

BRING A FRIEND NIGHT

AN INSTANT MEETING FOR BROWNIES FROM THE BC PROGRAM COMMITTEE

Refer to the Girl Guides of Canada national website for a “Bring a Friend Kit”:
<https://memberzone.girlguides.ca/> - select Resources-General > Bring a Friend.

Recruitment letters can be printed from the BC Girl Guides website <http://bc-girlguides.org> -
select Volunteers > Guider Resources > Membership Building.

You can have a “Bring a Friend” Night at Brownies any time of the year. Don't forget that girls
can join ANYTIME! The above link from National is a great tool kit with a planning guide.

**originally published in the Brownie Instant Meeting Booklet #1, August 2009.*

Meeting Plan

Before the meeting: the week prior to the “Bring a Friend” meeting, have the girls create
invitations for their friends, discuss plans for the evening and have the girls select a theme (this
could be fun, e.g., flower power; active, e.g., fitness fun; or educational, e.g., recycling badge or
science night.), have the girls create a wish list of activities, discuss refreshments (girls can
work on their Tasty Treats badge and bring in their baked goodies!)

- 5-10 min: Gathering: Welcome and Name Tags
- 5 min: Brownie Opening
- 10-15 min: Ice Breaker Games
- 45 min: Activity Stations
 - 15 min: Activity 1
 - 15 min: Activity 2
 - 15 min: Activity 3
- 10-15 min: Large Group Active Games
- 5 min: Brownie Closing & snack

Program Connections

Key to Brownie

2. Getting to Know You

Key to Me

5. Being a Friend

Key to I Can

7. Party Planner

Special Interest Badge

Key to Active Living

Go For It! interest badge

90 minute meeting. Approximate activity times shown.

Meeting Supplies

The supplies depend on the activities chosen for the meeting.

- | | | |
|---|---|---|
| <input type="checkbox"/> cardstock or fun foam | <input type="checkbox"/> knee-high stockings | <input type="checkbox"/> plain packing paper |
| <input type="checkbox"/> markers | <input type="checkbox"/> paper cups | <input type="checkbox"/> tape |
| <input type="checkbox"/> safety pins | <input type="checkbox"/> grass seed | <input type="checkbox"/> Lifesavers |
| <input type="checkbox"/> blanket | <input type="checkbox"/> potting soil | <input type="checkbox"/> straws |
| <input type="checkbox"/> stuffed animals or bean bags | <input type="checkbox"/> acrylic paint & paintbrushes | <input type="checkbox"/> paperclips |
| <input type="checkbox"/> Who Am I? Cards | <input type="checkbox"/> fun foam | <input type="checkbox"/> 8 ½ by 11 paper |
| <input type="checkbox"/> beads | <input type="checkbox"/> scissors | <input type="checkbox"/> masking tape |
| <input type="checkbox"/> embroidery floss | <input type="checkbox"/> glue | <input type="checkbox"/> scarf |
| <input type="checkbox"/> memory wire | <input type="checkbox"/> chairs to mark goals | <input type="checkbox"/> rubber chicken |
| <input type="checkbox"/> stretchy cording | <input type="checkbox"/> fly swatters | <input type="checkbox"/> balloons (be aware of latex allergies) |
| <input type="checkbox"/> friendship bracelet samples | <input type="checkbox"/> tight ball of paper | <input type="checkbox"/> yarn |
| | <input type="checkbox"/> cookie boxes | |

Gathering: Welcome and Name Tags

Greet guests and parents.

Sign in guests; gather emergency contact information and relevant health information (food allergies, asthma etc.).

Brownies and guests make name tags.

Supplies

- cardstock or fun foam
- markers
- safety pins

Brownie Opening

Do your usual Brownie opening. This is a good time to explain to girls about Guiding and what we do at a typical meeting.

Ice Breaker Games

Choose two or three of these activities. You can find more Ice Breaker games on the BC Girl Guides website <http://bc-girlguides.ca> - select Program > Program Resources > Games and Activities and look for “Getting to Know You” games.

(direct link: <http://bc-girlguides.org/Documents/BC/gtkygames.pdf>)

Name Game

Each girl introduces herself and states an item she would take camping (or to a picnic) which has the same first initial as her name. Irene might bring ice cream; Susie might bring her swimsuit.

Tiger

The girls walk with their eyes closed and a blanket is placed over one (or two) girls. Who has been caught by the Tiger? The girl who identifies the missing girl is the next tiger.

Supplies

- blanket

Beanie Toss

Have several stuffed animals (or bean bags). Each girl tosses in turn to a random girl and states her name as she throws. Add one or two more stuffies and the fun ensues! Try to keep the girls in the same order for an extra challenge.

Supplies

- stuffed animals or bean bags

Human Knots

Girls stand in a tight circle and grab hands randomly. Now try to undo the knot without letting go of hands.

Who am I?

Use the game cards in the Eco Pak (available on the BC Girl Guides website, under Program > Challenges & Activities > Provincial Challenges) for this game. Girls have an animal/thing from nature pinned on their backs. They need to wander about asking questions in “20 Questions” style. They must not ask the same girl twice in a row. As soon as they figure out who they are, they report to the leader and can mingle answering questions still.

Supplies

- Who Am I? Cards
- safety pins

Activity Stations

Create three (or more) activity stations. Several ideas are listed here, or use your own.

Friendship Bracelets

Girls create bracelets for their friends. Choose styles based on age, abilities and preferences.

<https://www.google.ca/search?q=friendship+bracelets+patterns+for+kids>

Supplies

- beads
- embroidery floss
- memory wire
- stretchy cording
- safety pins
- bracelet samples

“Grass Heads” or “Chia Pets”

Directions

1. Put a handful of seed into the toe of the stocking.
2. Add a cup of dirt into the stocking and shape into a ball or face.
3. Tie a tight knot in the stocking and place it into the cup.
4. Add fun foam feet and paint the face. Place the head in a sunny spot and water it.
5. Wait for the hair to start to grow!

Supplies

- knee-high stockings
- paper cups
- grass seed
- potting soil
- acrylic paint & paintbrushes
- fun foam
- scissors
- glue

Fly Swatter Hockey

Small numbers works best (two to four girls per team). Girls try to get goals by swatting the paper ball into either goal.

Supplies

- chairs to mark goals
- fly swatters
- tight ball of paper

Inukshuk Building

Cover cookie boxes with plain packing paper. You need eight to ten boxes. Have the girls build Inukshuks of various shapes.

Supplies

- cookie boxes
- plain packing paper
- scissors
- tape

Vehicle Rally

Girls design vehicles and race them. The catch is that the vehicles can only be moved by blowing on them. Which goes the furthest? Fastest?

Supplies (per girl)

- four Lifesavers
- three straws
- two paperclips
- a sheet of 8 1/2 by 11 paper
- a good length of masking tape

Large Group Active Games

These games take five to seven minutes each. Choose two or three.

Argentinian Scarf Game

Directions

1. A scarf is placed in the middle of the circle.
2. Girls are divided into three or four teams of four to six girls each.
3. Lines fall out from the circle (facing inwards).
4. At the start (whistle or on "GO") the first girl on each team runs to the back of her line and crawls through the tunnel of legs of her team, then runs to grab the scarf.
5. The first girl to grab the scarf wins a point for her team.
6. Repeat until all girls have had a chance to race for the scarf.

Supplies

- scarf

Rubber Chicken Games

Any game is more fun when played with a couple of rubber chickens (available at your pet store or dollar store). Try relays with the chickens between the knees, under the chin, between two girls' elbows...unlimited options. Find Rubber Chicken game ideas on the BC Girl Guides website in the Rainbow Revelry Yellow Appendix <http://bc-girlguides.ca> - select Program > Program Resources > Unit Guider Resources and look for the Rainbow Revelry Toolkit. (direct link: <http://www.bc-girlguides.org/Documents/BC/program/RainbowRevelry-Yellow.pdf>)

Supplies

- rubber chicken

Balloon Tag

Each girl blows up a balloon and ties it with long piece of yarn to her ankle. When the game starts, girls try to pop each other's balloon while protecting her own. Mayhem follows...leaders play too!

Supplies

- balloons (be aware of latex allergies)
- yarn

Balloon Volleyball

Directions

1. String the yarn across the room at about head height. You could also string it between two chairs.
2. Divide the girls into two teams.
3. One team serves the balloon by hitting it over the string and the other team must hit it back without letting it fall to the ground.
4. If one team allows the balloon to fall to the ground, the other team scores a point.
5. The first team to reach 10 points wins the game.

Supplies

- balloon
- yarn

Brownie Closing

Do your usual Brownie closing then serve refreshments.