

Suggested Activities to use in the Unit Program to help girls understand their Promise

To be true to myself and develop my beliefs

- ◆ My beliefs: Divide a paper table cloth or large piece of paper into segments and each girl in the patrol draws or write her beliefs.
- ◆ Something special – bring along something and tell your patrol why it is special.
- ◆ Good Turn Catch. Stand in a circle. Throw a ball or bean bag to someone naming a place. The catcher answers with a good turn that could be done in that place, then throws the ball to someone else naming a new place.

To serve my community and Australia

- ◆ Road rule bingo
- ◆ Road rule dominoes
- ◆ Make a book about caring for the country side for younger children
- ◆ Find out about a local issue and make a scrap book of cuttings
- ◆ Find out about crime prevention
- ◆ Learn self defence
- ◆ Ask your local councillor or your local member to come and talk about their job
- ◆ Ask a member of the local RSL to come and talk about the significance of ANZAC Day
- ◆ Hold a debate
- ◆ Find out about the Queen's connection with Guiding
- ◆ Find out what your parents taxes or GST pays for
- ◆ Get to know the area around your meeting place. A penny hike is a fun way to do this.
- ◆ Learn a new skill that will help others.

Service Ideas

- ◆ Adopt a garden
- ◆ Pollution survey
- ◆ Collecting items for local charities
- ◆ Collect corks for recycling by the Guides Association
- ◆ Do the shopping for an old or sick person
- ◆ Baby sitting
- ◆ Learn sign language
- ◆ Learn greetings in various languages
- ◆ Read to others, small children, the blind, elderly
- ◆ Make a welcome to the community pack
- ◆ Set up a toy library or help with one
- ◆ Maintain a community notice board

Live by the Guide Law

- ◆ Write out the parts of Law and put them into balloons. Take turns to burst a balloon. Collect the parts and discuss them.
- ◆ Each Patrol mime part of the Law