UP,

UP &

AWAY

A Promise & Law Activity Book




GIRL GUIDES
AUSTRALIA

Welcome to

Up, Up & Away

A special book

to help you

find out what it means

to be a Guide.

My Name .....……..……

My Guide Unit ...…….……

Let's go …

All Guides make a Promise.



This is very special and it will be a promise
that you keep forever.

This is the Guide Promise:

I promise that I will do my best
To be true to myself and develop my beliefs
To serve my community and Australia
And live by the Guide Law



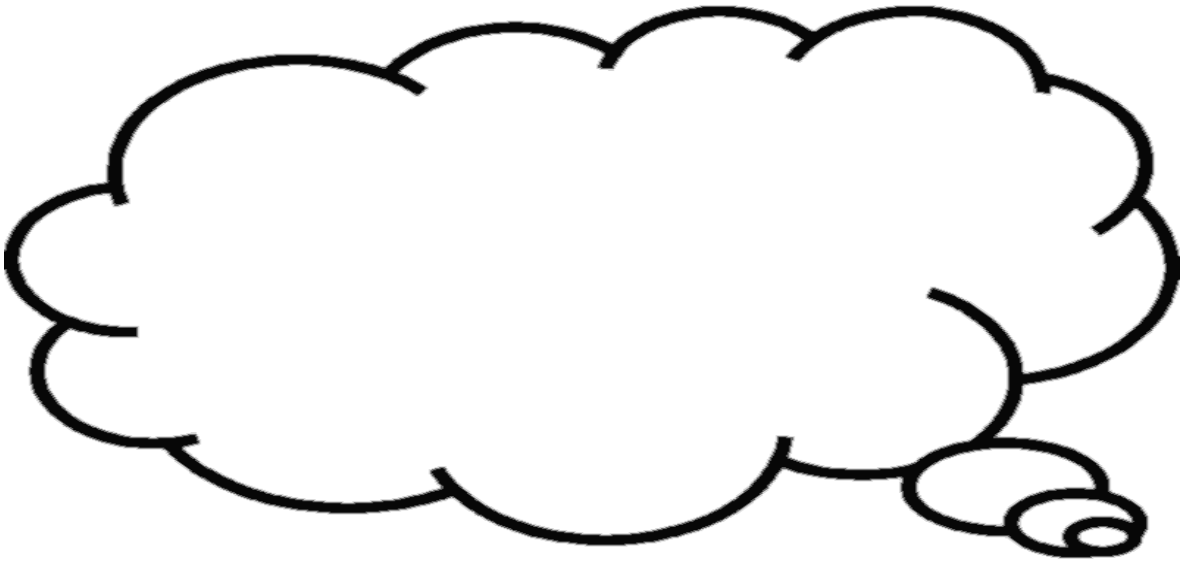
But before you make a promise
as an Australian Guide,
you need to understand
what it all means.

When you make your Guide Promise,
you must try your very hardest to keep it.

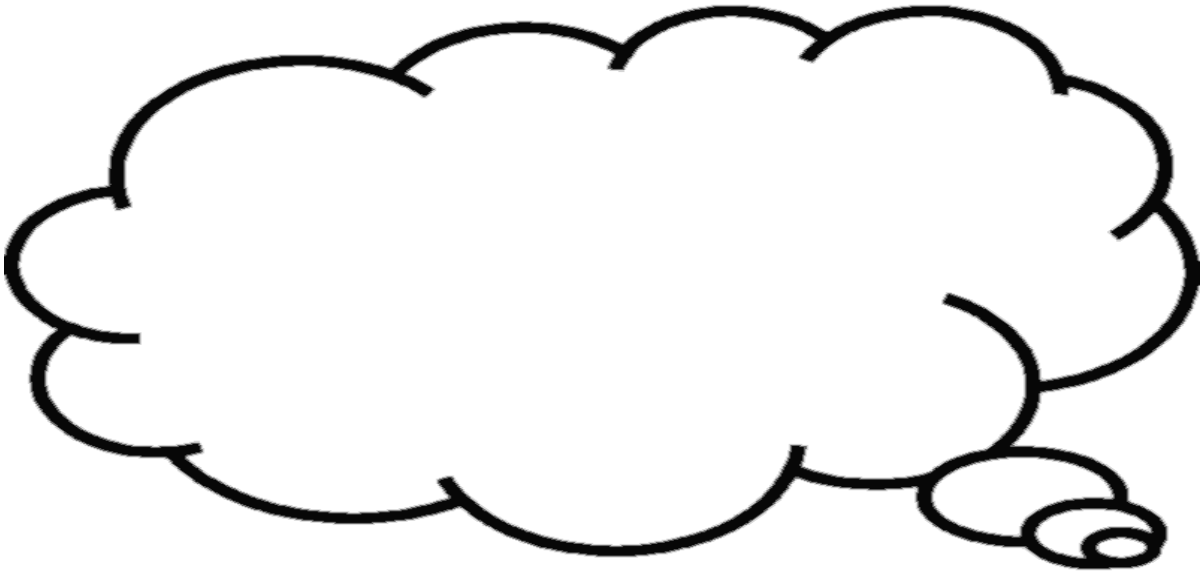
Here are some little promises to practice on ...

You might promise to do something for your family or friends, or is there something that you need to try to do for yourself?

This week I will promise to ...



I promise that I will try to ...



Have you seen this shape before?



This shape is a trefoil and it stands for Girl Guides Australia. Guides from all around the world make a promise and many wear a badge with a trefoil.











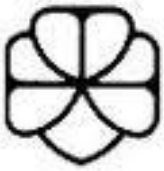








Draw your own trefoil design







Look at all the Guide badges from other lands.
See how many trefoils you can find.

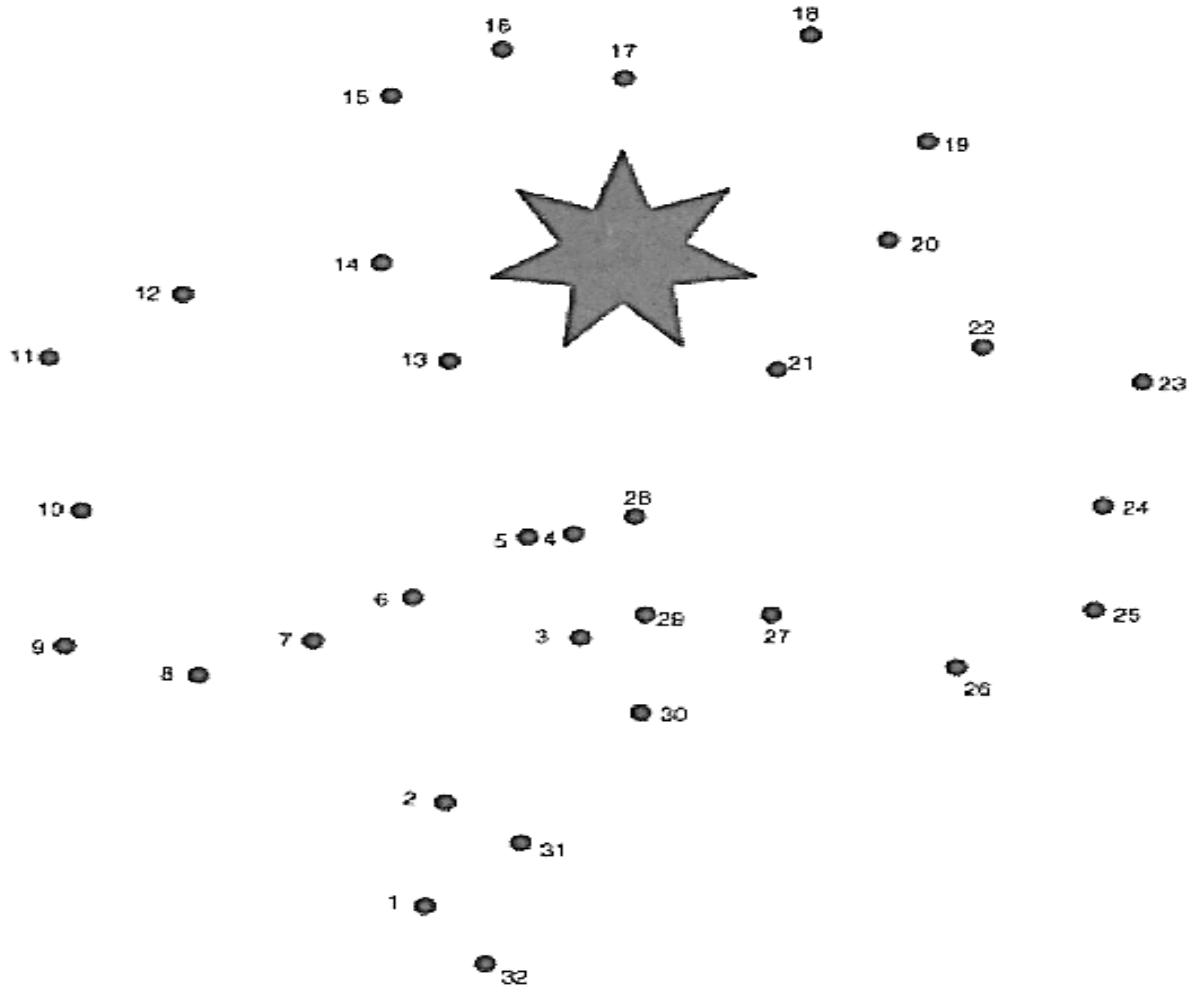
You might even find a trefoil shape in the grass.
A trefoil has three leaves or three parts.



I promise that

I will do my best...

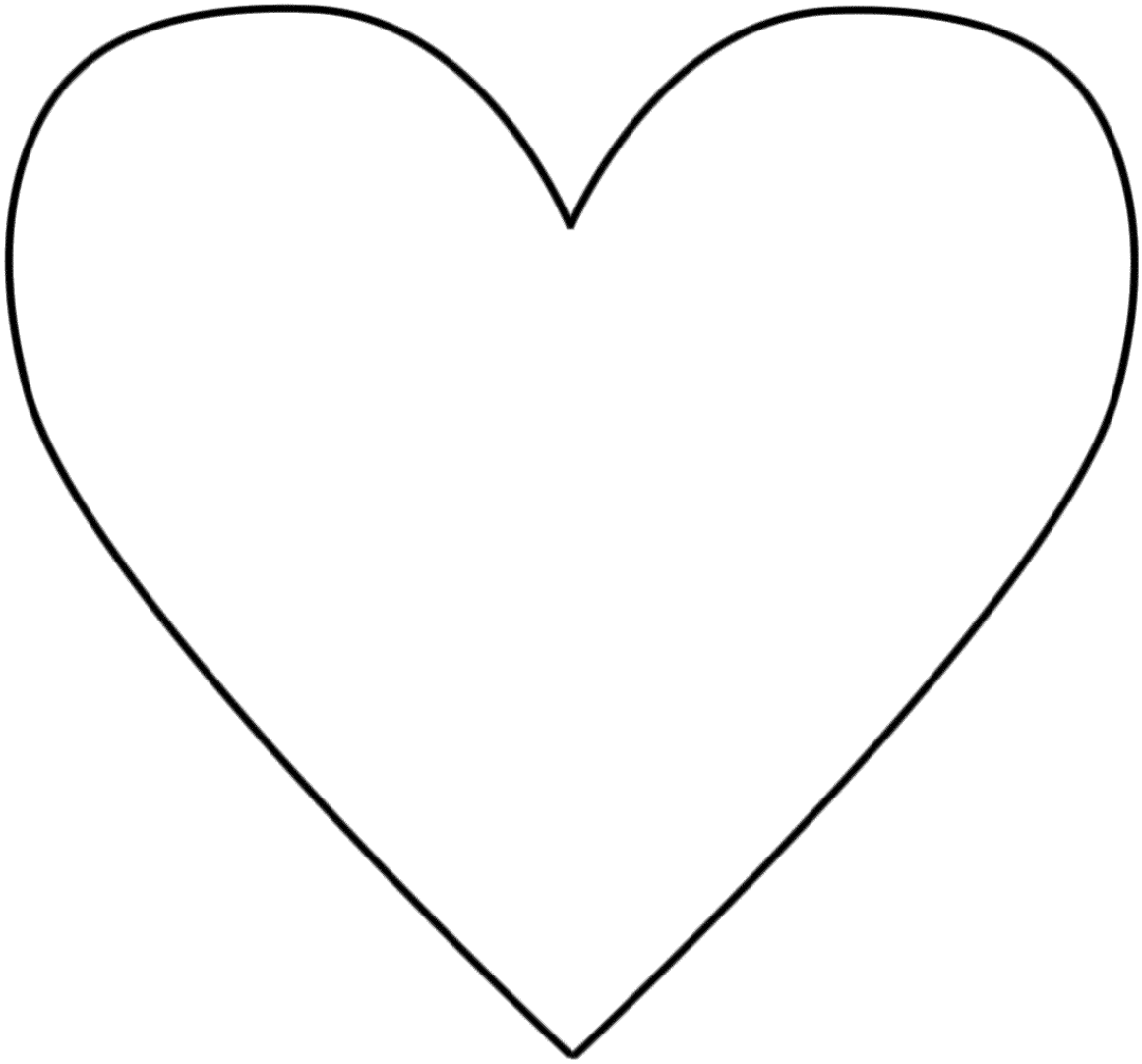
To do your best means trying your hardest.
Try your hardest to join all the dots around this picture and colour it in. Take your time to really do the best you can.



How did you go?
When you have tried your hardest to do something,
it really makes you feel great.

to be true to myself and develop my beliefs...

What do you think being true to yourself means?
Beliefs are like values. Some values are fairness, cooperation, gratitude, truthfulness.
What values are important to you?



Write some beliefs that you have learned about yourself from your mother, father, siblings, friends, teachers and other people.
Are you being true to yourself with these beliefs?

to serve my community and Australia…







This really means caring for other people, your community, Australia and being a good person.

Write or draw about some of the ways you could care for other people, your community and Australia.

and live by the Guide Law.

This is the Guide Law.

As a Guide I will strive to:

- Respect myself and others
- Be considerate, honest and trustworthy
- Be friendly to others
- Make choices for a better world
- Use my time and abilities wisely
- Be thoughtful and optimistic
- Live with courage and strength



Now let's find
out what the
Guide Law
is all about…

As a Guide I will strive to

Respect myself and others

Respect is using manners. Showing respect is a way to respect one's own self.
How can you show respect to yourself and other people?
Some ideas:

- I will not call other people names.
- I will treat other people the way I want to be treated.
- I will treat other people's things the way I want them to treat my things.
- I will listen and not interrupt, I may learn something new!
- I will not do something I am uncomfortable with, just because my friends want me to.

Write some more ideas on how you can respect others, and show respect.



As a Guide I will strive to

Be considerate, honest and trustworthy

A Guide is true to herself and others.
If a Guide asks mum for a biscuit and mum says "No, not before dinner", then she doesn't have one. She doesn't sneak one when mum is not looking. A Guide can be trusted to do what mum says.
A Guide is considerate, kind and caring of other people, she is polite and waits her turn and doesn't push in …



Write or draw about how you could be considerate at school, how you can be honest and trustworthy.

Rebecca, who is a Guide, was in a crowded room and noticed that there were not enough chairs for everyone. What do you think she did?

As a Guide I will strive to

Be friendly to others

Do you remember the first day that you went to a place where you didn't know anyone else at all?
How did you feel?
How could you be friendly to a new Guide or a new girl at school?



Did you know that there are Guides all over the world?
We are a part of a big Guide family with friends everywhere.



Find out about another country, try some of their food or learn to say "hello" in a different language.

As a Guide I will strive to

Make choices for a better world



Think about the following points and how you can help to make the world a better place for everyone.

Write down what you can do at home to help:

- Be nice and helpful to people.
- Donate to different causes and charities.
- Don't say cruel things about others - ever.
- Reuse | Recycle .
- Do not litter... anything!
- Save Energy and conserve water.
- Plant trees for your environment.
- Try and do at least one good deed every day!

As a Guide I will strive to

Use my time and abilities wisely

A Guide likes to be busy and not waste her time.
She likes to watch TV, but not all the time.
There are so many things to do …
Climb a tree or help in the garden…



-



Make up a new game

You could play a game called
"Busy Bees Buzz" and try it at Guides.
You could be the Queen Bee and call out
"Busy Bees Buzz".
Everyone runs around and is very busy,
Until you shout "STOP"!
Choose someone else to be the new Queen Bee.

As a Guide I will strive to

Be thoughtful and optimistic

Here are some other words that have the same meaning as thoughtful or optimistic.

Thoughtful – considerate, kind, unselfish, selfless, sympathetic, attentive, caring

Optimistic – hopeful, positive, bright, cheerful, confident



Write in the 'thinking bubble', what do you think this girl is optimistic about?

Colour her in …

Discuss the following with your family:

- How do people that are "thoughtful" and "optimistic" make you feel?
- How do you react to people who are "thoughtful" and "optimistic"?
- Are "thoughtful" and "optimistic" people good to have as friends? Why?
- Are you a "thoughtful" and "optimistic" person yourself?

As a Guide I will strive to

Live with courage and strength

A Guide is brave and tries hard to be cheerful all the time, even when things are tough.

Emily went to the playground and there was a really big climbing tower.
At first she could only climb up a little way, but mum said "Come on, you can do it!"
She took a big breath and tried.
First it was scary, and then it was easy!



When things get difficult, it makes it a bit easier if you smile and think brave thoughts.

Can you think of a time when you were brave?
Write a short story about that time:

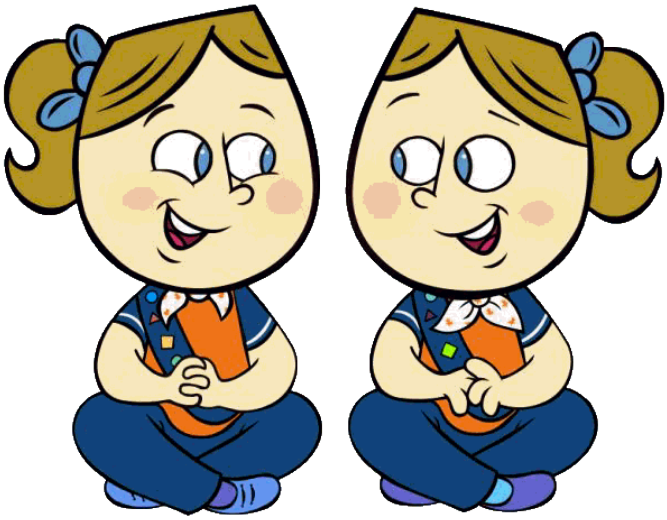
Sing: "If you're happy and you know it …"

Now you are ready to make Your promise …

You can choose when you are ready to say your promise.
Then you will receive your own promise badge.
You could plan a special ceremony with
your Leader to celebrate.



I promise that I will do my best
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WELL DONE!!!