor of pop you like. If you use orange, cream soda or grape you would have some bright carnival colors but it is your choice. Simply put one scoop of ice cream in a glass and fill with pop. You may want to have straws and spoons.

Crafts

Carnival Mask

In your kit you received supplies to make masks. The only other supplies you need are scissors, glue, markers or any other decorating supplies you would like. Use the supplies to decorate your mask and then show the other Guides.



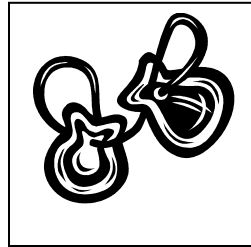
Maracas

You can have the girls make maracas out of empty water bottles. Once they are clean and dry fill them with rice or beans, put the lid back on and decorate with bright colored ribbons and stickers.

Castanets

What You Need:

- Cardboard
- scissors
- bottle caps
- Glue gun
- Glitter, markers, and other decorations



What You Do:

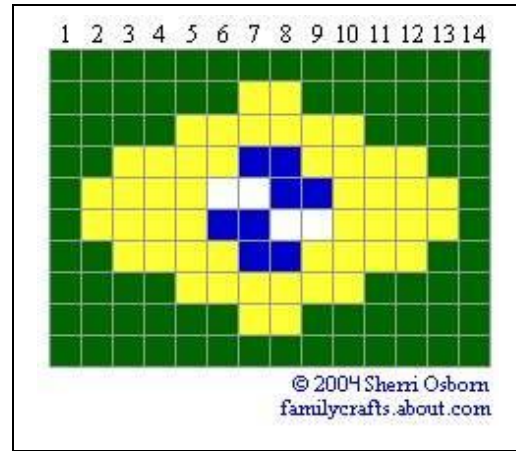
Draw two wide strips with rounded edges onto the cardboard cut them out, using scissors. Fold each in half, so they look like duck bills.

Put glue on the jagged edge (the bottom) of each bottle cap. Glue one to the top and one to the bottom of the inside of each piece of cardboard, so the bottle caps meet when you close the cardboard “duck bills.” When the glue is dry, decorate them with markers, glitter, or whatever else you like. Once they're dry you may begin clicking the bottle caps together to make your music. Ole!

Flag of Brazil Beaded Safety Pin

Materials Needed:

- 14 - 1 1/16 inch Safety Pins
- 1 - 2 inch Safety Pin(a coli less pin works best but is not necessary, they are hard to find)
- Seed Beads (see picture for colors needed)



Instructions:

Each number column represents a pin; for example, your first pin will have 10 green beads on it. Your second pin will have 4 green beads, 2 yellow beads and 4 green beads on it. When you thread these beaded pins onto your larger pin, start with pin number 1.

Action Songs and Rhythm activities

Samba

If you know someone who can samba you can have them come and teach the girls during one of the sessions.

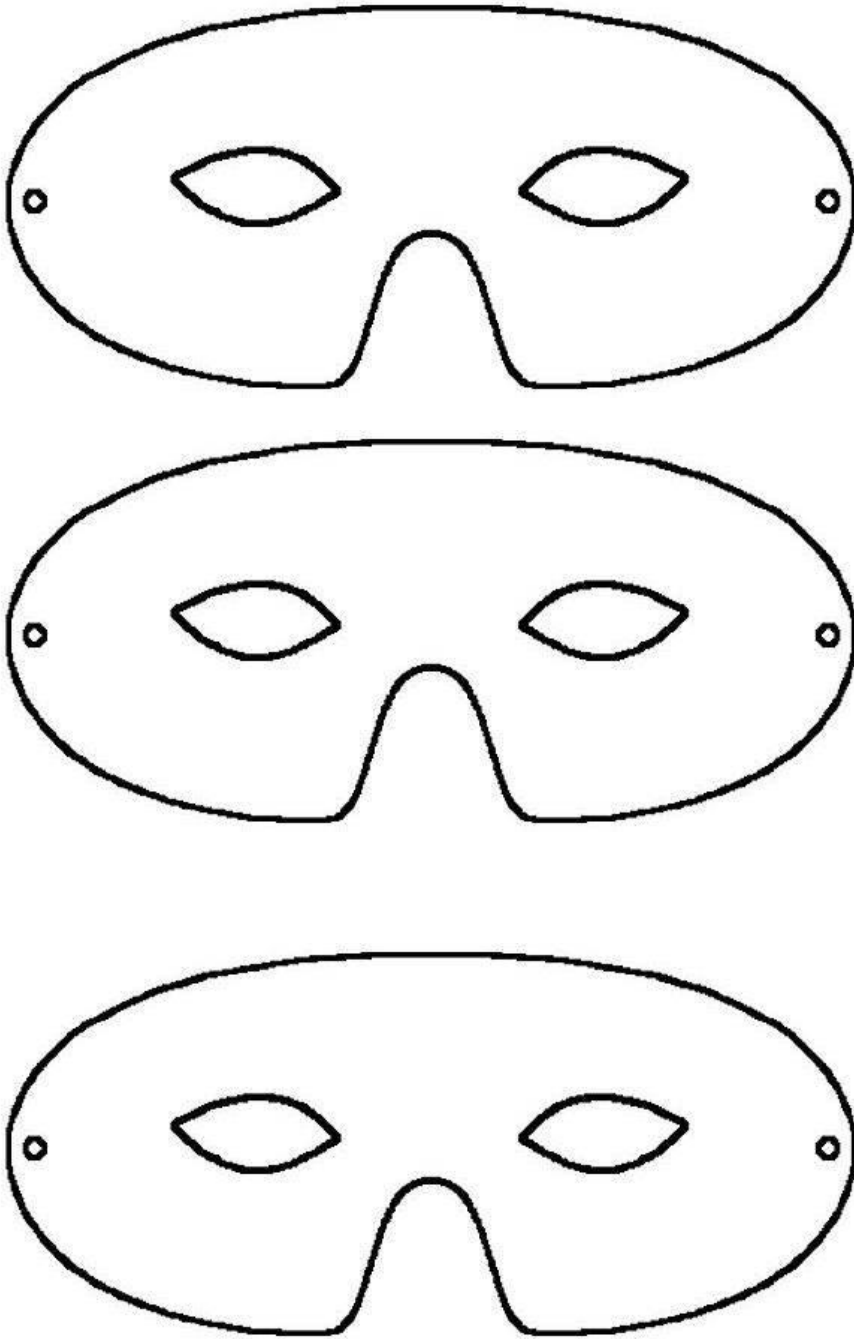
Lu-la (Jubilee song book)

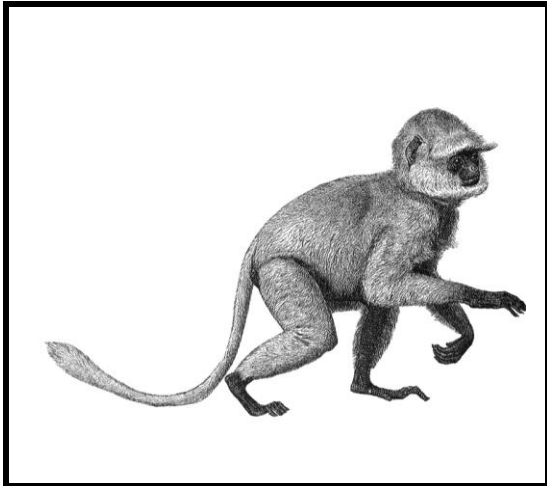
I'm being Eaten by a Boa Constrictor (Campfire Activities song book)

Suitors (Jubilee Song book)

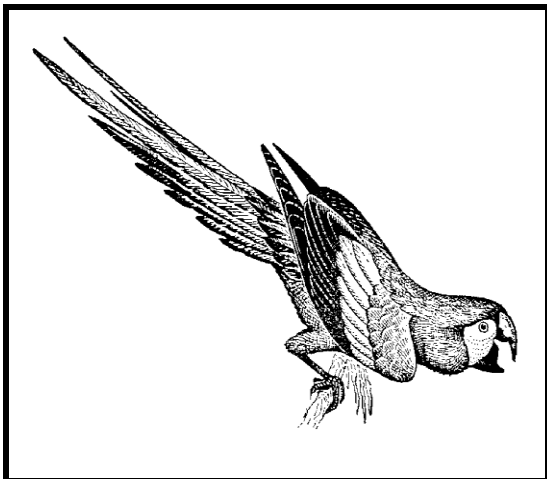
Nametags Template

Copy on different colors of paper for different groups. Write name and use a small safety pin to pin on shirt or hat. If you are putting them on a hat you may want to laminate them so the girls have them on their hats for years to come.

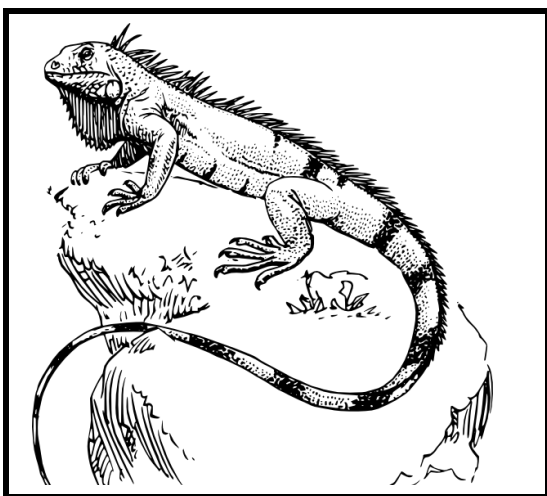




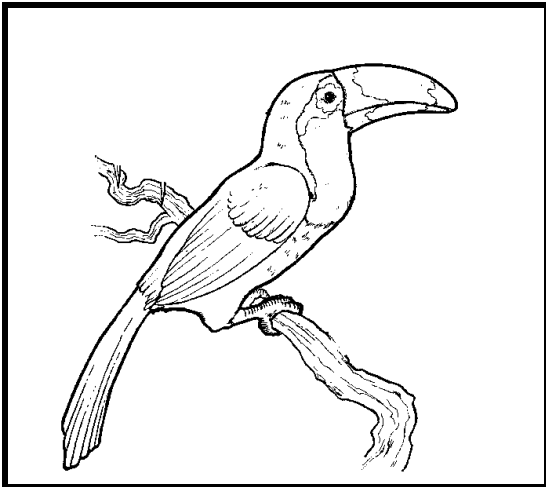
spider monkey



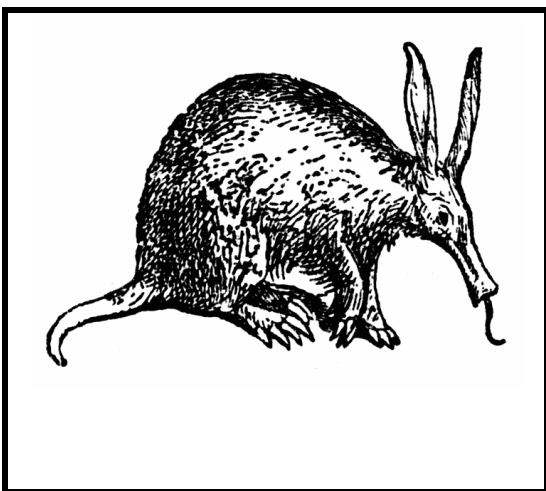
macaw



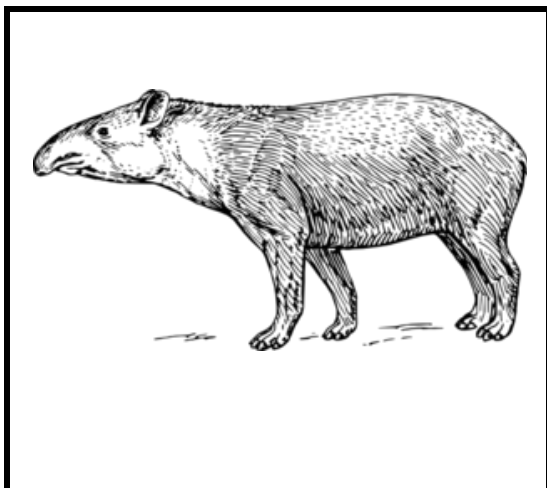
iguana



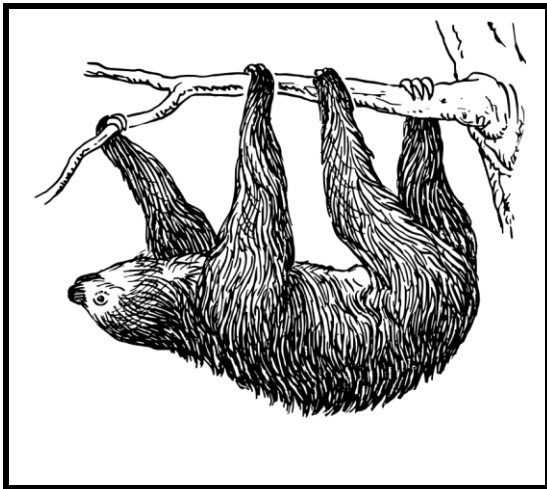
toucan



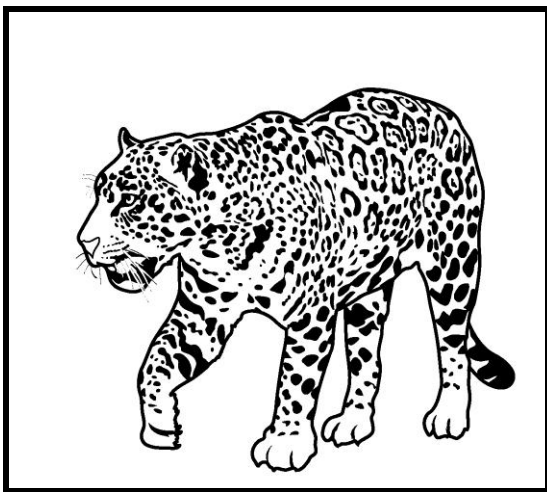
anteater



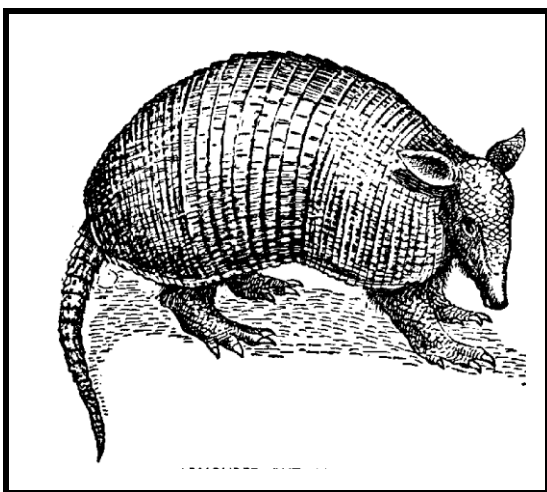
tapir



sloth



jaguar



armadillo