

BRING A FRIEND NIGHT

AN INSTANT MEETING FOR GUIDES FROM THE BC PROGRAM COMMITTEE

You can have a “Bring a Friend” Night at Guides any time of the year. Do not forget that girls can join your unit at any time during the year. This will take one complete meeting.

Meeting Plan

At the meeting prior to “Bring a Friend” Night:

- Have the girls create invitations to give to their friends. You may want to allow girls to invite a second guest, if they have sisters or cousins of Guiding age. You might want to set guidelines for who the girls can invite, such as females of a similar age to your unit target.
- Discuss the plans for the evening and have the girls select a theme: fun (fashion, art production); active (eg. dancing, fitness fun, feeling good); educational (eg. recycling, engineering, science night).
- Ask the girls how they would like to decorate the meeting space for the evening to match the theme.
- Have the girls create a list of activities and games they would like to play.
- Ask the girls what they would like to bring in for refreshments. The girls can work on their Tasty Treats badge and bring in some of their baked goodies!

5 min:	Arrival
10 min:	Guide Opening
15-20 min:	Ice Breaker Games
20-25 min:	Activity Stations
20-25 min:	Active Games
15 min:	Sing-a-long
20 min:	Guide Closing followed by refreshments

120 minute meeting. Approximate activity times shown.

Program Connections

You and Others: Learn How to Plan 1. Plan and organize a party

Discovering You: Discover What's Important to You
5. Friends activity.

Related Interest Badge
Event Planning, Tasty Treats

Additional connections depend on the activities chosen.

Meeting Supplies

The supplies depend on the activities chosen for the meeting. See activity instructions.

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| <input type="checkbox"/> name tags (fun foam or cardstock) | <input type="checkbox"/> embroidery floss | <input type="checkbox"/> Lifesavers candies |
| <input type="checkbox"/> safety pins | <input type="checkbox"/> coloured yarn | <input type="checkbox"/> straws |
| <input type="checkbox"/> pencils/markers | <input type="checkbox"/> stretchy cording | <input type="checkbox"/> paper clips |
| <input type="checkbox"/> brown paper bags (for loot bags) | <input type="checkbox"/> pins | <input type="checkbox"/> paper |
| <input type="checkbox"/> stickers | <input type="checkbox"/> sample bracelets | <input type="checkbox"/> masking tape |
| <input type="checkbox"/> GGC registration forms | <input type="checkbox"/> knee high stockings | <input type="checkbox"/> scarf |
| <input type="checkbox"/> PR supplies (eg. GGC bookmarks, balloons, pencils, tattoos) | <input type="checkbox"/> grass seeds | <input type="checkbox"/> whistle |
| <input type="checkbox"/> letter to guests with Guiding information about your unit | <input type="checkbox"/> potting soil | <input type="checkbox"/> rubber chickens |
| <input type="checkbox"/> blanket | <input type="checkbox"/> paper cup | <input type="checkbox"/> balloons |
| <input type="checkbox"/> bean bags | <input type="checkbox"/> fun foam | <input type="checkbox"/> song books or printed lyrics |
| <input type="checkbox"/> pony Beads | <input type="checkbox"/> acrylic paint | <input type="checkbox"/> plates & cutlery |
| <input type="checkbox"/> memory wire | <input type="checkbox"/> two chairs or shoes (to mark goal posts) | <input type="checkbox"/> napkins |
| <input type="checkbox"/> elastic bands (if using Rainbow looms) | <input type="checkbox"/> fly swatters | <input type="checkbox"/> treats/refreshments |
| | <input type="checkbox"/> tight ball of paper | <input type="checkbox"/> cups |
| | <input type="checkbox"/> 8-10 cookie boxes | <input type="checkbox"/> tablecloths |
| | <input type="checkbox"/> packing paper | |
| | <input type="checkbox"/> tape | |

Arrival

1. Have Guiders greet Guides, guests and parents at the door as they arrive to the meeting.
2. Have the guests sign in.
3. Gather emergency contact information and relevant health information (food allergies, asthma etc).
4. Have the Guides and guests make name tags and decorating loot bags.

Supplies

- name tags (fun foam or cardstock)
- safety pins
- pencils/markers
- loot bags (brown paper bags)
- stickers

Guide Opening

Have the Guides demonstrate Horseshoe to their guests while singing the Guide Marching Song or the Guide Law Song. Introduce all the Guiders and parent helpers for the evening. This is a good time to explain to the guests about Guiding and what we do at a typical Guide 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>).

Time: 5-10 minutes per activity

Name Game

Each girl introduces herself and states an item that she would like to take to camp. The item must start with the same initial as her first name. For example, Irene will bring ice cream and Madison will bring marshmallows.

Human Knot

Participants stand in a circle, putting both hands in towards the middle of the circle. On the word “Go” the participants hold hands with someone else making sure that they aren’t holding hands with the person next to them and that both hands are different people.

Once everyone is connected, they need to try and untangle the knot they’ve made without releasing their grip on the hands they’re holding.

If they encounter a snag where one person needs to pivot, they will be permitted to loosen hands and pivot as long as the hands remain touching.

Tiger

The girls walk with 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

1. Give each girl several bean bags to toss.
2. Each girl tosses the bean bag to a random girl and states her name as she throws the bean bag to that girl.
3. Add one or two more bean bags into the mix and see the fun begin.
4. Try to keep the girls in the same order for an extra challenge.

Supplies

- bean bags

Activity Stations

Do two or three activities. Remember to take into account the time each activity will take.

Friendship Bracelets

1. Have girls create bracelets for their friends.
2. Choose styles based on age, abilities and preferences.
3. For example, girls could make Rainbow Loom bracelets using the fish tail technique or create a colourful pattern using threads and yarns.

Useful website: <http://friendship-bracelets.net>

Supplies

- pony Beads
- memory wire
- elastic bands (if using Rainbow looms)
- embroidery floss
- coloured yarn
- stretchy cording
- pins
- sample bracelets

Grass Heads or Chia Pets

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

Supplies

- knee high stockings
- grass seeds
- potting soil
- paper cup
- fun foam
- acrylic paint

Fly Swatter Hockey

1. Divide the girls into small groups of 2 to 4 girls.
2. The object of the game is to try to get goals by swatting the ball into either goal.

Supplies

- two chairs or shoes (to mark goal posts)
- fly swatters
- tight ball of paper

Inukshuk Building

1. Cover 8 to 10 cookie boxes with plain packing paper.
2. Have the girls build Inukshuks of various shapes. You can have the girls write out the Guide Laws or phrases from the Guide Promise.
3. Build the inukshuk with the phrases in order.

Supplies

- 8-10 cookie boxes
- packing paper
- tape
- markers

Sail Car 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?

Instructions for sail cars can be found in the BC Girl Guides STEM Engineering challenge at:

http://bc-girlguides.org/Documents/BC/STEM/engineering_book.pdf on page 33.

Supplies

- four Lifesavers candies
- four straws
- two paper clips
- 3 sheets of paper
- masking tape

Active Games

These games take about 10 minutes each, including explanation. Choose one or two.

Argentinean Scarf Game

1. Place a scarf in the middle of the circle.
2. Divide the girls into three or four teams with four to six girls in each team.
3. Lines fall out from the circle.
4. When the whistle is blown, the first girl on each team runs to the back and crawls through the legs of her team to grab the scarf.
5. The team gets a point or a letter of a word, such as "Guides". The first team to spell the word wins.

Supplies

- scarf
- whistle

Rubber Chicken Relay

1. Divide the girls into groups of 4 or 5.
2. Try relays with the chickens between the knees, under the chin, between two girls' elbows. The options are unlimited.

Find more rubber chicken games on the BC Girl Guides website:

<http://bc-girlguides.org/Documents/BC/program/RubberChickenGames.pdf>

Supplies

- rubber chickens

Balloon Tag

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

Supplies

- balloons
- yarn

Balloon Volleyball

Girls can play sitting down and scootch on their bottoms if the unit space is small, or girls can sit foot to foot and score points by making the balloon land behind the line.

Supplies

- balloons

Lap Sit Game

(from the Eco Pak Challenge)

1. Have the girls stand in a circle with their shoulders touching. Everyone should be facing the center of the circle.
2. Go around the circle and number the girls off 1 to 4. Ones represent “food”, twos represent “water”, threes represent “shelter” and fours represent “space”. The entire circle represents a good habitat.
3. Ask everyone to turn to their right so that each girl is now facing the back of the girl standing in front of her.
4. Have everyone place their hands on the shoulders of the girl standing in front of them.
5. On the count of three, have everyone put their legs together and then sit down slowly until they are sitting on the lap of the girl behind them. The girl behind them acts as a chair for the girl in front. It is important that everyone does this at the same time! If this works, then you will have a good habitat and it will not collapse.
6. Next, make up a scenario where one of the components of the habitat is removed. For example, remove all the girls who are the “shelter” from the circle to represent deforestation, or the cutting down of all the trees in the forest. Have the girls remaining attempt to sit down in their circle, without moving, to fill in the spaces left by the girls who were removed. You will see that the habitat has fallen apart.
7. Reinforce the concept that without shelter, organisms have no place to keep warm and stay safe.

Sing-a-long

Distribute the song books or printed lyrics to the girls. Teach the guests some classic Girl Guide songs. Some ideas are:

- Auntie Monica
- Chinese Fan
- Tall Trees
- My Paddle
- Barges
- Bubble Gum Song
- Boom Chicka Boom
- Thunderation
- My Aunt Came Back
- Tarzan

Supplies

- song books or printed lyrics

Refreshments and Treats

Allow the guests to mingle and ask questions about the Guide program while they enjoy some refreshments and treats.

Closing

Close the meeting with Taps.