

Brownie Instant Meeting Booklet

#1



BC Program Committee

August 2009

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BRING A FRIEND NIGHT

Refer to the Girl Guides of Canada website for great resources:

https://memberzone.girlguides.ca/C5/Marketing-and-PR/Bring_A_Friend/bring_a_friend.aspx

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.

PROGRAM CONNECTIONS: Key to I Can: Party Planner, Special Interest badge.

LENGTH OF ACTIVITY: Two hours.

MATERIALS REQUIRED:

- brown paper bags for loot bags
- PR material: balloons, book marks, tattoos (temporary and guiding themed!), registration forms
- letter to guests' parents with information regarding your unit
- name tags: fun foam, card stock, pins, coloured pens
- items for activities (depends on choices selected below)
- table covers, napkins, plates, glasses and refreshments (if required)

AT THE MEETING PRIOR TO BRING A FRIEND NIGHT:

- Have the girls create invitations to give to their friends.
- Discuss the 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. The more the better!
- Discuss refreshments. Girls can work on their tasty treats badge and bring in some of their baked goodies!

AT THE BRING A FRIEND NIGHT:

ARRIVAL: Greet guests and parents. Sign in guests; gather emergency contact information and relevant health information (food allergies, asthma etc.). Guides and guests make name tags, write name on loot bags and decorate for the early birds!

OPENING: Patrol corners with guest, horseshoe and introductions. 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.

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 bathing suit.

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.

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

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 (one in each District) 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.

ACTIVITY STATIONS: Create three stations (15-20 minutes each). Several ideas are listed here.

Friendship Bracelets: Girls create bracelets for their friends. Choose styles based on age, abilities and preferences. Materials required:

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

“Grass Heads” or “Chia Pets”: Materials required:

- knee high stockings
- grass seed
- potting soil
- paper cup
- acrylic paints and fun foam to decorate

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

Fly Swatter Hockey: Materials required:

- two chairs or shoes (or tape) to mark goals
- fly swatters
- tight ball of paper

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

Inukshuk building: Cover cookie boxes with plain packing paper. You need eight to 10. Have the girls build Inukshuks of various shapes. You can also write out the Guide Laws or phrases from the Guide Promise and build the Inukshuk with the Promise or phrases in order. As an extra activity, give an example of each law used in the Inukshuk.

Who am I? As described in Ice Breakers, if not played at the opening.

Vehicle Rally: Materials required for each girl:

- four Lifesavers
- three straws
- two paperclips
- a sheet of 8½ by 11 paper
- a good length of masking tape

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?

LARGE GROUP ACTIVE GAMES: These games take five to seven minutes each. Choose two or three.

Argentinean Scarf Game: A scarf is placed in the middle of the circle. Girls are divided into three or four teams of four to six girls each. Lines fall out from the circle. At the start (whistle) the first girl on each team runs to the back and crawls through the legs of her team to grab the scarf. They get a point or a letter of a word such as “Guides”, “Brownies” or “Thinking Day”. The first team to spell the word wins.

Food Chain: Rock Paper Scissors (Mosquitoes to Mushrooms). This game is taken from Eco Pak CD. Write out a food chain and have actions to go with each organism. Organisms bob around and play rock paper scissors to move along the food chain. The loser moves down a food chain step and the winner moves up. Play for five to 10 minutes and see who can make it to the top. Girls ideally only play with those at their same level.

Rubber Chicken Relays: 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.

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!

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

SNACKS AND CLOSING: Use your usual meeting closing.



KEYS TO BROWNIES ENROLMENT CEREMONY

MATERIALS REQUIRED:

- keys (large cardboard cut outs) with Law, Promise, Motto, Sign & Handshake, Toadstool and Magic Pool written on them
- padlocks: Law, Promise, Motto, Sign & Handshake, Toadstool and Magic Pool
- small gold key on a ribbon for each girl (see notes below)

PREPARATION: Before the ceremony, decorate the meeting room with balloons and streamers and set up snack tables and any chairs you need for parents.

THE CEREMONY

Brownies being enrolled have the keys, one each. If you have more than six being enrolled you might have extra keys for each item that would have to be double unlocked, e.g., you'd need two keys to open the lock.

Second-year Brownies who are already enrolled are the holders of the locks. As each lock is unlocked, an action or reading is done, as appropriate.

Leader: Welcome to our Brownie enrolment. The new Brownies all have keys that will open the locks to show the magical things that Brownies must know.

KEY TO THE BROWNIE PROMISE

Leader: Brownies all make a special Promise when they are enrolled. (Brownie puts her key in the Promise Lock. All the Brownies make a Promise circle and say the Brownie Promise: "I promise to do my best, to be true to myself, my God/Faith and Canada, I will help other people, and keep the Brownie Law.")

KEY TO THE BROWNIE LAW

Leader: Our Brownie Law is to be kept at all times, not only when we are at Brownies. (Brownie puts her key in the Brownie Law Lock.)

Keeper of the Lock: As a Brownie, I am honest and kind; I help take care of the world around me.

KEY TO THE BROWNIE MOTTO

Leader: Our Motto is like a secret code that only Brownies know. (Brownie puts her key in the Brownie Motto lock.)

Keeper of the Lock: Lend a Hand means helping others when we can.

KEY TO BROWNIE SIGN AND HANDSHAKE

Leader: Brownies have a special Sign and Handshake that they must learn. (Brownie puts her key in the Brownie Sign and Handshake lock.)

Keeper of the Lock: Hold your right hand as high as your shoulder, then hold your first two fingers upright like this. Don't let your fingers flop, hold them up straight. Now using your left hand, shake my hand.

KEY TO THE TOADSTOOL

Leader: Now come to the Toadstool and we will tell you a story. Unlock the lock and we will have a little skit! (Brownie puts her key in the Toadstool lock.)

Read the Brownie Toadstool on page 22 of the Brownie Program Book only to the first sentence of the last paragraph, "Lend a Hand", to the group. Have the Brownies place the different items around the Toadstool as the story is being read.

KEY TO THE MAGIC POOL

Leader: We now come to our enrolment. All new Brownies, please come and line up near the Toadstool. (Brownie puts her key in the Magic Pool lock.) All the other Brownies form a ring around the Toadstool, singing: "We're the Brownies, here's our aim, Lend a hand and play the game!"

Brown Owl then does the "Twist me, turn me..." for each Brownie, saying: "There is magic in the pool; when a Brownie lends a hand and helps others, she can look in the magic pool and see herself and say: (Brownies say their names)."

Once all the Brownies are enrolled, give each girl a little gold key on a ribbon and tell her that the key is the key to the Grand Howl.

KEY TO THE GRAND HOWL

Leader: The Grand Howl is a special way to welcome a guest or show appreciation to a new Brownie or to a special helper. All the new Brownies have a key to the Grand Howl. Let's unlock the Grand Howl together! (See page 26 in the Brownie Program book for how to do this if you don't already know.)

NOTES: You can give each girl a real key (just collect those old keys that you have and don't know what they are for) spray-painted gold and with a ribbon tied to the top. Write the name of your Brownie unit on the key. Girls can put it on their hat as a trader.

Another idea is to have a little pot for each girl that is painted and has her name stamped on it. Put a bamboo kabob stick in the pot and place an Area crest on it as a flower. In the centre of the crest, put their new membership star and any badges they earned that month.



BROWNIE BONE BUILDING CHALLENGE FUN DAY

PROGRAM CONNECTION: Key To Active Living #3: Fabulous Food.

MATERIALS REQUIRED:

- food for snack
- fun foam cut out in skeleton shape for name tags (each circle will have a different colour)
- paper for body part shapes in different colours to create circles
- Q-Tips
- glue
- large elastic bands
- safety pins
- hula hoops
- ingredients for smoothies
- blender to make smoothies
- cans of food for game
- Canada Food Guide posters
- coloured strips of poster board paper for Food Group rainbow
- pictures of food items from each food group (can be clip art printed off or cut out from grocery flyers)
- items for obstacle course

PREPARATION: Book a guest speaker from the Osteoporosis Society or Dairy Foundation, or a nutritionist. Book a church hall or building at a local camp. Make sure all Safe Guide paperwork is completed. Order Bone Building Challenge Crests.

ARRIVAL: 9 a.m. Brownies should have breakfast at home. Upon arrival, hand each Brownie a “body part” with her name on the back and ask her to find the other body parts to make a complete body in the same colour (i.e., head, neck, arm, leg, etc.). Each body will be a different colour and these will determine her circle for the day. Once the body is complete have the Brownies return to get their name tags.

OPENING: Welcome Brownies to Fun Day and begin with Brownie Opening. Introduce Guiders and parent helpers. Follow Safe Guide criteria. Explain to the Brownies the activities and that they will be earning the Bone Building Challenge.

GUEST SPEAKER: Introduce the guest speaker who will explain to the Brownies the importance of looking after your body so you have healthy bones, etc. At the end of the presentation sing “Dem Bones”.

ACTIVITIES FOR FUN DAY: There are five stations and each station should take approximately 15 minutes, with five minutes in between to change stations. Explain to the Brownies how the stations will work and assign each Circle to their first station. Indicate which direction they will rotate at the signal to change stations.

Station #1—Smoothies: This station will be the snack station. Discuss the ingredients that go into a smoothies, especially the value of the calcium in smoothies. Have the Brownies help make the smoothies. Include two or three flavours for the girls to taste and share and evaluate. Include a granola bar as part of the snack.

Station #2—Food Groups: Place a large poster of Canada's Food Guide on the wall for reference. Assign each food group a colour; pass out poster board strips and have the Brownies create a rainbow on the floor. Each colour represents a different food group. Discuss the various food groups and what foods are in each group. The Brownies will then be handed pictures of different foods and will be asked to put them on the rainbow in the correct food group.

If you have additional time have each Brownie create a picture showing food from each of the food groups. While doing this discuss a meal plan which involves a healthy meal with food from all the food groups.

Station #3—Craft: Create a skeleton from Q-Tips. Brownies will be able to take this home with them.

Station #4—Obstacle Course: Have the Brownies participate in an obstacle course to show how eating properly and looking after your bones allow you to be physically active. This activity will have to fit into your environment.

Station #5—Learn About Calcium: Learn about calcium by discussing how much calcium you need showing a serving of milk and a serving of cheese, figuring out your height in servings of milk and identifying foods that contain calcium. Play some resistance games and activities such as weightlifting, passing weights (cans of food) around using different methods (elastic bands, hands, feet) and standing with a partner inside a hula hoop, facing each other palm to palm; see who can push their partner out first. You may want to ask each Brownie to bring a can of food such as soup and then donate these items to your local Food Bank.

CAMPFIRE: Sing songs such as "I Am A Pizza", "Fruit Salad" round, "Breakfast" round, "Down By The Bay" and "Quartermaster's Store"

CLOSING: Brownie Closing



CSI CHALLENGE

PROGRAM CONNECTION: Key to STEM: Special Interest Badge.

MATERIALS REQUIRED:

- spot the difference puzzles (one copy per person)
- activity supplies as noted below

ARRIVAL: “Spot the Difference” puzzle appropriate to your age and interests. There are some Guiding-related ones with the CSI Challenge on the BC Girl Guides website .

OPENING: Use your usual opening, then explain that in this meeting you will be learning how police, detectives and scientists use scientific knowledge to solve crimes.

GAME: How Good a Witness Are You? Version 1. Find a partner. While your partner turns her back, make three changes in your appearance. For example, you might tuck in your shirt, put your hair behind your ear and remove your belt. When you have finished, tell your partner to turn around and try to identify the changes. Then switch roles.

FORENSIC SCIENCE ACTIVITY: Looking at Your Own Fingerprints. Materials required:

- white paper
- graphite pencil
- transparent tape—not the “magic” invisible kind
- magnifying glass

Heavily shade an area of the paper with the pencil and rub your finger onto the shaded area. Press a piece of transparent tape onto your dirty finger, then stick it to a clean part of the paper. Be careful not to smudge it! Use the magnifying glass to examine your fingerprint. What features (loops, whorls or arches) do you see? Refer to the CSI Challenge Booklet on the BC Girl Guides website for basic information on fingerprint features.

CRAFT: Fingerprint Art. Materials required:

- non-toxic ink pad (washable ink makes for easier clean up, but permanent ink is better if you are planning to colour over the fingerprints with marker)
- paper, card stock, envelopes and/or craft foam, depending on what you are making
- markers, crayons or pencil crayons

Press your thumb or finger onto an ink pad then onto your card stock. Use a fine marker, crayons or pencil crayons to add details.

CLOSING: Read a short story in which science is used to solve a mystery or crime. End with your usual meeting closing. Don't forget to order your CSI Challenge crests!

TEDDY BEAR PICNIC

PROGRAM CONNECTIONS:

- Key To Me #3 My Favourite Things
- Key To STEM #3 Caboosh and #4 Power of Power
- Key To Camping Cookout Interest Badge
- Key To Active Living #2 Outdoor Action Parts C and D, Food Power Interest Badge, Go For It Interest Badge and #3 Fabulous Foods.

LOCATION: The ice cream making portion of this meeting is best done outside once the weather is nice. However you may need to go back inside to make ice cream with the ice cream maker depending on the power requirements for ice cream maker.

MATERIALS REQUIRED:

- brown fun foam
- pompoms
- safety pins
- glue
- scissors
- empty coffee cans with lids
- ingredients for ice cream from Science In A Box (page 11)
- heavy freezer zipper-style plastic bags
- masking tape to seal coffee can lid
- ingredients to make ice cream in ice cream maker
- blankets to sit on outside while enjoying their ice cream
- spoons
- napkins
- store-bought ice cream.

PREPARATION: Prior to the meeting make sure all the Brownies know to bring their teddy bear to the picnic. You will need the Science In a Box from your District Program Adviser or District Commissioner. You will also need to purchase store-bought ice cream, ingredients for making ice cream as per the recipe in Science In A Box and a modern ice cream maker. You may wish to pre-cut fun foam into ice cream cone shapes. You may wish to ask for parent helpers to assist you during this meeting.

OPENING: Enjoy your regular Brownie Opening. Explain that this is a special meeting where the Brownies will be making ice cream. Let each Brownie introduce her teddy bear.

CRAFT: Ice Cream Cone pins for the teddy bears. You may choose to pre-cut the fun foam shapes out of brown fun foam or pre-trace the shapes for the Brownies to cut out themselves. Have each Brownie glue a pompom on the fun foam shape. Use a safety pin to pin the ice cream cone onto the teddy bears.

ICE CREAM: Separate Brownies into small groups. Have Brownies help measure ingredients as per the recipe on page 11 of Science In A Box. Place ingredients in a heavy duty zipper-style freezer bag. Put ice and salt in the coffee can and put the bag of ingredients in as well. Seal the can with masking tape.

Show the Brownies how to make ice cream in a modern ice cream maker. Discuss the differences.

At this point the Brownies can go outside to start making the ice cream by rolling the coffee cans from one Brownie to the next. This can be done as a sort of rolling relay game. This will take approximately 10 minutes.

Once the ice cream is made have the Brownies and their teddy bears sit on blankets to enjoy their ice cream. Have them taste the ice cream they made, the store-bought ice cream and the ice cream made in the ice cream maker. Discuss the differences and similarities. Compare the ingredients and discuss which they think is the healthiest choice. Also discuss what happened to turn the raw ingredients into ice cream. Discuss the chemical reaction with the salt. You may want to demonstrate why the salt is necessary by trying to make a batch without the salt.

SONGS: After enjoying your ice cream sing some bear and picnic songs such as “Teddy Bear Picnic”, “The Other Day” and “Penguin Song”.

CLOSING: Regular Brownie Closing and enjoy your regular closing activities.



TAKING IT OUTDOORS MEETS ACTIVE LIVING

PROGRAM CONNECTIONS:

- Key to Active Living #2 Outdoor Action
- Key to the Living World #1 Wondrous Walks-C, #4 Celebrate Earth-B, #5 Reduce! Recycle! Reuse!
- Active Living Challenge: Fitness Fun
- Eco Pak Challenge: Fun and Games and Taking it Outside

MATERIALS REQUIRED:

- skipping ropes
- ball
- activity equipment as given below

OPENING

ACTIVE GAMES (to burn off some of that after school energy): Choose three or four short activities for five to 10 minutes each.

Skipping Challenge: Have girls partner up and count each other's skips and set a unit record. Keep track for future meetings to see who can break the record. Choose an unlikely girl to demonstrate and start off the record; that gives her a chance to be "record holder" even if it is for a short time.

Skipping Demonstrations and Routines: To make this non-competitive you can have the girls practice to put on a demonstration of fancy skips, jumps and tricks. Many girls know these moves from "Jump Rope for Heart" demonstrations at their schools.

Streets and Alleys: (Description borrowed with permission from www.guidinguk.com.) One girl is chosen to be the cat and another is the mouse. A leader or responsible girl is the caller. The remainder of the girls line up in a perfect grid, ideally 4 X 4 or similar. The girls stand with arms outstretched facing North for Streets and West for Alleys. The idea is that the cat and mouse run down "streets" and when the caller changes to alleys, the orientation of the game switches. The caller changes streets and alleys at random to help the mouse initially, then to help the cat so that the game switches up. When the cat catches the mouse, the girls play again with a new cat and mouse.

Catch it Game: One girl stands in the middle of the circle and, while throwing the ball up high, calls out a category that might fit some of the girls. Examples are: everyone with a brother, everyone wearing running shoes, everyone who has a pony tail, everyone who rode their bike to Guides and so on. Any girl that fits that category runs into the circle to catch the ball. The girl that catches the ball is the next girl in the centre.

Salmon Survival: All the girls line up across one side of the playing area; they are the "salmon". A girl stands in the centre of the hall; she is the fisher. The Guider shouts "fast current" and all the "salmon" try to get across to the other side of the area without getting caught by the girl in the middle (the fisher). If someone is caught they stay where they were tagged, becoming "fishing nets". On the next call of "fast current" the same girl remains as the fisher and the "salmon" try to run to the other side of the area again. Any girls that have become "nets" remain where they were standing but can stretch to catch

anyone that runs close enough for them to reach. Eventually there will be only a few or no “salmon” left.

NATURE ACTIVITIES AND/OR CRAFT: Choose two or three activities.

Leaf Prints: Supplies required: leaves, paper, ink or crayons. Make leaf prints by inking from an ink pad and then roll onto the paper. Leaf rubbings can be made by placing the leaves under the paper and rubbing crayons over top. Glue paper onto a larger piece of card stock to frame the picture.

Magnifying glass hunt: Use string to square off a piece of ground and then see what you find in your small patch. Discuss the findings as a group. Who found the smallest thing? The most interesting thing? Anything that moved? Anything that doesn't belong in nature? Use your Eco Pak tools!

Sound Kim's Game: Girls sit quietly for two or three minutes (this is actually possible!) with their eyes closed. Girls try to identify as many sounds as possible. Can they find nature sounds in addition to the city noise? Draw sound maps, described in the Eco Pak Booklet.

Pine Cone Bird Feeders: Materials required:

- open pine cones
- peanut butter
- string or wire
- bird seed

Tie wire or string onto pine cone. Slather with peanut butter and roll in bird seed. Hang from a tree to feed the birds. Peanuts are a favourite food of our provincial bird, the Steller's jay. Remember that you need to keep feeding the birds until the berries are out in late spring!

Sock Walk: Have large white sport or wool socks for the girls to put over their shoes. Have them walk a bit and see what they pick up on the bottom of their socks. This works best in a field or forest. Look at what interesting things were picked up. Hopefully you might have found some seeds. Talk about how animals transport seeds from one place to another.

COMPLEX GAMES: Choose two or three activities depending on time and weather outdoors.

Trash Relay from Eco Pak Booklet: Materials required:

- trash (an assortment of trash including waste, compostable items and recyclable items)
- rubber gloves
- large buckets or containers

Divide the girls into teams to race in a relay. Divide the trash into piles (same number of piles as teams of girls). Put a pair of rubber gloves in front of each team at the start line. Place the piles of trash half way between your start and end lines. At the end line, place three buckets/containers labelled “Garbage”, “Recycle”, and “Compost”.

The object of the game is to put on the rubber gloves, run (walk, skip, crab-walk... whatever the girls decide) to the trash, select an item, run to the end and put it in the proper category, run back to the start and hand off the gloves to the next girl in line. The relay can be run until every girl has gone once/twice/etc or when all the trash has been sorted.

Eco-message: Once the trash is sorted talk with the girls about what they found in the garbage and how much of it was in the wrong place. Talk about the ways in which we can reduce our garbage, but when we do make it, how we can make sure it gets put in the right place.

Bedlam: (Borrowed with permission from www.guidinguk.com.) This game requires four teams of equal size. Each team takes one corner of the room or playing field. The play area can be either square or rectangular. At a signal (whistle, etc.), each team attempts to move as quickly as possible to the corner directly across from them (diagonally), performing an announced activity as they go. The first team to get all its members into its new corner wins that particular round.

The first round can be simply running to the opposite corner, but after that you can use any number of possibilities, such as walking backward, wheelbarrow racing (one person is the wheelbarrow), piggyback, rolling somersaults, hopping on one foot, skipping, and crab-walking. There will be mass bedlam (craziness!) in the centre as all four teams crisscross.

Water Cycle Relay: (Borrowed with permission from www.guidinguk.com.) Materials required:

- bucket of water
- veggie zipper-lock bag (the large ones with holes in them) for each team

Divide the girls in teams of five in a line quite widely spaced. The girls within the line are also spread far apart. On “go” the first girl fills the zipper-lock bag (she is the Cloud) and twirls while advancing to the next girl. She passes on the bag.

The second girl is the Mountain and she runs to the next girl and passes on the bag.

The third girl is the Rain and she hops on one foot to the next girl.

This fourth girl is the Stream/River and she winds her way, zigzagging, to the next girl and passes on the bag.

The fifth girl is the Ocean and she takes the bag and waves all the way back down to the bucket (at the beginning of the line). She fills up the bag and is now the Cloud. The previous first girl is now the Mountain and so on. The girls have to listen to the directions as they will have to remember what they are (or have become) and the action for it. They will get lots of encouragement and cheering from their team! The relay continues until the first girl (the original Cloud) is the Ocean and waves her way down to the bucket.

You all get a bit wet...the Oceans have a great time! (Actually EVERYBODY does!) It's an amusing way to teach about the water cycle. Have Fun–Get Wet!

Don't Throw Your Garbage in your Neighbour's Yard (borrowed with permission from www.guidinguk.com.) Source: The 4th Girl Guides of Wandering Hills District, Calgary Area. Materials required:

- hula hoops (or rope set out in circles on the ground) for each team
- bean bags, 6 per hoop

Put a hula hoop or loop of skipping rope in each corner of your play area. Put equal numbers of bean bags in each hula hoop. Divide the kids into teams of five or six; each team stands by their hula hoop. This is their yard! Yell Go! Each group has to empty their hula hoop by carrying the bean bags, one per trip, to another team's yard. Tossing is acceptable if the bean bag lands in the hoop; if not they have to retrieve it and put it in. Watch out for the other team members so that you do not bump into each other. Count the number of bean bags in each hoop at the end of the game (10 minutes) and the team with the fewest bean bags (the least garbage) wins.

Talk to your girls about the environment and what happens to garbage if it isn't disposed of correctly—simply throwing the garbage at your neighbour doesn't help clean up the Earth.

CLEAN UP AND CLOSING

