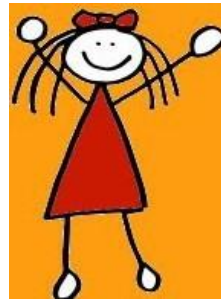


Rally 'round



Brownies



*NB
Council*



Rally 'round Brownies

“Rally ‘round and scatter about” is a fun filled day for Brownies to be played outside. All activities are included plus several extra ideas. Feel free to change the activities to fit your space and the number of girls attending.

Be sure to do your Safe Guide papers. SG 1 & SG 2. The first aider should have a list of all girls and leaders attending along with their imis number which could be written on their health form ,permission form or registration form..

Everyone should bring a healthy lunch and a drink plus an extra bottle of water to drink. Wear a hat, proper shoes and be aware of the sun and heat of the day. Check out the Sun Sense Challenge on the provincial website.

The day is designed for a unit, a couple of units, a district or even area to do. One suggestion would be to have Pathfinders and Rangers do the activities with help from some Guiders while Brownie Guiders have some training close by.

Have Fun, because Guiding is meant to be a “jolly game played in the out of doors”

Take lots of pictures and share them with our Communications Adviser.

HIKE **HUG A TREE**GAMES**COMPASS **CRAFT**CAMPFIRE all together

Optional fun things to do outside

Blow bubbles

Ribbon dance

Parachute games

Make and fly a simple kite

Make and fly paper airplanes

Time Schedule

9:30 registration and opening

1. 10:00-10:45

2. 10:55-11:40

3. 11:50-12:35

4. 12:35-1:30 lunch and swapping

5. 1:30-2:15

6. 2:25-3:30 (includes campfire and closing)

Games

Brownies like to have fun and run about. Something can always be learned playing games. Skills, team playing, following rules or just for the healthy fun aspect.

Several games have been included. Play any or all. Explain the rules and expectations clearly to the Brownies so that they know what is expected of them. Sometimes girls know the game but with different rules.

Check pulse before and after playing. Give each Brownie a mini marshmallow on a toothpick. Moisten the marshmallow and stick to inside of the wrist, watch it move to your pulse. Check after playing to see if it moves more. It should. Explain why.

--Go for it! badge

Take cover—a camouflage, hiding game.

Brownies follow the Guider along a trail or around a playing area where there are places to hide; when she calls out **Take Cover** they hide while the Guider counts to ten. Remind them not to go too far and to look before they leap into bushes to make sure it is safe. The Guider then turns around and tries to spot each Brownie. When they are called by name they come out of hiding after a bit call out all that are still hiding. Then start again.

Poker Chip Game—running

Each Brownie is given one or two poker chips. Have them draw them from a bag or randomly pass them out. The object of the game is to chase after other Brownies to collect a chip of each color. (3) When they are tagged by another Brownie they must give up their chip; if they run out of chips they return to the Guider to get a new one. The first Brownie to get all three colors runs to the Guider to show her. The game then starts over.

Sharks and Minnows

The **minnows** line upon one side of the playing area. One or more (depending on the number of girls playing) girls become it or **sharks**. On the “GO” signal the minnows try to make it safely to the other side of the area without being tagged by a shark. If tagged they become **seaweed**. She is frozen to the spot but can wave her arms and help the sharks to tag minnows. When the Guider calls “tidal wave” the seaweed is free.

ATOMIC BALL— a large ball (beach ball) and a beanbag or small ball for each Brownie.

Girls are arranged in a large circle. The large ball is place in center. Brownies try to knock the ball out of the circle by throwing the beanbags at it.

OR--Divide the circle in half or make two teams and each side works at knocking the ball out the other side.

Compass/Trails teaching compass with a game.

Brownies first need to know how to find N,S,E,W. on the compass. Keep it simple if this is the first time with a compass.

“North on North and Follow your Nose”

Parts of a compass—The **compass NOSE**. Always hold the compass so the nose points in the same direction as your nose. Hold the compass in the palm of your hand and up against your belly.

The Red end of the Needle—(north magnetic arrow) The red end of the needle always points North. You don't always want to go north so turn the housing until the direction you want to travel say “W” is on the compass nose. Turn your whole body slowly while holding the compass properly until the red end of the needle is on “N”. The compass now points in West. Just remember North on North and follow your Nose.

Follow The Ball

Equipment: Compass and Beanbag or ball for each team of two or three Brownies.

Each girl is given a direction (North, South, East, West) on a slip of paper. Each team has a beanbag and a compass. One girl from each team sets the compass and stands to face her given direction. She then throws the beanbag as far as she can in that direction. The rest of the team runs to find the beanbag. The second girl then sets the compass in the spot where the beanbag landed, stands to face her given direction and throws the beanbag. The game continues in this way.

Compass Bingo

Collect 9 pictures of animals, toys, fun pictures etc. If playing in relay a set for each team. Designate North on the ground or on a bingo grid. Give each Brownie a picture. Call out where you want the Brownies to stand, or place her picture; a dog in the top corner, or in the free spot in the center; a ball two South of the dog; a popsicle west of the dog etc. OR put pictures on ground by Guider and have the Brownies run up to get the right picture and take it back to her team and lay it on the ground then go for the next one taking turns.

Find-A-Flower

You will need to play this in a large outdoor area. Ahead of time, cut out construction paper in flower shapes. Attach them to trees or bushes in the area with a pushpin. Each team needs a compass, and written directions to follow.

The girls go to a designated starting point and follow their written directions, e.g., 12 paces E, 4 paces W, etc. At the end of their directions, it should lead them to the tree or bush where the cut-out is. Each group of girls would have a different tree or bush (and therefore a different picture) to end up at. It might be helpful to send a leader with each group to help out. You can also have each group swap their set of directions once they've conquered the first set and try all the trails.

Trails—compass and objects

Before hand design a trail using trail signs and simple compass directions. Have the Brownies work in small groups and follow their trail. Have a treat at the end or message to tell the Guider.

Have some Brownies lay trails with signs while the others are following a trail; then change places

Make available to the Brownies pictures of the trails signs they might use.

--This is a good hat craft also. Print the trail signs on small cards and laminate attach a ring and pin to the hat.

TRAIL SIGNS



fivelittlechefs.com

I have gone home



Straight Ahead



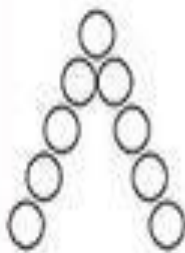
Turn Right



Turn Left



Don't go this way



Straight Ahead



Turn Right



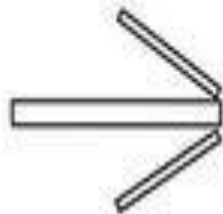
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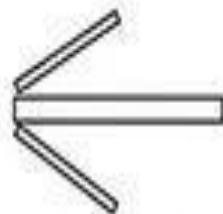
Don't go this way



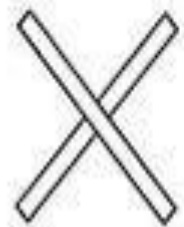
Straight Ahead



Turn Right



Turn Left



Don't go this way

HUG A TREE

You can have someone come in and do the “Hug a Tree” program or do a simple version yourself.

--Explain how not to get lost----let someone know where you are going--- go with a friend—stay on designated paths—do not wander off.

If you do get lost, STAY in one place. **Do not hide** but stay visible so searchers can find you. **Keep your jacket and hat on.** Put on the orange plastic bag or make an X on the ground with the orange strips if you have them. If your jacket is a light color on the inside turn it inside out and put it back on. **Be visible. Blow your whistle;** it can be heard farther away than your voice and will last longer. **HUG A TREE** and lean on her; talk to her and sing her a song. She is your friend.

Answer a noise with a noise.

**“Be Prepared kit” make it from a film container to hang on hat or a small container to be put in pocket. Decorate it with stickers and happy messages. Include a bandaid and small pencil and note pad, piece of hard candy and if possible an orange garbage bag folded up small or a couple of strips of orange plastic. Attach a whistle.

**Have girls pick a tree and get to know it. Feel the bark, maybe do a bark rubbing. Describe their tree to another Brownie and see if she can locate the tree.

If You're Lost And You Know It

(to the tune of "If You're Happy And You Know It")

If you're lost and you know it hug a tree

If you're lost and you know it hug a tree

If you're lost and you know it, and you have a whistle blow it

If you're lost and you know it hug a tree

If you're lost and your cold put on a bag

If you're lost and your cold put on a bag

If you're lost and you know it and you have a whistle blow it

If you're lost and your cold put on a bag

If you're lost and your scared tell a tree (whisper: I'M SCARED)

If you're lost and your scared tell a tree (whisper: I'M SCARED)

If you're lost and know it and you have a whistle blow it

If you're lost and your scared tell a tree (whisper: I'M SCARED)

If you're lost in the forest do all three

If you're lost in the forest do all three

If you're lost in the forest hug a tree, put on a bag, tell a tree (whisper: I'M SCARED)

If you're lost and you know and you have a whistle blow it

If you're lost in the forest do all three

Hug a Tree activity

Teach the girls that the surest way to be found in the woods when they are lost is to find a nearby tree; hug it until they hear their name called by the people searching for them; and immediately answer as loudly as possible (or blow your whistle), while still hugging your tree. For this survival game find a small wood or clearing and tell each girl to find and hug her tree, every time she hears her name in the following story.

The Brownies were taking a walk in the enchanted forest when **(a girl's name)** became separated from the group. No one noticed. The Brownies walked on and **(a girl's name)** tripped and fell. No one noticed that she was left behind. **(a girl's name)** wandered off to chase a butterfly and **(a girl's name)** thought she heard someone calling her from the other direction. **(two girl's names)** were so busy talking, they fell behind and couldn't catch up. When a mosquito bit **(a girl's name)** she went back alone to get insect repellent and lost her way. **(a girl's name)** turned back alone to look for her. **(a girl's name)** was so busy smelling the flowers that she was left behind. Finally there was no one left except the leaders and they were very worried about all the lost Brownies. They went back through the enchanted forest calling names. **(and the guiders calls each girl's name she stays at her tree yelling loudly until a guider comes for her)** They found every girl because the Brownies knew to hug a tree and wait for help.

HIKES

There are lots of kinds of hikes. Set everyone up with a Buddy before starting out. Set the rules of staying together and knowing where your buddy is at all times. A Guider should be at the beginning of the group and at the end.

COLOUR HIKE

Give each set of Brownies a colour. Use a paint chip. Get large ones and cut out a circle from the center so the Brownie can hold it against an object and see if it is the same colour.

SENSES HIKE

Walk along making as little noise as possible. Stop every so often and listen, smell the air, look around to see what they can see and identify. Touch the trees, feel the differences, touch the mosses; are they all the same. At the end of the hike talk about what they heard, saw, smelt, felt. Remind them not to taste anything unless they are absolutely sure what it is or an adult says it's okay to eat.

Identify it all

Bring along some books and have the Brownies identify the flowers, trees, mushrooms, bugs, birds, everything they see. Remind them not to pick the flowers or damage the trees.

SIGNS OR ANIMALS AND MAN

Look for signs of animals, houses, trails, droppings, tracks. A great time to make moulds of tracks. Bring along in a large zip lock bag a sandwich size baggie with some plaster of paris in it; a popsicle stick with her name on it and if you want tight fitting rubber gloves. Each girl should have some water with her. Mix some water with the plaster of paris until it is like thick cream. Scrap it into the track and smooth it with the stick. Put the stick in the ground beside it for identification later. Doesn't take long to dry so continue on and get it on the way back or look about them till it is dry take it up clean off some of the dirt and transport it in the large bag.

PICTURE TAKING

Take pictures along the hike and have a look at them at the next Brownie meeting or if you have the technology when you get back from the hike. Most Brownies have cameras or maybe get a few disposable ones and have them share.

Craft--kites

This is a simple kite. Have the Brownies decorate their papers first before following these instructions to “assemble” their kites:



Step 1: Gather materials (one piece of paper, a ruler, a pencil, some yarn or string, a stapler, and a hole punch)

Step 2: Fold paper in half

Step 3: Along the folded side of your paper, measure and mark off at 2 1/2 inches (point A) and at 3 1/2 inches (point B)



Step 4: Take two corners of your paper and staple them together at point A. **Do not crease.**

Step 5: Punch a hole at point B

Step 6: Tie a long piece of yarn through the hole you’ve just punched.

Step 7: Fly your kite on a windy day.

Another simple kite—

All you need is a paper plate that you cut the center out of. Decorate. Tape long streamers of tissue paper to one side/edge of the kite. On the other side/edge attach a string/twine/yarn. The Brownies run and their kite should take a merry flight behind them.

There are many simple kites to make. It is up to you about how much involved your Brownies can be or you want . The simple ones above provide lots of running fun.

Campfire—planning & building

This would be a good station to do with everyone together if the group is not too big. As the Brownies come into the station give each a baggie with the ingredients for an edible campfire. Instruct them not to open until its time. There are many different recipes for the edible campfire. Provide everyone with a surface to build the fire, can be a small napkin or plate. The bulk barn has come candy rocks that are fun. Then potato sticks or coconut, pretzels or cheese sticks then maybe pretzels and some red fruit roll up for fire. Also a small, tiny cup with juice for the water. Explain the making of the campfire as you make the real one and they make the edible one. Tell why you use small wood (tinder) then gradually add bigger.

Once the fire is built enforce the need for safety around a campfire. Who puts on the wood, who stands up and walks around and why there is no poking the fire. The need for a bucket of water nearby.

There is etiquette for a campfire also. No talking while someone is instructing how to sing a song. Tradition tells us not to clap approval but to use a campfire yell. (check out Becky's resources) Everyone sings together. No arguing about the words of the song.

Have the girls choose the songs as the day goes along. A guider could be wandering around during the stations and asking for favorites.

Or a campfire program can be arranged before hand.

Tips for the Campfire Leader

- Help set the mood by leading a parade silently to the campfire circle.
- Speak to be heard, but avoid making "newsy" announcements during the formal campfire program.
- If you have asked others not to use flashlights, use yours sparingly, if at all.
- If you base your campfire on a theme, ensure the flow by using introductory comments to link songs and stories.
- Match your campfire program to the growth of a fire to its highest point and then its gradual fading away. Build from an opening, through quiet well-known songs, to rousing songs, to skits at the high point of the fire. Then, start to settle the mood with quieter songs, folk songs, a story, spirituals, vespers, closing and Taps. Sing well-known songs; save teaching new songs for more informal singsongs, when people are free to use their songbooks.
- Be flexible; have a couple of songs in your "back pocket" to use if the program appears short. Similarly, identify some songs as optional, so you can easily omit them from the program without disrupting its overall flow and design.
- Accept requests during an informal singsong, but not during a more formal campfire.
- When announcing a series of skits, save time by introducing the current group and telling the next group that they are "on deck." Have a series of cheers, chants and yells ready to give the performing groups recognition for their contribution.
- If at all possible, screen the skits prior to the campfire. Don't be afraid to shut down a skit if the content is inappropriate. Later, take those people aside and explain your reasons. Don't lecture them at the campfire.
- There should be a keeper of the flame (a person designated to watch the fire) taking care of logs that may roll, and so on. Be sure to have water buckets on hand. There should be as little "stoking" as possible; build a fire that will last the length of your campfire program. The keeper of the flame should stay behind after everyone has left to thoroughly extinguish the fire. Don't put out the fire when participants are still in attendance; let them leave with the image of warm embers and the glow of friendship fresh in their minds.

Campfire Etiquette

- Give your total attention to the campfire leader. Pockets of conversation spoil the mood.
- Don't use your flashlight. There should be no flashlights (except perhaps for surreptitious use by the campfire leader). Lights flashing across the campfire become distracting and destroy the mood. Let the campfire light the way.
- Do not clap or boo, but do use appropriate cheers to give recognition for those who have performed during the program.
- Show respect to those leading a song or performing a skit by paying attention and participating.
- Don't cook anything during the campfire program. The time to start making those s'mores is after the campfire has officially ended.
- Enjoy the magic and have fun!

Compass Basics

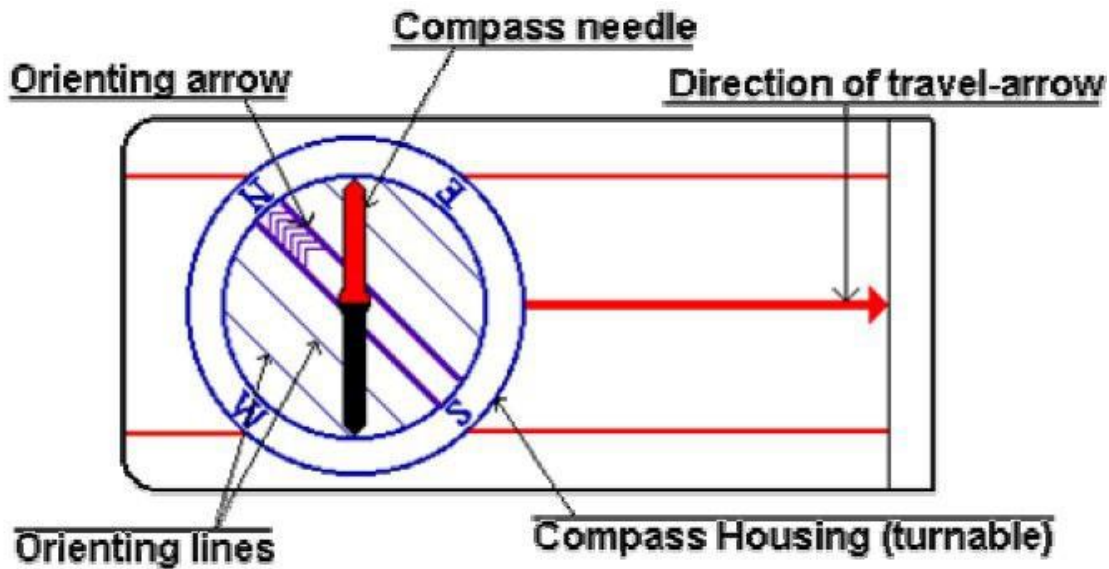


Figure 1: A basic Orienteering Compass

Finding North

1. The RED end of the compass needle always points north.
2. Turn the compass housing until the "N" lines up with the direction of travel arrow.
3. Hold the compass FLAT in front of you (parallel to the ground) at about waist level. The direction of travel arrow should be pointing in the direction you are facing.
4. Slowly rotate your entire body until the RED end of the compass needle lines up with the "N" on the compass housing and the direction of travel arrow.
5. You are now facing north! The direction of travel arrow is pointing at an object directly north of your current position. Fix this object in your sight, then put your compass away, and walk to the object you "sighted" on.

Following a Given Bearing

1. The general procedure is the same as described above for "Finding North".
2. Turn the compass housing until the bearing you are following is lined up with the direction of travel arrow. (e.g. 220°)
3. Follow steps 3-5 above.

Finding a Bearing (for setting a trail)

1. Stand at your starting point, with the compass FLAT in front of you at about waist height.
2. Slowly rotate your entire body until the direction of travel arrow is pointing at the next point on your trail.
3. Hold the compass steady, and turn the compass housing until the RED end of the compass needle lines up with the "N" on the compass housing.
4. The bearing (angle) to your next point will be the number that is lined up with the direction of travel arrow.

For More Information

Books (from the Guide Store!):

- Improve Your Survival Skills by Lucy Smith
- Maps and Mapping by Barbara Taylor
- A Birds Eye View First Book of Maps by Harriet Wittels and Joan Greisman

Websites:

- Orienteering for Kids – <http://www.us.orienteering.org/OYoung/>
- Great Outdoor Recreation pages – <http://www.gorp.com>
- Scout Orienteering - <http://www.talon.net/scottdvoa>
- Mountain Equipment Co-Op – <http://www.mec.ca>
- How to Use a Compass – <http://www.learn-orienteering.org/old>
- Links to Camping & Outdoor Resources – <http://www.camping.about.com>