

Alberta Council Meetings in a Box Guides

Background

Whether you are a new Guider or just changing branches, these meetings will help you with the first 3 meetings of the year so you can get the feel for how a unit meeting runs.

We have included 3 **Meetings in a Box** below – remember, these are just guidelines. Feel free to modify these meetings to your unit and ask the girls for input!

These meetings will include links to program from the Girls First platform.

Basic Information

Be sure to check out the [Girls First Platform](#). Here you will find program for all the branches and you can track the program progress for the girls in your unit. There is also a [Guider Handbook](#) available on the platform that you can download by following these steps: Sign in → All About Guiding → Download Guider Handbook.

The [Alberta Council Membership Page](#) has Pocket Pals that are designed to help new Guiders with information on Guiding, our program, and information about the specific branch you are leading. There is a Pocket Pal document designed for each branch level.

Guide meetings typically run for two hours.

As the girls start arriving, it is a great idea to have activities to keep them busy. Some ideas of activities to have are busy boxes, patrol boxes, patrol duties, games, word searches, or puzzles.

During these unprecedented times we find ourselves in, it is important to ensure we are following all local health regulations and the Covid-19 Girl Guides of Canada protocols when running our meetings. As girls gather in a circle, we need to ensure that everyone is staying 6 feet apart.

Guides Suggested Activity Times		
Opening	10 minutes	Participate in the unit's unique opening ceremony (Horseshoe or another idea decided on by the girls).
Program Activities	1 – 1.5 hours	Dive into the Guide Program! Include both active and quiet activities – follow the girls' lead.
Closing	5 – 10 minutes	Reflection – Guides share their experience of today's activities, Guide Closing - Taps

*** Remember – These are just guidelines, and everything is flexible. If the girls are having fun and enjoying the activity, keep going.**

*** We have included the Program Areas and Themes to help with tracking program in the meetings below.**

Meeting One

Ice Breaker / Get to know you game (15 minutes)

Program Area: Guide Together / Theme: Spirit of Guiding

To help with learning names and getting to know everyone, ice breaker games and name tags are a great activity to do at your first meeting.

Name Game

1. Sit or stand in a circle and the leader will start and finish the game.
2. Ask everyone to pick a word that starts with the same sound as their first name. The word may or may not describe the person.
3. The leader says the word she picked and then their own name. Example: Brave Brown Owl.
4. The person sitting on the leader's left goes second and says the leader's name and then adds their own. Example: Brave Brown Owl, Daring Darlene.
5. Keep going around the circle until it gets back to the leader who has to do the whole group!

Name Tags

There are many different kinds of name tags you could make, but it is a good idea to have some kind of name tag especially at the beginning of the year when you have new girls you don't know in your unit. Plus, it is a great way for the girls to personalize their name tags.

Opening (10 minutes)

Program Area: Guide Together / Theme: Our Story

At your first meeting of the year, the opening section may take longer as you will need to teach the opening song and horseshoe to the new girls. Be sure to have your returning girls help lead the opening.

Check out the [Guide Openings and Closings](#) activity.

- This link will take you to the [BC Council's Let's Sing](#) page where you can find the audio and lyrics for the Guiding Law Song as well as other Guiding songs.
- A great resource for learning the Guide Horseshoe can be found in this [YouTube](#) video.

Due to Covid-19 protocols, singing and standing close to one another may not be allowed, therefore horseshoe may not be possible (especially when girls need to be 6 feet apart). An alternative is playing the song for the unit while the girls do modify actions/movements. Ask the girls how they would like to modify the opening.

Craft (20 minutes)

Program Area: Into the Outdoors / Theme: Camping Skills and Adventures

Sit upons are a great craft for the girls to make at their first meeting. It will help keep everyone dry while sitting outside at meetings and at camp!

You can gather these at the end of each meeting so you know the girls will have them at each meeting, or let the girls take them home to bring back to each meeting.

Sit Upons

Supplies – Newspaper (or you can use other items like quilt batting or floor underlay), a felt backed tablecloth, duct tape, permanent markers, and stickers.



1. Before the meeting, cut the tablecloth into rectangles that are 15"x30"
 - a. Fold in half so there is a crease.
2. Have each girl place their newspaper on one half of the tablecloth piece, then fold the other half on top of the newspaper.
3. Use duct tape to seal the edges and make the sit upon waterproof.
 - a. Make sure each girl puts their name on their sit upon.
4. Let the girls decorate their sit upons with stickers and permanent markers.

Program Activities

Program Area: Guide Together / Theme: Our Story

Girls First is built to put the girls in charge of their own Guiding experience. This is a good time to ask the girls what they want to do this year in Guides. It doesn't matter if they've never been a Member before, the possibilities are endless on what we can do! Write down what the girls want to do!

Activity 1 (15 – 30 minutes)

Complete the [Why I'm a Guide](#) activity.

This is also a good time to introduce the girls to [Discovery Badges](#) that they can earn.

Games (15 minutes)

Program Area: Guide Together / Theme: Spirit of Guiding

Ask the girls if they have a favourite game that they would like to play. Maybe one girl wants to teach her favourite game to the rest of the unit!

OR you can try this game:

Captain's Coming

The girls assemble in the center of your meeting area. The commands and actions are as follows:

Due to COVID regulations, be sure to remind girls they need to practice physical distancing while playing Captain's Coming.

- **Captain's Coming** – all line up, stand at attention and salute.
- **Bow** – girls run to the front of the area.
- **Stern** – girls run to the back of the area.
- **Port** – girls run to port side (This is the **left side** of the area when facing the front).
- **Starboard** – girls run to starboard side (This is the **right side** of the area when facing the front).
- **Man overboard** – everyone lies on back and pretends to swim.
- **Submarines** – everyone lies on back and sticks one leg straight up (this is the periscope).
- **Man the Lifeboats** – everyone finds a partner and they sit together and start rowing.
- **Torpedoes** – everyone lies on their tummy with hands together over their head to give a streamlined look.

One person calls out the commands in whatever order they want, and the girls rush around performing the actions. Commands can be used more than once. Once everyone knows the rules you can join in as you go.

Closing (5 minutes)

Program Area: Guide Together / Theme: Our Story

- This link will take you to the [BC Council's Let's Sing](#) page where you can find the audio and lyrics for Taps - the Guide Closing Song.

Due to Covid-19 protocols, if singing is not allowed, an alternative is playing the song for the unit.



Meeting Two

Opening (10 minutes)

Program Area: Guide Together / Theme: Our Story

- As decided by the unit (refer to Meeting One for link to Opening Song).

Promise (15 minutes)

Program Area: Guide Together / Theme: Our Story

The Guide Promise is an important part of the program.

- [The Guiding Promise Balloon Pop](#) is a great activity to help the girls remember their promise.

Program Activities

At the first meeting, the girls reflected on why they are a Guide. Now you can expand on that and get the girls involved in shaping their Guiding experience with the following activities:

Activity 1 (15 – 30 minutes)

Program Area: Guide Together / Theme: Our Story

- Complete the [Would You Rather: Ways to Explore](#) activity.

Activity 2 (15 – 30 minutes)

Program Area: Guide Together / Theme: Our Story

- Complete the [Program Match](#) activity.

Activity 3 (10 – 15 minutes)

Program Area: Guide Together / Theme: Our Story

- Complete the [What's Next](#) activity.

Closing (5 minutes)

Program Area: Guide Together / Theme: Our Story

- As decided by the unit (refer to Meeting One for link to Closing Song).



Meeting Three

Opening (10 minutes)

Program Area: Guide Together / Theme: Our Story

- As decided by the unit (refer to Meeting One for link to Opening Song).

Program Activities

Activity 1 (15 – 30 minutes)

Program Area: Into the Outdoors / Theme: Nature Discoveries

Get outside and enjoy the nature around you. While doing this activity, you can also gather the rocks needed for the next activity!

- Complete the [What's Nature](#) activity.

Activity 2 (45 minutes – 1 hour)

Program Area: Into the Outdoors / Theme: Our Shared Planet

Paint some rocks to decorate the area around your meeting space with this fun activity!

- Complete the [Sharing Rocks!](#) activity.

Activity 3 (15 – 30 minutes)

Program Area: Guide Together / Theme: Our Story

In the Guide Program girls work in patrols therefore you can use this time to introduce patrols and what they are.

- Complete the [Patrol Possibilities](#) activity.

Closing (5 minutes)

Program Area: Guide Together / Theme: Our Story

- As decided by the unit (refer to Meeting One for link to Closing Song).

We hope you have enjoyed the Alberta Council Meeting in a Box. As always, remember these meetings are flexible and make sure you ask your girls what they want to do with their Guiding experience. Enjoy your year and have fun!

