

Thinking Day

Age Range	Activity	Duration
5-7 year olds	• Talk about being part of WAGGGS – on a map of the world find countries where Guides come from and what young Guides are called in those countries	15 mins
	• Colour in a picture of a water creature and then cut it up into a jigsaw – swap with friends and do their jigsaw pictures (see Outdoors 9)	25 mins
	• Frogs and Carp (see Games/Craft 1)	15 mins
	• Water Game: transfer water from one bucket to another using tablespoons, emphasizing the importance of looking after water as a precious thing	15 mins
	• Play The Octopus Game (see Games/Craft 2)	15 mins
	• Closing	5 mins
7-9 year olds	• Talk about being part of WAGGGS – on a map find out where the girls ancestors come from and see if there are Guides in those countries	15 mins
	• Colour in a picture of a water creature and then cut it up into a jigsaw – swap with friends and do their jigsaw pictures (see Outdoors 9)	25 mins
	• What are the pleasures and dangers of water? Make up a short play to express this and perform it to your Patrol	30 mins
	• Frogs and Carp (see Games/Craft 1)	15 mins
	• Closing	5 mins
9-12 year olds	• As Patrols, make up a play called 'Life in the Water'. Think about how water creatures might feel when water is polluted	35 mins
	• Play Penguins (see Outdoors 1)	15 mins
	• Play WAGGGS Bingo (see World Guiding 1)	20 mins
	• Each Patrol to write a Thinking Day message to post onto the WAGGGS website http://www.worldthinkingday.org/en/	15 mins
	• Closing	5 mins
12-14 year olds	• Have an inter-Patrol debate about whether humans help or harm sea creatures (see Patrol System 6)	40 mins
	• Find out the recommended daily amount of water you should be drinking for your age. Challenge yourself to drink that amount of water every day for a week.	10 mins
	• Play WAGGGS Dominos Game (see World Guiding 2)	20 mins
	• Each Patrol to write a thinking day message to post onto the WAGGGS site	15 mins
	• Closing	5 mins

14-17 year olds	• Find out the recommended daily amount of water you should be drinking for your age. Challenge yourself to drink that amount of water every day for a week.	10 mins
	• Link to the BBC's website and take the water quiz. (From the BBC website, Science and Nature section): http://news.bbc.co.uk/1/hi/sci/tech/3747588.htm	15 mins
	• Cleaning Products: Learn how to make natural soaps or use our recipes (see Service 1)	45 mins
	• Play WAGGGS Domino Game (see World Guiding 2)	15 mins
	• Closing	5 mins

Extra Activities: Water Filter (in [Outdoors 2](#))
Go to <http://www.worldthinkingday.org/en/activities> for more ideas

“think about
water”



Newspaper

Age Range	Activity	Duration
5-7 year olds	- Newspaper Hockey (see Games and Craft 3) - Paper Mache Pinatas (see Games and Craft 15) - Individual Snake Challenge (see Games and Craft 20) - Snowball fight (see Games and Craft 22) - Newspaper Relay (see Patrol System 2)	15 mins 45 mins 5 mins 15 mins 10 mins
7-9 year olds	- Newspaper Hockey (see Games and Craft 3) - Paper Mache Piggy Bank (see Games and Craft 16) - Individual Snake Challenge (see Games and Craft 20) - Fashion Parade (see Leadership 1)	15 mins 45 mins 5 mins 25 mins
9-12 year olds	- Newspaper Hockey (see Games and Craft 3) - Paper Mache piggy bank (see Games and Craft 16) - Target Practice (see Games and Craft 10) - Patrol Poster (see Patrol System 4) - Individual Snake Challenge (see Games and Craft 20)	15 mins 45 mins 10 mins 15 mins 5 mins
12-14 year olds	- Newspaper Hockey (see Games and Craft 3) - Paper Mache Volcano (see Games and Craft 17) - Mummy Move (see Patrol System 3) - Newspaper Quiz (see Games and Craft 18) - Boat Race (see Games and Craft 19) - Individual Snake Challenge (see Games and Craft 20)	15 mins 35 mins 10 mins 15 mins 10 mins 5 mins
14-17 year olds	- Newspaper Uniform (see Guiding Traditions 3) - Ransom Poster (see Guiding Traditions 4) - Birth Announcement Scrabble (see Games and Craft 21) - One-Armed Boat Race (see Games and Craft 19)	10 mins 15 mins 45 mins 20 mins



Letter Night

"C"

Age Range	Activity	Duration
5-7 year olds	- Captain's Coming (see Guiding Traditions 1) - Cooking Cupcakes (see Games and Craft 4) - Clown Mask (see Games and Craft 5) - Chair Games (see Games and Craft 6) - Crepe Paper Caterpillars (see Games and Craft 7) - Crazy Clothes Relay (see Games and Craft 8)	10 mins 20 mins 15 mins 15 mins 15 mins 15 mins
7-9 year olds	- Captain's Coming (see Guiding Traditions 1) - Cooking Cupcakes (see Games and Craft 4) - Clown Mask (see Games and Craft 5) - Chair Games (see Games and Craft 6) - Creature Craft (see Games and Craft 9) - Crazy Clothes Relay (see Games and Craft 8)	10 mins 20 mins 15 mins 15 mins 15 mins 15 mins
9-12 year olds	- Captain's Coming (see Guiding Traditions 1) 'C' Concert (see Patrol System 1) - Celebration Cards (see Games and Craft 11) - Chocolate Game (see Guiding Traditions 2)	15 mins 35 mins 20 mins 20 mins
12-14 year olds	- Cooking Cupcakes (see Games and Craft 4) 'C' Concert (see Patrol System 1) - Chocolate Game (see Guiding Traditions 2) - Chair Games (see Games and Craft 6)	20 mins 35 mins 20 mins 15 mins
14-17 year olds	- Cooking Cupcakes (see Games and Craft 4) - Card Games (see Games and Craft 13) - Cupcake Creature Creations (see Games and Craft 14)	20 mins 30 mins 40 mins

Recycling/ Environment

Age Range	Activity	Duration
5-7 year olds	- Fishing game (see Outdoors 4) - Decorate Calico Bag (see Games and Craft 23) - Plastic Bags in the Future (see Outdoors 5) - Recycled Towers (see Outdoors 6) - Help Environment Fruit Salad (see Games and Craft 24)	15 mins 30 mins 15 mins 15 mins 15 mins
7-9 year olds	- Recycle Bingo (see Outdoors 7) - Decorate Calico Bag (see Games and Craft 23) - Plastic Bags in the Future (see Outdoors 5) - Recycled Pet Parade (see Outdoors 6) - Help Environment Fruit Salad (see Games and Craft 24)	15 mins 30 mins 15 mins 15 mins 15 mins
9-12 year olds	- Recycle Bingo (see Outdoors 7) - Decorate Calico Bag (see Games and Craft 23) - Lifecycle Comic Strip (see Outdoors 8) - Recycle Rap (see Patrol System 5) - Recycled Robots (see Outdoors 6)	15 mins 20 mins 15 mins 20 mins 20 mins
12-14 year olds	- Recycle Bingo (see Outdoors 7) - Decorate Calico Bag (see Games and Craft 23) - Lifecycle Comic Strip (see Outdoors 8) - Recycle Rap (see Patrol System 5) - Go Go Stop (see Games and Craft 25)	10 mins 20 mins 15 mins 15 mins 30 mins
14-17 year olds	Making Green Bags (see Games and Craft 26)	90 mins



Communication

Age Range	Activity	Duration
5-7 year olds	- Chinese Whispers (see Guiding Traditions 5) - Hearing Game (see Games and Craft 27) - Make a thank you/birthday/Mother's Day card - Silent Ball (see Games and Craft 28) - Is it me? (see Games and Craft 29) - Closing	10 mins 15 mins 30 mins 15 mins 15 mins 5 mins
7-9 year olds	- Play fruit salad without noise (see Games and Craft 24 - play without making a noise, use signs or objects to signal the girls) - Learn to write a thank you note - Draw a picture without looking (see Leadership 2) - Mime the Guide Laws (see Promise and Law 1) - Play Pictionary (see Games and Craft 30) - Closing	15 mins 20 mins 20 mins 20 mins 10 mins 5 mins
9-12 year olds	- Play fruit salad without noise (see Games and Craft 24 - play without making a noise, use signs or objects to signal the girls) - Play UNO in silence (see Games and Craft 31) - Send Morse Code message with a torch (see Service 2) - Write a small paragraph for a Region Newsletter about an activity - Play Pictionary (see Games and Craft 30) - Closing	15 mins 20 mins 20 mins 20 mins 10 mins 5 mins
12-14 year olds	- Learn Sign Language, have a conversation with a friend (see Service 3) - Send a semaphore message across a distance (see Service 4) - Duplo Game (see Leadership 3) - Play Charades (see Games and Craft 32) - Closing	25 mins 25 mins 15 mins 20 mins 5 mins

14-17 year olds	• Working without language (see Games and Craft 33) • Have a debate about a topic of interest and relevance for the Guides (See Patrol System 6) • Play UNO in silence (see Games and Craft 31) • Play Duplo Game (see Leadership 3) • Charades (see Games and Craft 32) • Closing	20 mins 20 mins 20 mins 15 mins 10 mins 5 mins
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*Guiding
is
Great!*



Outdoor Cooking

Age Range	Activity	Duration
5-7 year olds	• Match safety – learn how to light a match correctly and light a candle (see Outdoors 15) • Obstacle race – set up an obstacle course which might involve going under tables, skipping 5 times, going round a chair or under a chair etc – at the end, girl lights a candle, blows it out and runs back for the next girl to go – ensure that there is an adult with the girls as they light the candles (see Games and Craft 59) • Using candles and tins, (see Outdoors 16) cook pancakes (see Games and Craft 35) outside. Guides make the mixture and cook on the tins. • Kim's Game of outdoor items (see Guiding Traditions 8) • Closing	10 mins 15 mins 45 mins 15 mins 5 mins
7-9 year olds	• Match safety – ensure all Guides can safely light a match (see Outdoors 15) • Fire Safety Obstacle Course (see Games and Craft 59) • With a candle and tin, (see Outdoors 16) melt small blocks of chocolate in foil on the tins to dip fruit and marshmallows in for fondue. • Each Patrol to make a small fire, cook marshmallows and/or make smores (Guide Biscuits with marshmallows in-between) in a foil tray. • On one larger fire, in a half drum, girls cook peanut butter wraps (check for allergies) – burittos, peanut butter, chocolate, marshmallows rolled together in foil and cooked on the fire – put fire out safely • Closing	5 mins 10 mins 20 mins 20 mins 30 mins 5 mins
9-12 year olds	• Make a heat bead box (see Outdoors 18) and cook pizzas (see Games and Craft 35) • Discuss how to make a fire using a grading of wood – using twisties, french fries and tiny marshmellow pieces build a lolly fire on a foil tray. Make sure you have a graded wood pile • Kim's Game – Use objects from outside or related to outdoor cooking (see Guiding Traditions 8) • Closing	55 mins 15 mins 15 mins 5 mins
12-14 year olds	• Each Patrol to make a heat bead box (see Outdoors 18) and cook pizzas (see Games and Craft 35) • Light a fire in a half drum, heat water and cook a cake in a bag (see Games and Craft 35) – put out fire safely • Closing	These things will need to be done at the same time. 5 mins
14-17 year olds	• Make a pizza box solar cooker (see Outdoors 3) and cook biscuits • OR make a buddy burner (see Outdoors 17) and cook a 2 course meal • Closing	85 mins 5 mins

Fun with Knots

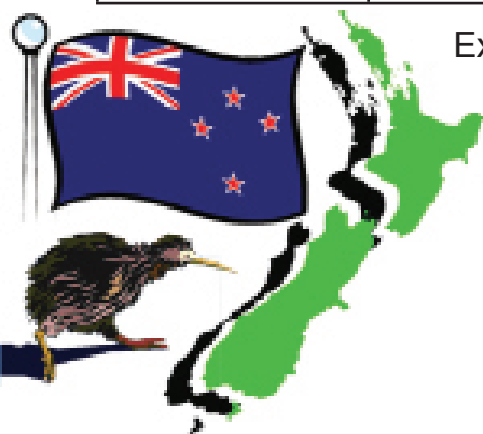
Age Range	Activity	Duration
5-7 year olds	- Opening - Can you tie your shoelaces? (see Outdoors 10) - Show the girls how to tie a reef knot and practice as a group (see Outdoors 11) - Skipping Chants (see Leadership 4) - Tie reef knots in cooked spaghetti (see Outdoors 12) - Make Thai friendship necklaces (see World Guiding 3) - Closing	5 mins 10 mins 10 mins 20 mins 10 mins 30 mins 5 mins
7-9 year olds	- Opening - Practice reef knots & clove hitches (see Outdoors 11) - Tie knots – with eyes closed, one hand, behind back, with toes (see Outdoors 11) - Knot relay (see Outdoors 13) - Spaghetti reef knot (see Outdoors 12) - Make Thai friendship necklaces (see World Guiding 3) - Human knot (see Leadership 5) - Closing	5 mins 20 mins 10 mins 10 mins 10 mins 20 mins 10 mins 5 mins
9-12 year olds	- Opening - Practice knots as group – reef, clove hitch, square lashing (see Outdoors 11) - Square Lashing Noughts and Crosses (see Outdoors 14) - Friendship bracelets (see Games and Craft 34) - Human knot (see Leadership 5) - Closing	5 mins 20 mins 20 mins 30 mins 10 mins 5 mins
12-14 year olds	- Opening - Practice knots – reef, clove hitch, square lashing, tripod lashing (see Outdoors 11) - Tripod food relay (See Patrol System 7) - Friendship bracelets (see Games and Craft 34) - Closing	5 mins 20 mins 30 mins 30 mins 5 mins
14-17 year olds	- Opening - Have a refresher on knots to make sure everyone knows them (see Outdoors 11) - Make a catapult and flour bomb each other / see whose can go the furthest (See Patrol System 8) - Closing	5 mins 30 mins 50 mins 5 mins



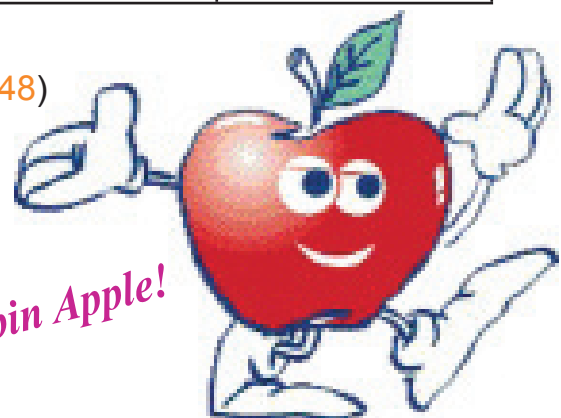
New Zealand

Age Range	Activity	Duration
5-7 year olds	- Opening: 'Pippins care, so Pippins share with other children everywhere' - Play the Farm Animal game (see Games and Craft 36) - Caterpillar fridge magnet (see Games and Craft 37) - Play Duck Duck Goose (see Games and Craft 38) - Bob for apples (Apples are the symbol for Pippins in NZ) – see picture below - Stiff Candle (see Games and Craft 39) - Closing	5 mins 15 mins 25 mins 15 mins 15 mins 10 mins 5 mins
7-9 year olds	- Play E Hipitoitoi Hand Game (see Games and Craft 40) - Fish and Net Game (see Games and Craft 41) - Make Tipare Maori headband (see Games and Craft 42) - Sheep Shearing Relay (see Games and Craft 43) - Bob for apples - Closing	10 mins 15 mins 30 mins 15 mins 15 mins 5 mins
9-12 year olds	- Play E Hipitoitoi hand game (see Games and Craft 40) - Role play The Legend of Maui and the Magic Fish Hook (see Patrol System 9) - Make Mini Kiwis (see Games and Craft 44) - Sheep Shearing Relay (see Games and Craft 43) - Learn and Sing Taps in Maori (see World Guiding 4) - Closing	10 mins 30 mins 30 mins 15 mins 5 mins
12-14 year olds	- Role play The Legend of Maui and the Magic Fish Hook (see Patrol System 9) - Make Poi and learn how to use them (see World Guiding 5) - Write a Gidget Bio-poem (see Games and Craft 45) - Learn and Sing Taps in Maori (see World Guiding 4) - Closing	20 mins 40 mins 20 mins 10 mins
14-17 year olds	- Make Poi and learn how to use them (see World Guiding 5) - Make Woozle (see Games and Craft 46) - Play touch rugby (see Games and Craft 49) - Wink Murder (see Games and Craft 47) - Sing Woozle song (to the tune of the Ranger Song) (see World Guiding 6) - Closing	25 mins 25 mins 25 mins 10 mins 5 mins

Extra Activity: Play String Games
(see [Games and Craft 48](#))



I'm a Pippin Apple!



Me

Age Range	Activity	Duration
5-7 year olds	• Name ball (see Games and Craft 50) • Find out about me (see Leadership 6) • Sing <i>Head Shoulders Knees and Toes</i> (see Games and Craft 51) • Find a friend like me (see Guiding Traditions 6) • Sing <i>If You're Happy and You Know It</i> (see Games and Craft 52) • Wombats walk (see Games and Craft 53) • Octopus (see Games and Craft 2) • Closing	10 mins 20 mins 5 mins 15 mins 10 mins 15 mins 10 mins 5 mins
7-9 year olds	• Make a "Me" Book (see Leadership 7) • Find a friend like me (see Guiding Traditions 6) • Just how different am I? (see Guiding Traditions 7) • Decorate "Marie" biscuits to look like yourself (see Games and Craft 54) • Stacks (see Games and Craft 6) • Wave (see Games and Craft 6) • Closing	20 mins 15 mins 15 mins 15 mins 10 mins 10 mins 5 mins
9-12 year olds	• Make a "Me" book (see Leadership 7) • Grow your name (see Outdoors 19) • Decorate "Marie" biscuits to look like yourself (see Games and Craft 54) • Design a coat of arms that reflects who you are (see Leadership 8) • Stacks (see Games and Craft 6) • I went to the market (see Games/Craft 55) • Closing	20 mins 15 mins 15 mins 15 mins 10 mins 10 mins 5 mins
12-14 year olds	• Which baby are you? (see Games and Craft 56) • Taking care of me (see Promise and Law 2) • Make gingerbread men and decorate to look like you (see Games and Craft 57) • What about me? (see Leadership 9) • Closing	15 mins 20 mins 30 mins 20 mins 5 mins
14-17 year olds	• Write a poem or limerick about yourself (see Games and Craft 58) • Make gingerbread men and decorate to look like you (see Games and Craft 57) • What am I good at? – Write an ad to sell yourself (see Leadership 10) • Which baby are you? (see Games and Craft 56) • Looking after myself and learning to say 'no' (see Promise and Law 3) • Closing	10 mins 30 mins 20 mins 10 mins 15 mins 5 mins

Emergency

Age Range	Activity	Duration
5-7 year olds (with activities such as holding a knife, the phone numbers and using a phone, girls might need to be split into small groups and rotated through these activities)	- Obstacle course - Learn how to light a candle (see Games and Craft 59) - Accident Prevention Play – Give the girls a scenario about where they might be playing and get them to act out what hazards there might be e.g. playground, Guide hall, kitchen etc - Learn how to hold a knife – girls to make a sandwich learning how to hold a bread and butter knife properly - Emergency phone numbers (see Service 5) - Learn how to use a phone to give a message – arrange with a few people such as the District Leader or other Leaders to receive calls from girls during the meeting if possible. Give them a message to relate and give the receiver a message that the girl needs to relay back - Fruit Salad – Road Signs (see Games and Craft 24) Each pair choose a different road sign - Closing	15 mins 20 mins 15 mins 10 mins 10 mins 15 mins 5 mins
7-9 year olds	- Obstacle course - Learn how to light a candle (see Games and Craft 59) - In Patrols, make a list of all the hazards around the hall, discuss ways to prevent accidents in the hall - Use a phone to accurately give a message - Leading the blind (see Leadership 11) - Basic first aid – learn what to do for cuts/grazes, bleeding, burns, snakebites, clothing on fire, unconscious person, sunburn, nosebleed (use first aid books/old Guide handbooks etc for reference) - List of Emergency phone numbers (see Service 5) - Closing	15 mins 15 mins 10 mins 15 mins 20 mins 10 mins 5 mins
9-12 year olds	- Fruit Salad – pairs choose something you might find in a first aid kit (see Games and Craft 24) - In Patrols make a list of accidents that might happen at home and what can be done to prevent them - List of Emergency Phone Numbers (see Service 5) - Learn how to throw a lifeline (see Outdoors 21) - Leading the blind (see Leadership 11) - Captains coming – Learn compass points, add NW, NE, SW, SE (see Guiding Traditions 1) - Closing	15 mins 20 mins 10 mins 15 mins 15 mins 10 mins 5 mins

12-14 year olds	• Learn how to throw a lifeline (see Outdoors 21) • How to make a sandwich – Instructions (see Leadership 12) • Basic first aid – learn what to do for cuts/grazes, bleeding, burns, snakebites, clothing on fire, unconscious person, sunburn, nosebleed, severe chest pain, sprains, something in the eye, broken arm • Learn how to put an unconscious person in the recovery position • Learn how to read a street directory – each girl finds their own house, the Guide hall, various points of interest relevant to them • Closing	15 mins 20 mins 30 mins 10 mins 10 mins 5 mins
14-17 year olds	• How to make a sandwich – Instructions (see Leadership 12) • Basic first aid – learn what to do for cuts/grazes, bleeding, burns, snakebites, clothing on fire, unconscious person, sunburn, nosebleed, severe chest pain, sprains, something in the eye, broken arm • Learn how to put an unconscious person in the recovery position • Learn how to read a street directory – each girl finds their own house, the Guide hall, various points of interest relevant to them • Lost in the bush – girls to talk about what you should do when lost in the bush and what they would include in a hike first aid kit. • Closing	20 mins 30 mins 10 mins 10 mins 15 mins 5 mins

Many of these activities are part of the Achieve-A-Challenge Emergency Trefoil 1 and 2 badge. This could be a good start to encourage the girls to complete the badge.



Vegetables

Age Range	Activity	Duration
5-7 year olds	• Potato prints (see Games and Craft 60)	15 mins
	• Play Fruit Salad (see Games and Craft 24) using vegetables rather than fruits	15 mins
	• Potato Hockey (see Games and Craft 3) (Use a potato instead of a ball)	15 mins
	• Make Vegetable creatures for a snack. Provide girls with a range of cut up vegetables and fruit and let them make a creature on a plate, before eating the creature. These might include celery, carrots, sultanas, apples and dried apricots.	25 mins
	• Kim's game (see Guiding Traditions 8) with vegetables	15 mins
	• Closing	5 mins
7-9 year olds	• Potato prints (see Games and Craft 60)	15 mins
	• I Went to the Market...(see Games and Craft 55) but each girl must buy a vegetable of some sort	10 mins
	• Plant herbs and watch them grow over the next few weeks – buy small pots, paint if you like, soil and seeds	20 mins
	• Play Kim's game with vegetables (see Guiding Traditions 8)	15 mins
	• Hot potato game (see Games and Craft 61)	10 mins
	• Chop up vegetables and eat with dip	15 mins
	• Closing	5 mins
9-12 year olds	• Asparagus and Banana Game (see Games and Craft 65)	15 mins
	• Learn how to shell peas and peel a potato, make a potato salad or mashed potato	15 mins
	• Hot potato game (see Games and Craft 61)	10 mins
	• Plant herbs	15 mins
	• Know your potato (see Games and Craft 62)	10 mins
	• Play Scattergories (see Games and Craft 67)	20 mins
	• Closing	5 mins
12-14 year olds	• If I were... (see Games and Craft 66)	10 mins
	• Learn how to make a salad	15 mins
	• Blind chip test (see Games and Craft 63)	15 mins
	• Scattergories (see Games and Craft 65)	20 mins
	• Know your potato (see Games and Craft 62)	10 mins
	• Make mini pizzas (see Outdoors 20)	15 mins
	• Closing	5 mins
14-17 year olds	• Make coleslaw	15 mins
	• Mr Potato Head (see Games and Craft 64)	20 mins
	• Build a fire and bake potatoes	25 mins
	• Chop up vegetables and eat with dips	10 mins
	• Blind Chip Test (see Games and Craft 63)	15 mins
	• Closing	5 mins



Traditional Guiding

Age Range	Activity	Duration
5-7 year olds	• Fruit Salad (see Games and Craft 24) • Kim's Game (see Guiding Traditions 8) • Feel and Find (see Games and Craft 67) • Thumb Print pictures (see Games and Craft 68) • Captain's Coming (see Guiding Traditions 1) • Good Turn Hand (see Promise and Law 4) • Closing	10 mins 15 mins 15 mins 20 mins 10 mins 15 mins 5 mins
7-9 year olds	• Newspaper hockey (see Games and Craft 3) • Kim's game (see Guiding Traditions 8) • Captain's Coming (see Guiding Traditions 1) • Create a poster of the Promise and Law (see Promise and Law 5), including pictures showing ways to keep the Promise and Law • Table Setting Relay (see Games and Craft 69) • Each girl tells of one good turn they have done today • Closing	15 mins 15 mins 10 mins 20 mins 20 mins 5 mins 5 mins
9-12 year olds	• Table Setting Relay (see Games and Craft 69) • Trefoil Poster (see Promise and Law 6) • Promise and Law Word Find (see Promise and Law 7) • Play Giant's Treasure to practice stalking skills (see Games and Craft 70) • Kim's Game (see Guiding Traditions 8) • Observation Game (see Guiding Traditions 9) • Closing	15 mins 20 mins 15 mins 10 mins 15 mins 10 mins 5 mins
12-14 year olds	• Penny Hike (see Guiding Traditions 10) • Learn the proper way to care for a flag (see Service 6) • Draw a sketch map of the hall (see Service 7) • Trefoil poster (see Promise and Law 6) • Closing	30 mins 20 mins 20 mins 15 mins 5 mins
14-17 year olds	• Learn how to whip a rope (see Guiding Traditions 11) • Draw a sketch map of the local area (see Service 7) • Practice Colours (see Service 8) • As a Unit, list 25 ways that they can keep the Promise and Law every day • Learn The Ranger Song (see Guiding Traditions 12) • Closing	20 mins 20 mins 25 mins 5 mins 10 mins 5 mins 5 mins