

Promise and Law – Guide Instant Meeting

October 2015 Saskatchewan Program Committee Instant Meeting

This meeting plan will give you ideas on how to share the promise and law with the Guides. It is good to remind the girls through the year of the promise and law so consider using some of these activities throughout the year. There are other resources on Memberzone and some of these ideas come from there. These activities are compiled from various sources, including previous instant meetings and my co-leaders.

Program Connections:

You in Guiding

Understand the Promise and Law and Motto

#1 Learn your Promise and Law

#3 Learn the Motto

#4 Learn the Girl Guide Sign and Handshake

Meeting Plan

120 minute meeting. Approximate activity times shown. Be flexible!

10 min: Gathering Activity

15 min: Guide Opening

10 min: Promise Active Game

20 min: Guide Motto

15 min: Sign and Handshake

20 min: Guiding Law

20 min: Promise and Law relay

5 min: Learn Guiding Law song

5 min: Guide Closing

Meeting Supplies

- Pencils for word search
- Music for Sign and Handshake game
- Balloons and parts of the promise and law for Relay

Gathering Activity

As the girls arrive, have them gather in their patrols and work on the attached word search, copied from the Owl and Toadstool blog. They would also collect dues and take attendance.

Guide Opening

Use your regular Guide opening to get the girls into horseshoe formation. Once there, discuss what it means to make a promise and why the Guide Promise and Law are so important to guiding. Information

can be found on Memberzone under Program Resources, Promise and Law as well as in the Guide handbook. Some questions you can ask are:

- What does it mean to make a promise?
- What is a belief?
- What is taking action?
- Why do we have a Promise and a Law?
- What do each of the pieces of the promise mean to you?

Promise Active Game

Duck Duck Goose Promise Game

All girls sit in a circle. "It" walks around the circle tapping each girl on the head. As a girl is tapped she has to say the next word in the Promise... if she gets the word wrong, or hesitates too long to remember the word, then she jumps up from her spot and runs around the circle in the opposite direction from "it". The first person back to the empty spot sits down and the standee is the new "it". If there are no wrong words or hesitations, the running takes place on the word "law".

Guide Motto

Introduce the Guide Motto of 'Be Prepared'. Discuss what it means to be prepared. Have the girls perform skits that show what happens when you are not prepared, then repeat the skit but showing how it changes when you are prepared.

Some examples of situations you can use are listed below. You can also let the girls come up with a situation.

- Going on a hike
- Tenting
- Cooking a meal
- Baking cookies
- Working on a school project
- Playing a game

Guide Sign and Handshake

Using the attached information, explain the Girl Guide Sign and Handshake. Then play a game to reinforce the sign and handshake. This game is from the Guide Handbook. Play music. When the music stops, find a partner and make the sign and use the Handshake. Say the Motto at the same time. Tell the girls to find a different partner each time.

Guiding Law

As a group, discuss the parts of the law and what each part means to them. Have the girls come up with actions for each part of the law, then repeat the law with the actions.

Promise and Law Relay

Have the parts of the promise and law in balloons that are blown up, with one set for each patrol. Each set should be in a different colour balloon so that the patrols know when they have all their pieces. Have the balloons at one end of the room and the patrols line up at the other end. Using a relay format, have the girls go across the room to get a balloon. They need to pop the balloon and bring back the piece of the promise and law. The girls need to put all the pieces of the promise and law in order.

Guiding Law Song

Teach the girls the Guiding Law song. If you don't know it, it can be found on YouTube.

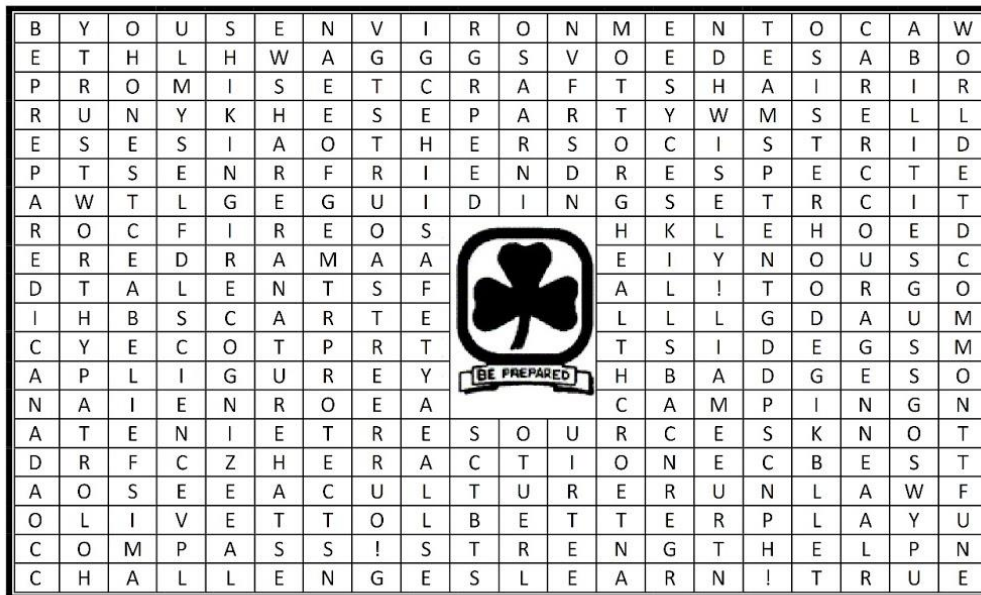
https://www.youtube.com/watch?v=O_HssPfyj-A

Some groups use this song as their marching song for horseshoe as well.

Guide Closing

Use your regular Guide Closing. Encourage the girls to live the Promise and Law during the week to come.

THE GUIDE PROMISE & LAW WORDSEARCH



Circle each letter of the underlined words from the Promise, Law, Motto, and More Words.
Solve the secret code by placing the leftover characters {in order} in the blanks below.

PROMISE

I PROMISE TO DO MY BEST
TO BE TRUE TO MYSELF, MY BELIEFS AND CANADA;
I WILL TAKE ACTION FOR A BETTER WORLD
AND RESPECT THE GUIDING LAW

LAW

The Guiding Law Challenges me to:

- BE HONEST AND TRUSTWORTHY
- USE MY RESOURCES WISELY
- RESPECT MYSELF AND OTHERS
- RECOGNIZE AND USE MY TALENTS AND ABILITIES
- PROTECT OUR COMMON ENVIRONMENT
- LIVE WITH COURAGE AND STRENGTH
- SHARE IN THE SISTERHOOD OF GUIDING

MOTTO

BE PREPARED



MORE WORDS: BADGES, CAMPING, CARE, COMPASS, CRAFTS, CULTURE, DRAMA, FIRE, FRIEND, FUN, HAT, HEALTH, HELP, HIKING, KNOT, LEARN, NATURE, PARTY, PATROL, PLAY, TENT, RUN, SAFETY, SCIENCE, SKILLS, TEAMS, TREE, WAGGGS.

SECRET CODE: _____

Shaking Things Up: The Left-handed Girl Guide Handshake

What's one of the most common forms of nonverbal communication used between two people? No, it's not the fist-bump, high five, a hug or even a kiss. It's the handshake – a simple handshake involves extending one's hand – typically the right hand – to another person, clasping hands and then briefly shaking them up and down.

The Multi-purpose Gesture

A customary gesture in business and social situations, the traditional handshake has been used throughout history as both a greeting and a parting ritual between friends and strangers, as a means of offering congratulations or expressing gratitude, as a sign of good sportsmanship and to finalize agreements.

The handshake also plays an important role in Guiding, serving as a formal way of greeting other Guides.

The World of Handshakes

Most cultures have their own customs for shaking hands. Some find it inappropriate for a man to shake a woman's hand. Others consider shaking hands unacceptable. Some Cultures have a habit of shaking both hands, while others prefer hugs or kisses on the cheek to handshakes.

In some Muslim countries, a grip that is too firm is considered to be rude behaviour. Weak handshakes are preferred in China, and the custom is to hold on for an extended time after the initial shake.

It is important to be sensitive and have respect for cultural customs – including handshakes!

The Left-handed Guiding and Scouting Handshake

Guides and Scouts have their own variation on the traditional handshake. What makes it unique is that it uses the left hand instead of the right.

The 1935 Boy Scout Handbook says that *'By agreement of the Scout Leaders throughout the world, Boy Scouts greet Brother Scouts with a warm left hand clasp.'*

While the exact origin of the Guide and Scouts' left-handed handshake is unknown, many attribute it to Ashanti warriors whom Scouting founder Lord Robert Baden-Powell met long ago in Africa. It is said that when Lord Baden-Powell entered Kumasi, a city in the Ashanti Region of South Ghana, he was met by a great chief. He saluted the chief and then offered his right hand as a sign of greeting and friendship.

The chief transferred his shield that was in his left hand, shielding his heart, to his right hand and offered his left hand to shake. He explained by saying, "In our land only the bravest of the brave shake hands with the left hand because to do so we must drop our shield and our protection."

Whatever the origin, Girl Guides shake with their left hand, the hand nearest your heart. The Guide handshake signifies friendship towards fellow Guides.

The Sign or Salute

In giving the Sign or Salute, Girl Guides raise three fingers of the right hand as a reminder of the three-fold Promise.