



Let's

Take Action



Sample programs and ideas
for Guides for a term



Units are welcome to print any of these pages for use by Units in planning their program

Girl Guides Tasmania 2015

10 Weeks to Take Action

This booklet is designed to help you out when you are looking for inspiration of what to do in your Guide Unit for a term, or when you are busy and need some instant programs.

The topic 'Service' is one of the fundamentals of the Australian Guide Program. Helping others and being prepared to help has traditionally been a special focus in Guiding. We talk about taking action to make the world a better place and you will need to find out about what is needed in your community! Look for areas to care for, issues to speak up about and existing programs that you can support. There are programs that Guiding supports as a special focus that may just suit...

A weekly program can be any duration from one hour to two hours depending on the age of girls in a Unit, the time of day you meet and local decisions. All the programs are set out with a similar sequence – introductory game and ceremony/gathering, learning activity 1, patrol time, learning activity 2, active game, learning activity 3, quiet time, learning activity 4, game using learned skills, closing ceremony. For some programs, there are extra options as well.

This booklet has more activities than you are likely to need each week. This has a number of benefits:

- Girls can choose activities that suit them (Remember the Guide program is chosen by the Guides to suit their interests and needs)
- The choice of challenges the girls make can be of varying difficulty depending on their developmental stage
- If Guides become very involved and interested in a particular program, there is the possibility of extending it and doing more
- It means there is a back-up plan if something doesn't work



There are several challenges and awards that Guides can work towards while completing these programs. They may like to consider

Service Discover-a-Challenge

WAGGGS Be the Change (14+)

Advocacy Challenge

Hands Create a Challenge

People Create a Challenge

Service Flash

Patrol Activities

The programs on the first set of pages are designed for younger Guides, so it is assumed that they need hints to work together as a patrol and time to practise these skills. Leaders will need to help with that! The patrol activities are ones that are most easily achieved if more than one person is involved, so girls have the opportunity to lead their patrol with everyone having a role to play in order to complete tasks. The other pages have topics to suggest programs to older Guides.

Have fun!

1 Be Prepared

Opening: Join hands in a circle and still holding hands sway as you sing 'Be prepared, be prepared to lend a hand; Be prepared, be prepared to lend a hand; Oh, oh, oh, oh, be prepared to lend a hand.' [Tune is T.I.R.O.] Explain that most of the activities in this program involve practising skills so you can notice when help is need and do something because you have skills to help.

'Survival skills are very important to know. These steps could save someone's life – your best wish won't necessarily come true, but you will get the greatest reward in saving someone's life.'
Leigh, 1st Wellers Hill, Magpie Patrol 1995

First aid race: Collect a set of ten items for each patrol that would usually be found in a first aid kit e.g. bandaid, water sachet, roller bandage, triangular bandage, tweezers, notebook, pencil, scissors, gloves, dressing. Give each patrol a box e.g. plastic food storage box. Put all the items at one end of the room and line the patrol up at the other end. Run a relay race for girls to collect one of each item to put in their box. If they end up with two the same, a girl takes it back and swaps it for her turn.

Observation Trail: Make a list of things to spot around the hall that are a safety hazard and give a copy to each girl. Items could include a mat not lying flat, a hot plate left on, a kettle cord dangling over the bench, rubbish on the floor, with 3 points for hard to find items and 2 or 1 point for easier things. Guides either mark off items on their list or whisper what they have seen to a leader who records things on a master sheet. Be ready to accept things they find that you haven't set up too!

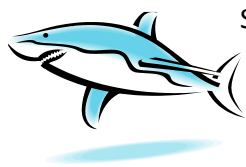
Making hot drinks: If there is an emergency and everyone is very busy, or if someone is sick at home, you can help out by making hot drinks. Practise this skill with your patrol. Find out how to make a cup of tea, a coffee and a hot milo. You will need to be very careful and learn all the safety steps for using a hot kettle or urn and how to carry hot objects safely.

The Under the Water Game (invented by 1st Wellers Hill Magpie Patrol)

Equipment: 1 brush (well hidden by someone else!) skewers, string, magnets, paperclips, paper fish, box, wood.

STEP 1. In the beautiful blue waters of the Jewel Sea, lives the beautiful mermaid called Christina.

She loves to lie on the rocks on Coconut Beach and brush her hair all day. But today she dropped her brush. *Help Christina find her brush.*



STEP 2. You might think that mermaids don't have that much to do, well you're wrong. If they're not sun-baking on the rocks they are guarding the amazing giant clams so that Sly the shark doesn't steal them. *Using your imagination and creative skills make a trap to catch Sly using some string, a box and some wood.*



STEP 3. The trap is no good without some bait. While Christina was looking for some fish to lure Sly into your trap, she realized there weren't many fish around because a big trawler full of fish caught them, and even if there were many fish, it's hard for mermaids to catch them. *Make a fishing rod out of a skewer, string and magnet, and some fish with paper fish and paperclips, and try to catch some fish.*

STEP 4. If a mermaid had one wish it would be to become a human. The only way that would happen is if they saved someone's life, but Christina doesn't know anything about saving lives. *Discuss and tell Christina about what to do if someone was drowning.*

STEP 5. That day, a little boy decided to go for a swim at Coconut Beach and soon noticed a rip was pulling him further away from the shore, so far away that he couldn't even touch the bottom and was left there gasping for air. Luckily Christina saw the boy and using your useful steps saved the boy and turned into a human. *Give yourself a pat on the back.*

Make a Be Prepared Kit: The information about how to do this is in the Guide Handbook. Assemble all the items, choose a container for them and discuss how the kit can be used. The easiest way is to use a zip lock mini bag containing a bandaid, safety pin, pencil stub and paper, paper tissue and string. When the kits are made, ask each patrol to mime how one of the items could be used.

Practise evacuation drill: It is a good time during this meeting to practise how to leave the hall in an emergency and where you will gather. It is also good to ask girls to check the hall for everything that needs repairing or replacing. The list can then be passed on to the Support Group.

Ringing for an emergency: Gather materials so patrols can set up some scenes where girls would need to ring 000. Try to make it realistic – boxes, dolls and other toys are a good start. Examples might be a house on fire, a car accident, a playground fall, a swimming pool drowning or a drunk person staggering on a road. Bring in two telephones. Guides take turns to ‘ring’ the emergency number and a leader answers.

Fire, Police, Ambulance Game: Prepare a number of scenarios e.g. smoke coming from under the door, neighbour falls off roof, vandals wrecking phone box. Girls start in the centre of a space and run to three different spots – Fire Station, Ambulance Station, Police Station. You may like to have a fourth corner for not an emergency and add some non-emergency scenarios e.g. a fire in the barbecue pit, mum sick with the flu.

Lifeboat game: All run around until a warning signal. Then Guides listen for a lifeboat number to be called by a Leader. They must get into groups of that number, sitting on the floor as though in a row boat, and row. Repeat with different numbers. No eliminations.



Closing: Read about why our motto is ‘Be prepared.’

‘Be Prepared... the meaning of the motto is that we must prepare ourselves by previous thinking out and practicing how to act on any accident or emergency so that we are never taken by surprise.’

Robert Baden Powell

Finish by singing or listening to the song ‘Softly falls the light of day’

Softly falls the light of day
As our campfire fades away
Silently each Guide should ask
Have I done my daily task?
Have I kept my Promise bright?
Shall I guiltless sleep tonight?
Have I done and have I dared
Everything to be prepared?

2 Water Week

Opening: Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, sing the Frog song. Explain that it's not just frogs that need water, we do too. We need to be safe around water, to help keep water clean and know how to conserve water.

A Pool Visit: The best way to complete these activities is to go to a place where girls can actually get wet! A visit to the local swimming pool is a great example. If you have access to a beach, the activities can be adapted.

Galumph went the little green frog one day
Galumph went the little green frog
Galumph went the little green frog one day
and we all go glumph glumph glumph.

Now we all know frogs live in a pond,
tadpoles grow in there, living in the reeds,
We all know frogs live in a pond where
they all go ga-lumph glumph glumph

Litterbug! Litterbug! Half fill twelve plastic bottles with water and put their lids on so they float (this is the litter). One player is the litterbug and stands in a swimming pool. The other players stand in the pool around her in a circle and take it in turns to hit the litter bottles by throwing a ball at them. The Litterbug must catch the ball or hit it back in the direction it came from. If a litter bottle is touched by the ball it is removed from the pool and the girl who threw it becomes the Litterbug. Play ends when there is no litter in the swimming pool.

Life jacket relay Place a life jacket on the pool edge for each patrol. Girls take turns to put on the life jacket, get in the water and swim/wade to the other side and back. Many girls will never have worn a life jacket. Discuss what it feels like and how it is easier to float.

Line throwing: You will need some long ropes of suitable weight to throw. Tie a loop at one end or add a small bottle. This adds weight to the rope to make it easier to throw, and gives a girl something to easily hold. Coil the rope in two loose sets, stand on the other end, throw the rope set with the loop/bottle and let the other set go at the same time. Guides can practise hitting targets in the water or on land.

Risk Management

Remember you will need to create a management plan for this activity and send home Activity Consent Forms.

Lifesavers are usually provided if you visit a pool but you will need to contact a qualified person to go with you to the beach.

Beachwatch: Your Unit may like to adopt a stretch of beach and visit it regularly – say twice a year – to explore the sand, rock pools and other areas. Tangaroa Blue web site [www.tangaroablue.org] is a source of activity sheets, recording tables and other useful facts to help make a seaside visit fun as well as a great chance to make a difference.

Shell diary: Give each Guide a small bag or bucket to collect shells. Aim to collect as many different species as possible over a distance of 1 km. Girls may like to take pictures of their shells, or trace their outline onto a sheet. Once you visit a beach regularly, a pattern starts to emerge of different shells washing ashore in different seasons.

Flotsam and jetsam: We want natural materials on beaches but not man-made materials. Plastics of various types are a danger to many sea creatures. Removing them makes our environment a better place. Plan to clean up every time. It is a good idea to appoint a leader on 'sharps duty' to pick up broken glass or syringes and similar items, using appropriate safety precautions.

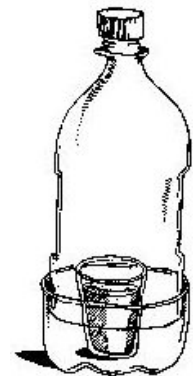
Water Watch: Most towns and cities were formed on the edge of a river or creek. Having a good water supply was essential for early settlers. There were no water schemes to collect and pipe fresh water to houses. Explore together to find out where fresh water can be found. It may mean a fair journey today to find unpolluted water! Check out ditches, small ponds and shallow creeks. You can assess the quality of water and provide this information to local water catchment managers.

Pond dipping: Make dip nets for collecting creatures in fresh water. Stretch a stocking over a wire coat hanger that has been formed into a circle. Tie a knot or sew it closed to make a shallow bowl of net. Attach the coat hanger to a pole so it can be lowered easily into the water. Alternatively, wade in shallow water and look on the underside of small rocks. The kind of small animals you find are excellent indicators of water quality. Waterwatch in your state will have bug guides.

Filtering: Collect a bucket of water and tip it slowly through a chux cloth lining a food colander. Check to see how much fine silt is on the cloth. Clear water with no silt or mud is a healthy environment for small creatures who would otherwise have their gills clogged up.

Water purifying: Collect a PET bottle, small glass or plastic container (with no lid), dirty or salty water, scissors

1. Half fill a small glass with dirty or salty water. Make sure the outside of the glass is clean.
2. Cut the PET bottle about 10 cm from the bottom. Place the small glass container into the bottom half of the PET bottle.
3. Squeeze the top back on the bottle, so that the top sits just inside the base. Leave the bottle out in the sun and record what happens.
4. After an hour or two, remove the top and look inside the base of the bottle. What has happened to the water in the small container?



These solar stills purify and collect water because the sun's rays pass through the plastic and cause the water in the leaves or container to evaporate. The water vapour rises until it reaches the plastic where it condenses and drips down into the collector. When the water evaporates, it condenses in a different area, leaving the impurities behind.

Frog on a Log: You will need several toy frogs, chux cloths, a reasonably bushy area with open spaces

Many frogs are endangered because our water ways are polluted. Help to save our frogs!

Choose a site for the 'logs' and a site for the 'pond'. One patrol/ small group of Guides are scientists who have the job of removing pollutants from the frogs and moving healthy frogs to safety on a new pond.

Other patrols/Guides are pollutants who carry a cloth (the 'pollutant').

'Scientists' must try to reach the frog. They can then either cure it (remove a cloth) or carry it to the safe pond. After touching the frog they return to base then start again. 'Pollutants' try to cover the frog, so that it becomes sick. If they succeed, they return to base to collect another cloth.

The game ends when the frogs are either moved to the safe pond or covered by five pollutants. Try repeating the game with different numbers of scientists and pollutants. Does it make a difference if more people are trying to save the frog?

Closing: Finish with Taps.

3 Fire Safety

Opening: Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. Set a mock fire in the centre of the circle. 'Light the fire' following the instructions at right. Ask each girl in turn to go to the 'fire' hold their hands out to 'get warm' then return to their place in the circle.

Stop Drop Roll Game: The game is a variation of Shipwreck. Line girls up in a straight line at the centre of the hall. This is 'Stop'. The right wall is 'Drop' where the girls lying flat. The left wall is 'Roll' where the girls roll from one side to the other on the floor. When you call 'Fire!' the girls jump in the air with their hands up. When you call 'Ashes' they crouch down with their arms around their legs.

That's Hot! Game: Ask the girls to look through magazines and find pictures of things in the home that might get hot – fireplaces, ovens, kettles, hot water tap, etc. Girls cut the pictures out and glue them to cards. Prepare a set of safe items yourself before the meeting – cold water tap, blanket, table, etc. Collect all the girl's cards and mix them with your own. Girls sit in patrols in the centre of the room with eyes closed while leaders place the cards around the room, hard to spot but able to be seen. On go, in a relay, members of each patrol go to collect a Hot! Card. If a Cool card is collected, it must be returned and a new card brought back. The game continues until every girl has a Hot! Card.

Patrols now create two plays, one where one of their members has been burnt by one of the items on the cards, and another where a family member explains how to prevent being burnt. They act out each scene for the Unit to watch.

Fire Brigade visit: Arrange for a visit to your local fire brigade. Ask a member to come along and give you advice on what to do in the event of a fire. Be aware that girls may have learned this type of information at school, so you are asking for new ideas and a revision of what they already should know. Many brigades will be happy to demonstrate linking up and using a fire hose and looking in detail at the equipment in a fire truck.

Fire Training Box: Divide a shoe box into three sections that go 2/3 of the way up the sides. Put small fire starter material such as hay or bracken pieces in one section, then twigs in a second and small pebbles in the third. Take progressive photos of preparing an actual fire and glue the photos in the lid of the box. Place a rectangular foil tray on top of the sections. Girls practice making mini fires on the tray. For younger girls, put a layer of plasticine or play doh on the tray to make it easier to place fire items. The fire making can be a relay with the box of materials at one end of the room and the tray for the fire at the other. Older girls can make their own Fire Training Box or it may be an activity to do at Patrol Leader training.



Remember to chat about fire safety as you go – things like clearing 3 m around the fire, no branches overhead, having a fire water bucket and knowing how to put the fire out completely and safely.

Bushfire

This 'song' is strictly actions! Sit everyone in a circle. Have a leader walk slowly around the inside of the circle, facing the girls. On each circuit around the circle, do one of the actions, in order. Girls are not to start or stop an action until the leader passes in front of her.

Rub two fingers on palm
Rub hand on palm
Clap two fingers on palm
Clap hands
Stomp feet

Repeat, doing the actions backwards.

An edible fire can be made using mini marshmallows (stones), m&m (fire starter), shredded coconut (fine materials), pretzel pieces (sticks), bread fingers (logs) and a small glass of water (fire bucket), all placed on a serviette (cleared ground). Substitute as you like or to suit food issues.

Match lighting games: Start by ensuring that all girls can safely light a match – teach them things like striking away from the body, holding the matchbox steady and moving the match, protecting the match from wind, etc.

1. Match lighting relay – put ten matches in a matchbox. Girls run across the room, light a match and extinguish it then place it in a fireproof bowl. Variation – use the match to light a candle.
2. Keep it burning! Each patrol lights a household candle and places it in a tall open glass jar e.g. preserving bottle, vase. Use small pebbles or sand in the bottom of the container to keep the candle upright. Patrols have three small water pistols each and a sink or bucket of water. The challenge is to keep the candle burning for five minutes while trying to put other patrol's candles out. Candles can be re-lit but the time starts again.

Bush Fire Barometer: Your Unit can, with the assistance of adults, make a bushfire danger barometer and keep it outside your hall during the summer, with a roster to keep it registering the correct conditions. Talk about the importance of knowing if it is a day of fire restrictions or total fire ban.

Home Evacuation Plan: Patrols share among themselves the easiest way for them to get out of their bedroom to a place the family has decided is their emergency meeting point. Girls pair up and one wears a blindfold and gives directions while the other steers her about following the instructions e.g. drop to the floor, feel for heat on a door, open the door, or turn left.

Practise evacuation drill: It is a good time during this meeting to practise how to leave the hall in an emergency and where you will gather. This is a suitable activity for any of the take action weeks.

Gas safety – set up a gas stove that uses LPG gas. Show girls how to light it and explain the safety rules. In an open area, turn on the gas for a moment and let the girls smell it. Explain how to turn off gas or leave a space if they smell gas.

Safety Inspector: Choose one girl to be the 'safety inspector'. Give her a hat to wear. Everyone else is a 'gas appliance'. They hold a counter or other small item in their hand – half red for unsafe, half green for safe. On go, the 'safety inspector' chases the 'gas appliances'. When she catches one, she inspects it to see if it is safe. If the girl has a red counter for unsafe, her counter is replaced by a green one. The girl who was caught becomes the 'safety inspector'. Everyone else swaps counters with another person. The game continues until all the red counters have been found or a time limit is reached.

Water bucket relay: Patrols line up across an area outdoors. Be ready to get wet! At one end is a bin full of water. At the other is a 'fire' in a bucket. Each girl has a plastic cup. On go, the girl nearest the water bin scoops a cup of water and tips it in the next girl's cup. The water is passed from cup to cup until it is poured into the bucket. Patrols succeed when their 'fire' is completely covered by water.

Closing: Form a circle. Sing Taps and repeat the Bushfire of the opening and then leave by going back out of the archway

4 Advocacy

Opening: Skip into a circle by going through an arch made by 2 Leaders joining hands and lifting up. When the circle is formed, sing a friendship song e.g. Make new friends, before starting the activities.

These activities are a selection from the Advocacy Action Award (GGA web site). See this resource for more ideas.

Beating Barriers Split the Girls up into teams, and tell them their aim is to get from one side of the meeting place to the other, getting through all barriers put in their way. The barriers could be physical, or could require a certain answer to get through. Each must require the teams to work together to get to the other side. Discuss the conclusion of the game: any difficulty of getting somewhere e.g. school - can be overcome if people work together.

Lead the Way

One girl is blindfolded. A partner leads her around a space, telling her each time they change direction which way they turn – north, west and so on. After walking for one or two minutes, the leading partner stops at an object e.g. a tree. The blindfolded Guide guesses where she thinks she may be, based on the directions they turned.

Repeat, with the leader being blindfolded.

ROAD SAFETY BOOKMARK

Safe place?
Stop at kerb
Look L-R-L and listen
Let cars pass
Walk straight across

Using Your Voice: Play this game to get girls used to using their voices to affect the world around them. Create an obstacle course around your meeting place and put girls into teams of three. One in each team is blindfolded, and the others must guide her with their voices only – they cannot touch her! The winning team is the one to get through the course in the fastest time.

We All Have Equal Rights: Choose a short game to play e.g. tug of war. Divide the Unit into three groups – ‘well-off’, ‘poor’ and ‘authorities’. Give counters or paper slips to each person – 6 for ‘well off’. 3 for ‘poor’ and 10 for ‘authorities’. Now say only those with at least 6 counters can play. The rest must watch. Play the game.

Reflection:

Was it fair? Has anyone realised the authorities have extra counters to share? What could the authorities have done to enable everyone to play? What could the other groups have done? Can anyone identify similar situations in real life? What can be done to make things fairer?

Make a Difference: Model the Advocacy steps. Explain you, the leaders, have chosen the issue of personal safety as you noticed children running across the road. You are going to use the three Advocacy steps.

This activity fits neatly into Week 9. You may like to use it there or repeat it.

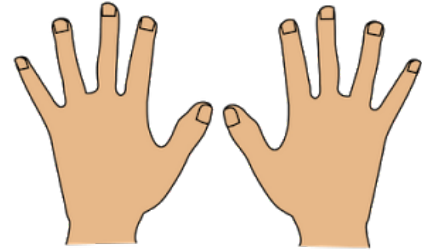
Educate: Line up two ropes down the centre of the hall, at least 5 m apart. This is the road. Girls stand on one side of the ‘road’. Patrol Leaders are ‘cars’ that drive up and down the road. Ask the girls to help each other safely cross the road. What are the rules?

Speak out: Ask each girl to clearly describe to another how to safely cross the road and what the safety issue is if a child doesn’t know.

Taking Action: Make a Green Cross Code card to hand out to young children. Give each girl a bookmark with spaces for her to draw pictures. Discuss who girls know who they could give a card. When girls get home, they will give the bookmark to the person they have chosen.

Sustainable Development Jewellery: Share the Sustainable Development Goal poster with the girls and link the colours to each goal. Provide the girls with beads of some of the colours and let them design and make a piece of jewellery such as a bracelet or necklace.

Helping Hands: Get each Guide to trace both her hands. Challenge her to think of ten people or places in her community that can help if someone needs to talk, ask advice or get assistance to feel safe. Sharing information is a good way to find ten ways!



Three Aspects of Advocacy – remind the girls that advocacy involves educating yourself, speaking out about what you learn, then taking action. Ask them to choose issues that they think need to be addressed in their community. Place some cards out to start the discussion (equality, poverty, personal safety, peace, clean environment, obesity, water conservation, shelter, transport, litter). As a Unit, choose one issue. Plan how to find out about it, how everyone could speak out and what action you could take. This is obviously going to be the content of another meeting!

Right Old Journey: As a Unit, imagine you are on a boat journey around the world to deliver rights to all the children. But there is a problem. There was a storm overnight and the ship has sprung a leak! Water is pouring in and the ship is starting to sink. To make it lighter, the crew need to start throwing rights overboard.

Divide into patrols and give each patrol a set of Rights cards (clothes, money, food, peace, shelter, safety, education, privacy, religion, own culture, play, health services, family, transport, own choice). Each girl takes a turn to throw a right out of the boat. When there is only one left, the patrol 'returns to shore'. Each patrol explains why they kept that right.

Break the Circle of Hunger: Divide into two equal teams. One team represents 'poor people' and the other 'poverty and hunger'. Draw a circle on the floor or make a circle of rope. The 'poverty and hunger' team stays on the circle. The 'poor' team starts inside the circle. On go, the players inside the circle try to break out while the 'poverty and hunger' team try to keep them in. Once a player breaks out, she becomes a 'helper' and tries to help the 'poor people' escape. Leaders can become 'helpers' if necessary. After a few minutes, swap sides and play a second round.

Reflection: How easy was it to escape? Did someone helping make a difference? What sort of actions will help escape the Circle of Hunger?

Closing: Look at the World Badge and find the compass point in the centre. Explain why finding the way is important – that our way is clear. Play the World Song.



5 Simple First Aid

Opening: Start by standing in a large circle spread out as much as possible. Walk in slowly, singing Hello or another opening song as girls walk. Keep going until the girls are in a tight circle.

Paper First Aid Kit: As individuals, girls draw suitable items for a first aid kit, colour them in and cut them out. With light card, make a box and place the items in the box.

Ring for an ambulance: Bring a phone to the meeting (or use a mobile) and set up a situation where girls take turns to get help on the phone. Place the girls at one end of the room, with a 'scene' set up. Place a leader at the other end who answers the call.

Lead them through the questions they will need to answer:

Police, fire or ambulance?

What state and town are you calling from?

What phone number are you calling from?

Where is your emergency?

What is your emergency?

Is the person awake? Is the person breathing?

There is a site with activities called Triple Zero (<http://kids.triplezero.gov.au>) which is for use by teachers, parents and groups. There are on line activities and a resource pack that includes the above wording and sample scenarios.

Clean Hands Game: Start with one person oiling their hands and sprinkling glitter on them. All Guides walk around the room singing a song such as 'Make new friends'. As they go, they shake hands (left of course) with each person they meet. After a few minutes, everyone checks their hands. Here should be many people who now wear glitter! Explain that diseases spread like glitter from person to person. Washing hands before eating reduces this. It is a good time now to also explain that it takes a little time to wash germs off, just like the glitter can stick.

Pretend wounds: Provide Vaseline, flour, red face paint, fine crystals e.g. raw sugar crystals, cocoa powder.

1. Put a heaped spoon of flour in a plastic cup. Add a level spoon of Vaseline.
2. Use a dry spoon to fold the flour into the Vaseline.
3. Once it forms a solid mass, pour it into your hand and roll it around until it is smooth.
4. Add colour and cocoa powder to make it skin coloured.

Lumps on the skin make burns.

Two narrow lines can be formed into a cut. Add red colouring for blood in the cut.

A red smear with crystals on it is a graze.

Target the right skill level

Younger Guides will be limited in what they can do to help. They may need advice on when to tackle first aid and when to get help. It is good practise to encourage girls to tell an adult what they have done even if it is very small such as putting a bandaid on.

However, young people being able to ring 000 has saved lives or made a significant difference to the health of people.

Girls may have a variety of experiences with emergencies and may have a degree of trauma. We don't want to exacerbate this, so ensure that girls can opt out, and speak with parents if a distressing situation arises.



Six skills to practise: Set up six spots in the room and allow Patrols to act out helping a person

- Applying pressure to a bleeding wound
- Icing a swollen injury
- Applying cold running water to a burn
- Holding the nostrils for a nosebleed
- Draping a blanket over a person in shock
- Gently rolling a person into the recovery position

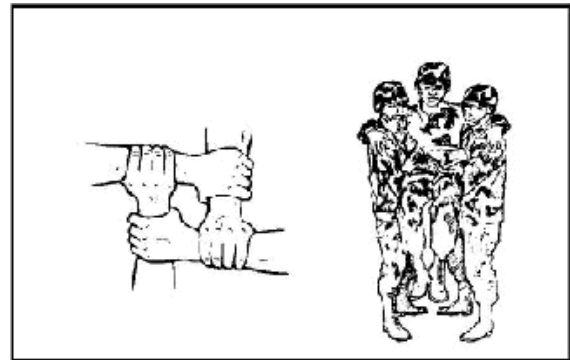
Packing an emergency kit: Lay a range of items on the floor and ask Guides one at a time to choose an item to put in a backpack as an emergency pack. Explain that a family has to leave their home for an emergency (bushfire, home fire, wind damage, etc.) and they need to take useful things, but nothing that is not useful.

Useful: torch, radio, batteries, small toy e.g. pack of cards, first aid kit, snacks, water, sun screen, important medicine, sun hat, mobile phone, identification e.g. passport, small backpack

Not useful: tins of food, large book, computer, bike, set of food utensils, pillows, bike pump, hammer, tent pole, bag of chips, etc.

Once the items that are part of the kit have been chosen, play a game of memory – ask girls to close their eyes, one girl removes an item, and girls open their eyes and guess what is missing.

Carry a person: Divide girls into three, with girls in a group about the same size. While standing, two girls hold hands to make a seat. The third girl puts her arms around their shoulders and sits on the seat. The girls lift her and carry her across the room. Swap over so each girl is carried.



You may like to also use a blanket to carry a girl, using three or four people on each side. A volunteer lies in the middle of the blanket. Roll the blanket close to her. Girls pick up the roll to carry her. It is essential to place a leader on either side in the centre to ensure that the girl is not dropped.

Mimes: Give each patrol a mime to act out (all are out riding and a girl falls off a bike, cooking in the kitchen and a girl cuts her finger, etc.). The rest of the Unit must decide what happened and how it could be treated.

First Aid Whispers: A leader whispers a message to Patrol Leaders, who whisper to the first member, who whispers to the second member, and so on. The last person then has to carry out the message. Examples –

Sally has a cut finger so wash it and put on a bandaid.

Mary is shivering from shock so wrap her in a blanket.

Joe has burnt his hand so run it under tap water.

Closing: Form a circle. Each girl holds out her right hand and says “I’ll do my best.” She holds her left hand out and holds the hand of the girl beside her and says “I’ll lend a hand.” Everyone lifts their hands and says “We’ll be prepared to help!”

Sing Taps and fall out.

6 Service Challenge

Opening: Join hands in a circle and still holding hands sway as you sing 'Be prepared, be prepared to lend a hand; Be prepared, be prepared to lend a hand; Oh, oh, oh, oh, be prepared to lend a hand.' [Tune is T.I.R.O.] Explain that tonight is about doing something to help.

Options: This meeting is all about doing something to make a difference in the community, to Australia or to the world. You will need to plan ahead for this meeting by making a decision about what to do.

Here are some ideas to get you thinking:

Doing things for people who have difficulty doing those things for themselves: **reading, shopping, mowing, gardening, posting letters, changing library books, walking pets**

Doing things for people who are lonely (in hospital, retirement homes): **visiting, talking, reading**

Caring for our environment - **tree-planting, creek clearing, litter collecting, rehabilitation of degraded land**

Keeping our area clean and safe: **beautifying parks and gardens, collecting litter in public areas, notifying authorities of unsafe/unclean areas which need attention.**

Caring for the carers: **supporting those who are serving the community, concerts, entertainment**

Fund-raising: **penny lines, bring & buys, car washes, guess the lollies competitions**

Helping community service clubs in your area: **Lions, Rotary, Meals on Wheels, RSL, CWA**

Helping with volunteer duties in your area: **Library, Radio, Show Society, Thrift Shops**

Supporting local events: **ANZAC march, face painting, damper cooking, wishing wells**

Participating in events of national events: **MS Readathon, 40 hr Famine, Clean Up Australia Day**

Caring for our heritage: **helping restore old buildings, preserving /restoring artifacts, cleaning and tidying cemeteries, guiding tours of historical places (museums)**

Helping those who are away on holiday, in hospital, at work: **watering pot plants and gardens, feeding & exercising pets, collecting mail, keeping an eye on their possessions**

Supporting causes: **cancer, SIDS, MS, leukaemia, cystic fibrosis, Guide Dogs for the Blind**

Keeping spirits up: **visiting & entertaining in hospitals or retirement homes, having afternoon/morning teas for legacy widows, shoeboxes for underprivileged, Christmas hampers**

Learning more about what organizations do: **guest speakers from organizations, visit local organizations for information**

Helping local churches: **fetes, shows, handing out hymnbooks, doing collection/readings, choir duties, altar service, church maintenance (mowing, painting, sewing prayer cushions etc), helping with Sunday school / kids club.**

Participating in environmental events: **fodder drives, drought relief, flood relief, bush fire (refreshments for firefighters)**

Helping equip those who have lost all possessions (in house fires) or become disabled or wheelchair bound (through accident, illness).

Keeping a look out: **helping in Neighbourhood Watch, reporting suspicious situations to the police, participating in Stranger Danger, Drug Awareness campaigns**

Are you leaving the hall?

Younger Guides may need close supervision in the unfamiliar environment. Make sure that they understand how to keep safe.

Start girls helping at the stage they are at – make a gift and give it to an elderly person, for example, rather than mowing a lawn.

Parents and your District Manager will need to know what is happening and will most likely be keen to help.



Building a culture of service: There is something in all of us that loves to help others. Robert Baden Powell recognised this when he wrote stories of people making a difference, from small tasks like helping a person lost in fog to larger things like saving a person from drowning. Making that desire to help turn into positive action is what we are about.

There are limits to what young girls can do, so choosing a task where it is obvious they have helped is a good basis of service. There are small items that girls can make, small tasks that when a whole Unit or District helps out will be significant.

Popular choices: Singing Crafts Tidying Posters

Concert

Elderly citizens homes are always keen to welcome performances
 Arrange a suitable date and time
 Plan items that make up around 30 minutes
 Guiding songs Reciting poems
 Short skits Dance routines
 Playing musical instruments
 Residents love to chat with young people. Plan to spend time after the concert talking to them. Perhaps girls could have a greeting card to present to start the conversation.



Toys

Shelters for families experiencing trauma will welcome simple games packs.
 Try making tic tac toe boards, cards for matching, draughts sets, finger puppets or jigsaws.
 Think up some quizzes and word games and turn them into small booklets with some colouring in pages.
 Put together kits with materials and instructions for recycling materials to make a doll or other toy.



Clean Up

Join an existing program such as Clean Up Australia Day. They will provide details of what you need - bags, gloves and so on.
 Choose an area that is safe for girls to visit but needing to be cleaned. Parks or beach areas that are not part of a usual council clean are good choices.

Make the day interesting with some outdoor fun as well, maybe a treasure hunt or a bush game.



Stranger Danger

Make some posters to help young people to think about what may happen when they talk to strangers.
 After discussing ideas in the Unit, girls can make posters for placing in classrooms or other places such as sports venues where children visit. Try cutting pictures from magazines or papers and adding appropriate phrases.



Closing: Finish at the service venue with a short closing ceremony. Arrange for parents to collect girls.

7 Fundraising

Opening: Start by standing in a large circle spread out as much as possible. Walk in slowly, singing Hello or another opening song as girls walk. Keep going until the girls are in a tight circle.

Explain to the Guides that it is often the case that experts need to help people, or help is needed in other countries. When that happens, the best we can do to help is to raise money so that the experts can be employed or essential supplies can be bought.

Choosing what to support

You may like to look through a brochure for supporting people in other countries by 'buying' a specific item such as a goat, chickens or seeds. This will make the support the girls give seem more relevant to them. You may also be able to support a state project being conducted to raise money for a recent event. When disasters occur such as earthquakes, floods and bushfires there is a need for materials to rebuild. The following awareness activities may help the unit choose.

Be Aware of Refugee needs

Make a Shelter: Give each patrol a tarp, ropes, a long pole and pegs. They make a shelter to protect them from rain.

Getting around: Imagine that the patrol must climb a muddy, slippery hill. Give the patrol a rope for them to tie each other together, and an obstacle course to crawl through.

Water carrier: Many people carry objects on their head over long distances. Patrols have a go at filling a bucket of water by carrying water on their heads in smaller buckets.

Make do food: Your patrol is given four random items of food. Decide how you would combine it to make a meal.



Be Aware of needs during an epidemic

Make Dehydration-rehydration drink: As around 65 per cent of the human body is made up of water it's important to stay hydrated. Find out what happens when the body becomes dehydrated. Make up this home-made recipe for an oral rehydration solution and give a small amount to the rest of the patrol to taste: Mix one teaspoon of salt, eight teaspoons of sugar and one litre of clean water together until the salt and sugar are completely dissolved.

Coughs and Sneezes game. Give each participant a small handful of tiny bits of paper (confetti, hole-punch waste, etc.) which she must keep in her pocket. Stand about one meter apart. Tap two participants on their shoulders – these are the infected people. The infected people put some paper in their hands and blow them towards the other players, pretending to cough and sneeze at the same time. If the paper falls on another player, they must do the same. Continue for several minutes or until everyone is infected. Discuss how pneumonia and tuberculosis are caught and why some people are more susceptible than others.



Discuss with the unit why it is important to be aware of why you are fundraising. Advocating for the cause will help people to understand why you need the money as well as helping them to think about what actions will make a better world.

Biscuits: Selling Girl Guide biscuits is a great time to support Guiding. Let girls work out how to ask if someone wants to purchase packets. The cost is difficult to work out – chat with girls about how to ensure that the money asked for is correct, and how they are going to give change. Set up a pretend shop in the Unit and give girls a turn at asking for biscuits and being the shopkeeper. (When actually selling biscuits, please ensure that a responsible adult oversees the money.)

Sangam Bazaar: Set up a range of stalls with girls producing items or providing services to customers. The bazaar can support our World Centre Sangam or support one of the projects in India that the centre works with.

Ideas that work:

Play Indian music as a background to set the atmosphere

Make and sell bracelets Serve bowls of food (e.g. mild curried chicken)

Give hand massages Fold origami shapes and make mobiles

Sari wearing sessions Make and sell kites

Put on a puppet show Set up a pre-loved table for books

Make and sell finger puppets Make and sell jigsaws

Show a short movie Hold an auction to sell a few valuable items

You may have other ideas or the girls can make suggestions too. This is a good activity to take on as a District so that there are many stalls to set the scene and many people to buy things.

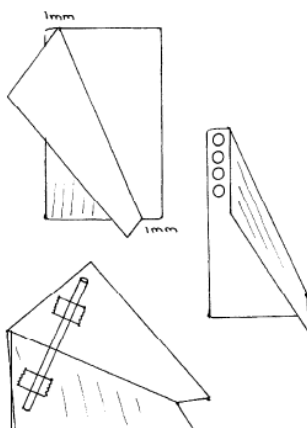
Twist Bracelet

It is easy to make a coloured bracelet! Gather 6 lengths of wool, each about 60 cm long. (The length depends on the size of your wrist.)



1. Ask a friend to hold all the ends together.
2. You hold all the other ends and twist them around lots of times, keeping the wool straight. The number of twists depends on how curled up you want your bracelet to look.
3. Put a finger on top of the middle of the twisted wool. Gradually bring your ends next to the ends your friend is holding.
4. Let go of the middle. The wool should twist around itself. Pull it to make it twisted evenly.
5. Tie all the ends together to make a thick overhand knot.
6. Loop the bracelet around your wrist and push the knot through the loop at the other end.

SIMPLE NO-FAIL KITE



This pattern guarantees successful flying.

A4 lightweight typing paper

Plastic drink straw

Clear tape

Office-type hole punch

Staple machine

Small reel of cotton

1 Crease fold as shown

2 Punch holes narrow end staple crease

3 Tape straws to wings

4 Tie cotton to suitable hole

(Front will dive, back will soar)

Closing: Thank everyone for attending your fundraiser and finish by singing Taps.

8 Helping at Home

LEND A HAND

Opening: Start by standing in two lines. The front girls meet and shake hands then move to the next girl in the other line. They shake hands, as do the girls behind them. Continue until everyone is shaking hands. Finish by shouting 'Welcome!' all together.

The old motto for younger Guides, then called Brownies, was 'lend a hand.' There are many things that can be done to help at home, or at school or at other places.

Round Robin Challenge

Patrols start at different stations and move around each in turn every five to ten minutes. Select the activities to suit the needs of the girls and the gear you can access.

Clothes relay: Place a pile of jumbled up clothing in front of the Patrol. On the word go a member folds one piece of clothing neatly and places it beside the pile. Each girl takes a turn. The Leader checks each pile and removes a point for untidy items. The patrol records their points.

Peg the Clothes: The Patrol has a clothes line, pegs and clothes. On go, the Guides take turns to get an item on the line. The time is recorded for how long it takes to get all the items out neatly. Leaders can remove an item if it is not stretched out neatly and it must be re-pegged.

Bed making: Provide blindfolds, a camp stretcher, mattress, blankets, sheets, pillow and slip. The Patrol must set up the stretcher and make the bed with all the Patrol blindfolded except one girl who guides the others. Time how long it takes

Set the table: Provide materials to set a table for four people (cloth, plates, cutlery, napkins, etc.). Guides take items one at a time and set the table correctly. Leaders can remove any items in the wrong place and they must be returned correctly. Time how long it takes.

Bag packing: Provide a large number of groceries and a large grocery bag that can be zipped up. Give girls one minute to decide the order the items will be put in the bag. The task is to get as many items as possible into the bag, each item placed by different girls in turn in a relay. The Patrol records the number of items that will fit.

Sewing relay: Each girl has a needle, thread and a button. She must thread the needle and sew the button on to a cloth using a set number of turns.

Recipe instructions: Each girl has a recipe for microwave cake in a mug. She must measure the liquid, the dry ingredients, etc. When the mug is prepared, time to put it together is measured. A Leader will need to be assigned to use a microwave to cook the cakes.

Help at home bead trees

You will need: 30cm 8 ply wool, 7 plastic beads of different colours, small branched twig 20 cm long
Tie the wool to the twig at one end.

Thread the beads on the wool.

Loop the beads and wool around the branch in an attractive pattern then tie the other end to the branch. Place the branch in a vase or similar.

As a good turn is done at home, flip the beads around the branch from back to front.

Sandwich making instructions

To help know the importance of giving clear instructions, write details of how to make a simple sandwich. Choose a filling that everyone in the unit can eat.

Provide bread, spreads and a butter knife. Girls take it in turns to read their instructions to another person. That person pretends they don't



know what to do and they follow exactly what the person says. If it fits, they may do something that won't be right e.g. 'spread jam' could be to spread some jam on the plate, not the bread. This can lead to some very inedible fun sandwiches!

Making Natural Cleaning Products

Take care when using chemicals to make sure girls are aware of possible dangers.

Soft soap: Grate soap ends from the bathroom. Add enough hot water to make the consistency of detergent. Store in a jar.

Make a window cleaning kit: Put baking powder in a clean dry jam jar. Add a cloth from a torn old shirt. Put both in an old ice cream container with old newspapers. To use, dampen the cloth and dip it in the baking powder, rub on window. Rinse with clean water and shine with the newspaper.

Floor cleaner: Heat 900ml warm water, juice and peel of one lemon, 3 tablespoons baking soda in a pan. Add 3 tablespoons of soft soap.

Entertaining a young child

Brainstorm things that can be done to keep a toddler occupied when parents are busy. Practise some of these activities. Examples might include:

- ♣ Read a children's book to another person
- ♣ Play a game like 'Simon says'
- ♣ Build a tower using junk items
- ♣ Play hopscotch or another skipping or jumping game

Finding things game: Place items or pictures of items around the room that are used for a series of jobs around the home. They need to form jobs, such as in the examples below, with one job for each Patrol. Make a sign for each job.

Washing up: mop, scourer, detergent, tea towel, saucepan

Cleaning clothes: washing machine picture, peg, washing powder, iron, clothes basket

Bed making: pillow, sheet, picture of a mattress, pillow case, bed light

Floor cleaning: bucket, floor mop, vacuum cleaner picture, broom, spray cleaner

Give each Patrol a job sign.

1. On 'go', everyone moves around the room finding the items and returning them one at a time to their Patrol corner/spot. To start, they can collect any item they find.
2. Once all job items have been found, Patrols check to see what they have and whether the items fit their job. They can keep five items (the ones that fit their job plus any others to make a total of five). Extra items go to the 'useful box' in the middle of the room.
3. Patrols with less than five items can take extras from the 'useful box.'
4. Once every Patrol has five items, the next phase begins. On 'swap' one Patrol member takes an item to another Patrol and negotiates a swap with something that Patrol has. If there is nothing they need, they keep their item and move to another Patrol. Once that member has made a successful swap, another member swaps an item. This continues for two minutes.
5. Patrols now put together a mime that uses all their items to do their job. If they haven't managed to get all their items, they must include the incorrect ones in their mime too.

Closing: Form a circle. Each girl holds out her right hand and says "I'll do my best." She holds her left hand out and holds the hand of the girl beside her and says "I'll lend a hand." Everyone lifts their hands and says "We'll be prepared to help!"

Sing Taps and fall out.

9 Road and Bike Safety

SAFETY NOTE

Ensure you have enough help to keep girls safe, particularly if they can't ride a bike or have limited experience.

Opening: Start by standing in a large circle spread out as much as possible. Walk in slowly, holding hands as girls can reach.

Organise a Cycle rodeo

Have Parents as bicycle inspectors, referees, judges. Lay out a suitable track with all sorts of complicated manoeuvres. Run in age groups, make prizes and ask someone special to come and present the prizes at a sausage sizzle after the rodeo.

1 Snail Ride

The object is to see which rider can travel the slowest. The last rider to cross the line is the winner.

2 Relay ride

Contestants form equal teams and line up standing beside their bikes. At the starting signal the first rider from each team mounts the bike and rides to a clearly marked point 100 metres away and then returns to the starting line. Dismounts and the next rider mounts and takes off. First team with all the riders finished wins.

3 Slalom race

Set up poles or blocks of wood slalom style. The first pole 7 metres from the starting line and three subsequent poles about 3 metres apart. Contestants must follow a course that zigzags from the right of one pole to the left of the next pole. The rider who completes the course in the least time wins.

4 Pursuit race

This is a speed race, all contestants line up around a circular course about 3 metres apart. At a signal they all ride in the same direction around the circle. The idea is for each rider to pass the rider in front. As a rider is passed, they must retire from the race. This continues until only one rider is left.

5 Coasting race

The object of this race is to determine which contestant can coast the longest distance. Each contestant pedals as hard as possible for a distance of 5 metres. This is where the race really begins, at this point they must stop pedalling and coast as far as possible. Mark where each person stops so the next lot of contestants can attempt to beat the mark

Pedestrian Crossing Game

Mark a pedestrian crossing on the floor. The leader has red, orange and green balloons. Girls run in a circle that includes the crossing. When they reach the crossing, they must obey the traffic lights (balloons). Orange or red – girls on the crossing are out. Winners are those who go across the crossing correctly five times.

Road Sense Quiz

- Why shouldn't you run across the road?
- What part of the pavement can you ride on in a town?
- Which side of the road do you walk on in the country?
- What colour should you wear at night?
- What colour light means go?
- When do you cross the road at traffic lights?
- What does a red light mean?
- Before crossing a road, what should you do?
- How many bikes may ride side by side?
- What signal do you make to turn right on a bike?
- What safety gear must you wear on a bike?



Bike care: Use the bikes girls bring to a meeting to explain how to check that it is in good condition.

How to check tyre pressure

Checking tyres for gunk in the tread

Spinning wheels to check for wobbles

How brakes work

How seats can be raised or lowered, if applicable

Keeping the frame clean

Spots where chain lube is added if the bike chain is dry

Adjusting a helmet to make it fit

Places to store a bike to keep it in good condition

Rules of the Road Jigsaws

Make large copies of the rules. Cut them into shorter lengths, either one, two or three words long.

Use them as jigsaws.

1. When riding in the road, always ride on the left hand side (same direction as traffic).
2. Obey traffic laws, including all the traffic signs and signals.
3. Ride predictably, so ride in a straight line, don't weave in and out of traffic.
4. When riding on a waking path show respect for the people walking on the path. Ring your bell to let them know you are coming and always pass them on the left.
5. Look for debris on your route that could cause you to fall off your bicycle, like rubbish, stones, toys.

Draw a Map

As a Patrol, draw a map of a good way to get from a place like a school to your meeting place. Mark on the map the places where care must be taken e.g. using traffic lights, crossing a busy road.

Street Map signs

Give each Patrol a large scale map of an area they know, perhaps the one above. Ask them to add street signs using matchsticks, plasticine and small copies of signs. Compare maps when they finish and discuss why they chose the locations.

Go for a walk: Walk to a street with little traffic and zigzag across the road. Let experienced Guides take turns to lead the other girls across in a safe manner. Look for street signs – points for those who see them first.



Red Light Green Light: The game of "Red light, Green light" is a classic game. Girls line up while you stand 50m away. If you say "Green light," the Guides run toward you. If you say, "Yellow light" they should walk slowly toward you. If you say, "Red light," the kids should stop – freeze exactly where they are. Alternate between commanding "Red Light, Green Light and Yellow Light" until one of the players reaches you. That player is the winner. You could line up several different paper traffic signs, in a zigzag road to make the game fit in a smaller space.

'Look Both Ways' song by the Wiggles can be found on their 'Toot Toot' video

Closing: Stand in a circle and sing the traffic light song. Encourage the girls to invent actions for each light. Finish with Taps.

TWINKLE, TWINKLE TRAFFIC LIGHT

Twinkle, twinkle traffic light

Shining on the corner bright

Red means stop, green means go!

Yellow means wait even if you're late.

Twinkle, twinkle traffic light shining on the corner bright.

10 Helping the Environment

Opening: Sunrise - Ask each girl to curl up on the ground asleep. A leader describes the land and the sky as the sun rises and a new day dawns. Girls gradually stretch, stand up and move to gather in a circle. Add a reading about a new day.

Machines then and now:

Human Power - use a range of machines to compare the 'olden days' to today. Think of how jobs were done (washing clothes, washing dishes, cleaning floors, getting to school). Other items may be suggested by girls—how did we curl hair, make whipped cream, or drill a hole? You may like to introduce some simple machines and let the girls practice such as using a hammer and nail. Think about the energy saved by using hand tools rather than electricity.

Energy Toys - Have a go at using some wind-up toys or wind-powered items. You will need to source them - things like a yoyo, or a mini car, or a kite.

Upcycled Folk Art Competition

Let creative energy soar with an art competition. Challenge individuals or Patrols to create amazing works of art from their would-be rubbish. Have an evening showcase at your school and invite parents, community members and other neighbours to see how these brainiacs can turn trash to treasure. Partner with a local museum to exhibit or even host an auction for the items, or find an empty shop window for a display.

A clean-up project:

1. **Think of a place that is important to you.** It might be a bus stop near your house, your school playground, a nearby beach, or any other place where you like to spend time.
2. **What can you do to help your favourite place look its best?** You could pick up rubbish, remove weeds, add a coat of paint, or donate plants.
3. **Get permission.** Get permission before you make big changes, like planting, weeding, or painting. For example, if you are planting a tree in a park, you should contact the council.
4. **Tell your friends and family.** Tell your friends and family about your project and ask if they want to help. Find a day when your helpers will be free.
5. **Collect supplies.** Collect clean-up supplies like gloves, rubbish bags, paper towels, and glass cleaner.
6. **Let the clean-up begin!** Make sure to bring an adult with you. When your clean-up day arrives, make your favourite place look its best. Take "before" and "after" photos.
7. **Safety first.** Don't pick up any sharp objects, such as broken glass. If you find something sharp, ask an adult to take care of it for you.
8. **Wait before you throw!** If you find any recyclable items like cans or paper bags, don't throw them out! Put them in a recycling bin instead!
9. Think about it.
 - ♣ Who did your clean-up help?
 - ♣ What did you see and hear during the clean-up?
 - ♣ How did the clean-up make you feel?
 - ♣ What did you learn that you did not know before?
 - ♣ What new questions or ideas do you have?
 - ♣ Is there anything you would do differently the next time?
10. Celebrate! Thank everyone who helped you.
11. **Keep helping.** Go back to your area once a month to keep it clean. Write a letter to your local newspaper and tell them about your project. Tell them why this place is special to you and what people can do to help take care of it.

Treetures, Greena, and the Lorax

Younger Guides like stories and using their imagination. Stories like the Lorax are good starters, or you may like to pretend the girls are 'treetures', tiny guardians of the forest, or 'Greena' the worrier princess.

Search on the Internet for ideas based on these names...

Walk on the Wild Side: Go for a walk in a nearby park and find twenty objects or places that are special in some way. Patrols think of clues when they return to the hall that will identify the sites. Write a treasure hunt using the clues. Your local tourist information group may be prepared to include the treasure hunt in brochures they give away.

Planters: Collect old milk containers. Clean them, cut them to a suitable size and shape, fill with drainage material and soil. Plant cuttings and care for them for a month to make sure they are established. Donate them to a good home or sell them as a fundraiser.

World Meal: Cook a meal consisting of a limited amount of rice and beans - and eat it. That's the average meal for the average person on the planet. Then invite a group of people and cook a World Meal to share with them. Encourage these people, in turn, to cook a World Meal for others. Do this until you activate the critical mass for a snowball effect. If you want exact proportions, here's some starting figures:

UN recommends 9830 kilojoules per day.

Low income countries ~8780 kilojoules per day.

Middle income countries ~11300 kilojoules per day.

Aus, US, UK, Europe, etc. ~15500 calories per day.

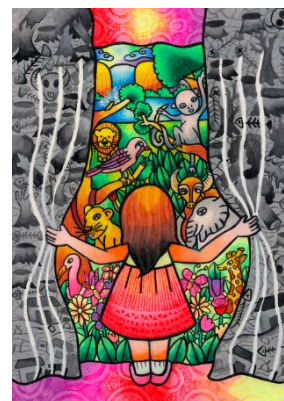
Natural Orchestra: go for a walk in the bush and collect small pieces of wood, sticks, stones, dry branches, cones, blades of grass, reeds, hay, etc. Make as many 'musical instruments' as possible – clap sticks, cracklers, rustlers, pan pipe reeds, comb buzzers with grass, gum leaf music. Use the orchestra to accompany a song such as 'Kookaburra'.

Green Guide for Kids: Write a green guide to fill a pamphlet and hand it out to friends. Include ideas suggested by the Guides. The guide could include recycling, materials that are not toxic, planting gardens and trees, habitats, global warming, energy savers, green gift guide, care of animals or transport savers.

International Children's Painting Competition: The United Nations Environment Programme organizes a painting competition every year with a different theme e.g. Save food, wasting food is wasting the planet. The Unit may like to run a competition and then enter the best ones (www.unep.org/tunza/children/int_comp.aspx).

The Four Point Challenge:

1. Water is life – don't waste it
2. Buy local, grow local to buy happiness
3. Save power and think about renewable power
4. It's a bird, it's a plane... no it's a walking to school bus



Closing: Sunset - Come together in a horseshoe or circle. Sing 'Taps' and as you do, gradually raise your arms, cross them and lie your head on your arms to sleep.

1 Be Prepared

Meeting time skills:

- Practice using maps. Write directions for moving from one place to another in your locality.
- Invite a person from the SES to visit you, or visit their station.
- Work out how far you walk in 100 paces. Measure your normal walking speed. How far can you travel in one hour?
- Try some memory tests such as learning instructions for a new skill.
- Invite an expert to talk about what to do if you are lost.

Meeting time games and activities:

- Play various forms of Kim's game to improve your memory.
- Try minute to win it challenges!
- Invent a wide game to practice skills like carrying a person, negotiating an obstacle course, building an emergency shelter or sending a message.
- Make a hall-size model of a flooded valley with chairs, tables, ropes and other items. Plan activities to 'cross the river', get up 1 metre, and so on.
- Try a blindfold walking game across the hall. Do you end up at the right spot? Or how about some challenges while blindfolded such as pitching a tent or preparing a salad (lay a tarp down first)?
- Run a game show where the questions are about survival.

Meeting time outdoors:

- Carry out a mock rescue of a 'lost' patrol member.
- Build a pioneering structure such as a ladder or chariot.
- As a Patrol, write questions about a set of locations nearby. Swap with another patrol to work out the answers.
- Go on a walk to look for risky situations and plan how to reduce or eliminate the risk.

Take Action:

- Make a Be Prepared kit for every Guide in your Unit.
- Run a challenge where you record all the Good Turns done by Guides for a month
- Practise evacuation drill from your hall and look for ways to improve your actions.
- Lead a walk for young girls around town to share information – history, plants, places...
- Plan and run a sleepover where you must solve ten challenges with just what you have in your pockets.



There are lots of options:

Listening skills	Emergency acts	BP Kit	Send a message	Carry a person
Bush survival	Time trials	Mobile aps	Game shows	Safety outdoors
Quick thinking	SES	Making shelters	Blindfold dare	Minute to win it

2 Emergency Helper

Meeting time skills:

- Practice safe cooking – clean hands, food the right temperature, and so on.
- Throw a lifeline and learn knots that won't slip or tighten.
- Invite a local aid agency such as Red Cross to share what they do and how we can assist them.

Meeting time games and activities:

- Make a shelter using a large groundsheet.
- Challenge a Patrol to turn dirty water into clean water.
- Create and play a game suitable to entertain a small child or a group of children.
- Complete a quiz on electrical safety
- Make instruction sheets for lighting and cooking with gas burners
- Make a game that helps memorise useful phone numbers



Meeting time outdoors:

- Hold a pool party and try out PFDs to use them to swim across the pool. Can you swim 50m wearing your PFD? What ways could you help a person in difficulty in the water?
- Help prepare your meeting place for summer and the fire season by clearing around the building.
- Invent and play a wide game about a 'creature' kept in a shelter you make that has to be protected from attacks by other Patrols.
- Make a bivouac bag by adapting a bedding roll, go outside on a clear night and try star-gazing.
- Learn gas safety and cook on a gas burner. Try out some different recipes – maybe a different food cooked by each Patrol then decide which recipe worked well.
- Make and cook with a heat bead oven.
- Learn fire lighting skills, make and burn a fire, then put it out using a fire fighting technique.

Take Action:

Camp in tents at an established campsite. You will still have some comforts like toilets and a shower block, but the fun of sleeping in a tent.

Think up some great plans for your camp – a special theme, maybe a huge campfire with skits, stories, singing and games.

Spend some time in the bush. Get a real feel for the plants and animals in your area. If you are ready for a real challenge then build a sleeping platform or bivouac on the ground.

There are lots of options:

Electrical safety	Indoor adventure	Prevent accident	Safe cooking	Care with gas
Child care	Create a shelter	Care for elderly	Local aid agency	Water safety
Purify water	Throw a lifeline	Emergency lists	Red Cross	Fire prevention

3 Advocacy

Meeting time skills:

- Practice talking about a subject you are passionate about – speeches, debates, discussions.
- Learn how to write a letter to an authority to explain how something needs changing.
- Find out how to use a camera or your phone to take good photos.
- Learn the basics of the three steps Educate, Speak Out, Take Action.

Meeting time games and activities:

- Make a meal using just \$1 ingredients per person. Decide how to stay healthy with limited money. What would you add if you had \$2 per person?
- Plan a way to explore one of the UN Action Days e.g. International Day of the Girl Child.
- Challenge a Patrol to an Equality Bingo game.
- Try watching a Girl Effect video. Write a radio talk that would tackle this issue.
- Set up some rules to Ban the Bullies.

Meeting time outdoors:

- Walk to a camp spot carrying everything you need to stay overnight. Imagine what it would be like to be a refugee and forced to move like this every day as well as finding food and other things to survive.
- Find a suitable spot in a park or mall and put on an impromptu skit or song or ‘flash mob’ to promote your cause.
- Invent and play a wide game using ideas from a cause e.g. Save Orange Bellied parrots by drawing maps, finding suitable bushes and making leaf rubbings, preparing feeding stations.
- Make a ‘letter tree’ in a public space and hang messages from branches for members of the community to read. Offer pen and paper to members so they can add their own message.
- Learn about rubbish hot spots – and help fix them.

Take Action:

Complete the Advocacy Action Award based on one of the UN Action Days.

Determine the top three issues of Guides from your area. Share this information with your District, Area, Region or State.

Create an activity kit to help educate other Guides on an issue they want to address. Include games and activities in the kit.

Organise a photo or poetry competition, display or play that encourages Guides to raise awareness of an issue with members of the community.

There are lots of options:

Clean Up	Activity kits	Body Image	Educate	Competitions
Speak out	Wide Games	Poverty	Displays	Free Being Me
Photos	Equality	Take Action	Letters	Advocacy Action



4 First Aid

Meeting time skills:

- Complete a junior or senior first aid qualification, depending on your age.
- Learn the systems of the body and how they work.
- Practise bandaging and slings, including improvising with what you have available.

Meeting time games and activities:

- Make a dominoes game to match up injuries with treatments.
- Challenge a Patrol to make a jigsaw puzzle of an accident scene in the fastest time. Do this by getting two or more identical pictures and cutting them into the same number of pieces.
- Play a relay game to get quicker at bandaging.
- Use first aid information to make charts for common problems e.g. fixing a cut finger, fainting, treating minor burns. Give the charts to a younger Guide Unit.
- Plan and put together pocket first aid kits and hiking first aid kits.
- Invite a local expert to share their knowledge.
- Invent ways to make mock wounds and set up accident scenes for another Patrol to treat.



Meeting time outdoors:

- Create scenarios in the bush that need first aid and transport of the injured person. Practise each of these to develop better skills.
- Visit a local beach, creek or pond and practise saving a person from drowning. You may like to make a dummy using old clothes and filled stockings.
 - Play the game 'Calling All Germs!' that can be found at http://dragon.sleepdeprived.ca/games/first_aid/first_aid.htm

Take Action:

Design and take part in a Disaster Survival wide game. Invite another Guide Unit or youth group to join you.

There have been changes to how first aid people deal with injuries because of diseases such as hepatitis and AIDS. Find out about how certain diseases are transmitted and how hygiene practises can help to prevent the spread.

Find out about the availability in your community of first aid stations and defibrillators. Record this information in a useful way and if needed, advocate for more resources.

There are lots of options:

First aid kits	Mock wounds	Hygiene	Save drowning	Body systems
Qualifications	CPR	Local experts	Diseases	Wide games
Bandaging	Bites and stings	Scenarios	Charts	People care

5 Community Service

There is something in all of us that loves to help others. Robert Baden Powell recognised this when he wrote stories of people making a difference, from small tasks like helping a person lost in fog to larger things like saving a person from drowning. Making that desire to help turn into positive action is what we are about.

Meeting time skills:

- Community service is all about doing something to make a difference in the community, to Australia or to the world. You will need to plan ahead for this activity by making a decision about what to do.
- There is a large list in the section on Service earlier in this booklet which is a start to selecting a service that is needed and which your Unit has the skills to do.
- Use meeting time to survey the community's needs, decide what to do, think of ways and means of helping, and develop a plan.
- Ask an expert to help. If you want to support a local service group then you will need to meet with them to plan together.



Meeting time games and activities:

- Make a scenario like the service you are going to do. Practise any skills that are needed. For example if you plan to put on a concert, practise the songs.
- Challenge a Patrol to complete a challenge as fast as possible. Are you helping out serving afternoon tea? Make a series of drinks quickly, carry loaded trays across the room.
- Practise the skills you will be doing e.g. how to safely carry heavy objects, how to chop sticks
- Make articles to give others when you visit them.

Take Action:

Start small and grow your expertise. Good projects to start with are ones you can achieve in a day. Take part in Clean Up Australia, for example. Once your area is cleaned, you may choose to liaise with the owner to 'adopt' the area and carry out other projects such as planting trees, cleaning furniture, adding a sculpture, running activities for young people in the space, and so on.

The other thing to remember is that if the need continues, then it is only fair that the community services continues as well...

There are lots of options:

Help the lonely	Keep spirits up	Service clubs	Local events	Shoebox gifts
Collect litter	Guest speakers	Cater / hostess	Restoration	Make articles
Support a cause	Stranger danger	Garden help	Help those away	Pet care

6 International Service

Meeting time skills:

- With your Patrol find out about International Service Organisations.
- Discover similarities and differences between the country where the service organisation is centred and Australia. There are many parts of the world where lives are very different to our own. There may be long term or short term problems that mean people need help.
- Invite an expert who is familiar with your organisation to help you research.

Meeting time games and activities:

- What you practise will be very much controlled by what you have chosen to support. Are you going to make something to send, or collect items, or raise money to support people?
- Play some music, games or other cultural activities from the country you are supporting.
- Prepare a small photo book or set of cards to explain who you are and how you prepared items to send overseas. Include it with your gift.

Who could we support?

Goods for Girls: Education for girls in Kenya is made easier from this project which supports a micro industry in the country that makes feminine hygiene pads for girls so they can attend school every week. They need hand needles, sewing machine needles, cotton thread and metal press studs.

Dress a Girl Around the World: This American charity aims to provide a pretty dress to every girl in the world. It is possible to turn a pillowcase into a dress. Challenge yourself!

Operation Christmas Child: Pack a shoebox with a specific set of items to give a present to a child. The items include something to play with, a cuddly toy, clothing and learning materials.

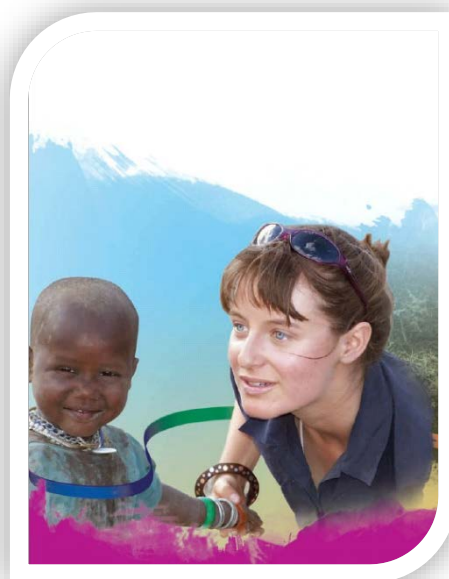
Sangam World Centre: Our centre in India is always looking for materials to support its service program as well as items to keep the building in good condition.

Other places to find suggestions can be found by searching the Internet. You may also know a local school or church who visits and supports a community overseas. They can take your items to help people in those villages.

Most often you will need money to send items away – look at the fundraising page for ideas.

There are lots of options:

UNICEF	Help Sangam	School supplies	Adopt a Unit	Buy a goat
Make Dresses	Knit teddies	Send sewing item	Gear for games	AusAID
Buy chickens	Make beanies	Help Guiding	Care packs	Shoebox gifts



7 Fundraising

Meeting time skills:

- Raising money for charities has been something that Guides do really well. Sometimes you use your creative skills, your fitness, your culinary expertise or your ability to just DO IT!
- Practice a skill if you are going to use it e.g. jewellery making, cooking.
- Find out the rules and regulations for holding a public stall or event.

Meeting time games and activities:

- What you practise will be very much controlled by what you have chosen to support. Are you going to make something to sell, or collect items for a market, or raise money through a challenge such as a walkathon?
- Play some music, games or other cultural activities from the country or area you are supporting.
- Prepare a small photo book or set of cards to explain who you are and how you prepared items to send with your donation.

Some Ideas:

Art Exhibition: Ask all your Unit and their families and friends to produce art on a theme of the proposed donation. If you are supporting people in Kenya, for example, you could ask for African art. Open your gallery to the public and charge an entry fee. You could also provide afternoon tea or supper for a fee.

Bazaar: Everyone in your Unit makes things or provides a service at the bazaar. There could be jewellery, scarves, second hand clothes, sweets, cakes, palm reading, face painting, sari dress up, preloved books, café, guessing competitions, quoits, badge making, indeed whatever skills you have can be used. You may like to ask others to join in and pay a fee for a table.



Car Washes: Put your elbow grease to good use by planning and running a car wash. Book a suitable area where the water will go to good use as it flows away. Advertise widely and set up teams to provide an all car clean.

Personal challenges: What are you prepared to do to earn support? You could plan and go on a bike ride, drink just water as a beverage for a week, walk for a certain number of hours, swim 100 laps, live in a tree for a weekend, live on \$2 a day.

Remember to make sure people know what you are raising funds for. They may be keen to help too.

There are lots of options:

Bazaar	Odd jobs	Bike Ride	Cents for service	Challenges
Cleaning	Catering	Make things	Give up things	Car washes
Art Exhibition	Coin line	Food stall	Barbecue	Show help

8 Life Skills

Meeting time skills:

- Learn how to use home-made cleaning products and test them out.
- Consider healthy menus and plan and cook a family meal or a dinner party. Make a recipe book of favourites, healthy options and budget friendly food.
- Learn some woodworking skills and make something useful such as a bird house or storage box.
- Practise ironing clothes made of different types of materials.
- Make items by recycling materials such as cushion covers, bags or tops.

Meeting time games and activities:

- Play a loading the fridge game to improve your food safety skills.
- Make a solar cooker from a pizza box or a large milo tin. Take it outside on a sunny day and test what heat it will generate.
- Hold an inter-patrol cooking competition like one of the TV shows.
- Try recycling cans, foil trays, coat hangers and other items to make useful items.
- Find a flat on line then plan how to furnish it. Make a model of the fittings and work out a budget to set up this new home.
- Plan some window shopping to look at fashion trends then hold a fashion parade.

Meeting time outdoors:

- Practice using an axe and saw to cut kindling and logs for wood fires.
- Use a barbecue to make a range of items such as pizza, kebabs, hamburgers, scones, or apple crumble muffins.
- Ask a gardening expert for help to prepare beds for planting, then choose and plant appropriate plants. Of course you will need to follow through to care for them!
- Get some hot coals ready in a fireplace and cook food in a fruit or vegetable (bananas with chocolate, egg in mini pumpkins, stew in a potato, rice and tomato in a capsicum)
- Have a go at making a sauna in an old canvas tent.

Take Action:

Offer your new skills as a service to community organisations. Perhaps you can paint walls, set up easy care gardens, help clean clothes for a charity that sells used items.

There is always a need at large events for lost children to be cared for until their parents are found. Why not offer to entertain these young children by putting together some easy games and activities that work with one or more children?

There are lots of options:

Ironing	Laundry	Making clothes	Budgeting	Dinner time
Make furnishings	Decorate a room	Learn to drive	Woodwork	Using an axe
Cleaning tips	Fashion parade	Set up a flat	Gardening	Hair & cosmetics



9 Safety in the Community

Meeting time skills:

- Make a map of your town or city centre and practise giving directions to get from one spot to another. Estimate how long each trip would take.
- Learn the road rules. It will be a great help when you go for your driver's license.
- Learn to change a tyre on a car and check the oil and water.
- Hold a discussion on Internet safety. Perhaps you could take a cyber-safe challenge.
- Learn how to cope with stress – ways to de-stress during exam time, deflecting hurtful comments, meditation techniques.
- Tackle some hard issues by inviting an expert to help. Find out about partying safely, ways to say 'No', self-defence moves.

Meeting time games and activities:

- Make a game to practise road rules such as matching questions and answers or playing a wide game.
- Purchase all the materials and make a sun safe shelter.
- Ask an expert to help you find out about safety for a particular sport – things like dealing with dehydration, common injuries and how to treat them, looking after sports gear.
- Prepare a strategy for protecting on line reputation and identity. Find out about privacy settings for your favourite apps.
- Figure out a way to test your favourite sun screen to see which works the best and the longest. One way is to see how newspaper fades under the sun screen.



Meeting time outdoors:

- Walk around the local area and look for areas that need cleaning or repairing. Decide how to fix the problems. You may be able to volunteer to do something yourself. Perhaps you could write to the local authorities alerting them to what needs fixing?
- Invent a safety fun factory with stations to visit. It could include things like a bike challenge, safely using tools, practising self-defence, following a map.

Take Action:

Organise and run a cycle rodeo for younger Guide Units or the community.

Volunteer in your community – help someone learn to use a computer, become a tour guide, coach a sports team, or help deliver Meals on Wheels.

There are lots of options:

Bike safety	Self defence	Sport safety	Safe patries	De-stressing
Clean ups	Car safety	No bullying	Sun safe	Giving directions
Party safe	Volunteering	Safe at night	Homelessness	Crisis lines

10 Leadership Opportunities

Meeting time skills:

- Learn some ways to gain the attention of a group and keep people involved
- Find out about how decisions are made at your school and in your community
- Explore the world of public speaking – overcome your nerves when standing up in front of strangers!
- Make plans for a session with several smaller parts. Consider an introduction, game, activity and closing. Run the session.
- Find out about different leadership styles, your own personality and preferred communication.
- Complete a job-aptitude test or take part in a team-building session

Meeting time games and activities:

- Challenge another Patrol to do develop a game for young children to play so they learn a particular skill
- Hold a night to explore 'Free Being Me' or a package about self-esteem



Meeting time outdoors:

- Hold a campfire or lead an outing such as a hike.
- Have a go at an activity just outside your comfort zone and challenge yourself to do your best. This will help you understand how others feel when they are experiencing something new.
- Join a conservation group or volunteer for a special outdoor project. Share what you did with others and encourage them to gain skills so they can assist too.

Take Action:

Find out ways to be involved in youth councils, youth parliaments or similar groups. Research the issues you are passionate about and share your findings and ideas with your peers.

Consider attending a national or state event where leadership skills are the focus. These events usually lead you towards taking on a local project.

Try coaching a junior team for a season. Attend a district Meeting and help plan an event for a number of Units. Become a Junior Leader or Guide Helper.

There are lots of options:

Public speaking	Lead a group	Patrol challenge	Leadership style	Junior Leader
Lead PL Training	Guide Helper	Adapt activities	Coaching	Be The Change
Game instructor	Team leader	Larger events	Team-building	Ice breakers

My Notes and web sites:

www.girlguides.org.au Girl Guides Australia

<http://dragon.sleepdeprived.ca> Becky's Guiding Resource Centre

www.girlguiding.org.uk/Guides Girl Guides UK