

Adventures...

BY THE SEA

International Day of the Girl 2024
Southport +



Girlguiding
North West England

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INTRODUCTION

Welcome to our exciting Challenge Pack, inspired by the amazing International Day of the Girl event, Adventures... By The Sea.

You might have noticed that this pack is marked with "Southport +," indicating that it has been thoughtfully adapted from the original Southport event. This means that no matter where you are, you can dive into the adventure and make the most of the activities we've designed for you.

Whether you're exploring from the Isle of Man, just a short drive from our regional headquarters, or even one of our British Guiding Overseas Territories, this Challenge Pack is crafted with you in mind. We've ensured that it's accessible and engaging for all our members, regardless of your location.

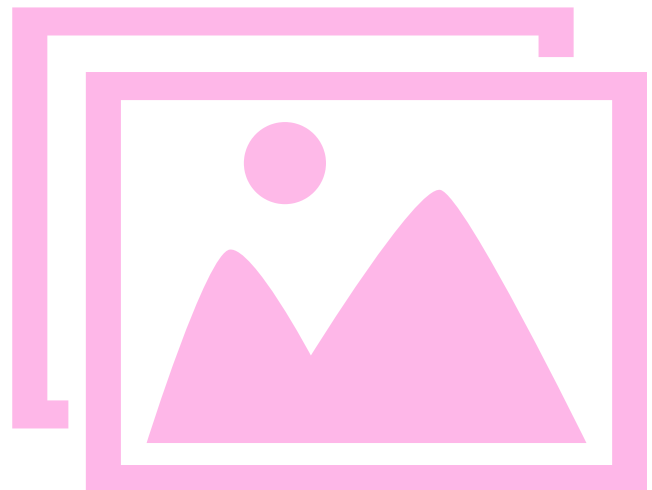
Inside this pack, you'll discover a treasure trove of activities tailored for you and your unit to enjoy. Each activity is crafted to inspire creativity, foster teamwork, and celebrate the spirit of adventure. So, gather your friends, embrace the challenges, and let's make this an unforgettable journey together!.



**ENJOY THE
CHALLENGE!**

You can purchase your badges from our region shop by [clicking here!](#)

Don't forget to share photos with us either by tagging us on social media or emailing them to northwesthq@girlguidingnwe.org.uk



LET'S GO FLY A KITE

Background: Kites are a fun pastime which have been around for 3000 years and were popularized in China, using silk for the sail and bamboo for the frame. Kites have been used for many things throughout history from fishing to measuring height of buildings! In the North West, we are known to host one of the country's largest kite festivals in St. Annes where hundreds of kites of all shapes and sizes are flown every year. Why not make your own kite and on a windy day see if you can fly it outside your unit!

Time: 45 Minutes

Equipment:

- Bamboo canes or wooden skewers
- String
- Glue
- Sticky tape
- Material for sail for example: newspaper, plastic bag, wrapping paper
- Scissors
- Decorations

Method:

1. Use wooden skewers to create a frame, it should look like a cross. Make sure the horizontal stick is 10cm shorter than the vertical one.
2. Attach the two sticks together with string. Wrap string around the middle 2 or 3 times, attaching the two sticks together at a right angle. Tie the string and trim off excess with scissors.
3. Create the outline of your sail using string. Wrap the string around the top point of the kite (you may want to use a dab of glue to secure), then link this point to the next going clockwise. Continue until you have a diamond shape linking each end of the sticks.
4. Using paper or a plastic bag, draw around your sail shape and cut it out, 5cm wider than the outline.
5. Using glue or tape, fold the material over the frame and stick down, this creates the sail. Make sure its nice and tight!
6. Create the line to fly the kite. Poke a small hole through your sail above where the 2 sticks meet. The hole should be big enough to fit the flying line. Then, pull one end of the flying line through the hole and tie it tightly around the cross point. Let the flying line hang down freely while you finish the rest of the kite.
7. Decorate your kite. You can draw on it, add stickers and even add a tail. Just make sure it's not too heavy!
8. Try to fly your kite!

LET'S BE CRIMINALISTS

Background: Forensic scientists help the police when looking at crime scenes and find evidence to help the police solve the mystery. One thing forensic scientists can use to help them narrow down suspects is fingerprints. Did you know every person in the world has a unique fingerprint?

There are 2 activities within this section

Activity 1: Your own fingerprint!

Time: 15 Minutes

Equipment:

- Ink pad
- Paper
- Scissors
- Optional magnifying glass
- Alternative- pack of balloons (1 each)



Method:

1. Press your finger onto an ink pad gently so your finger is lightly covered with ink.
2. Press your finger onto a piece of paper or card, removing it gently and trying not to smudge the print left below.
3. Look at your fingerprint closely and look at your friends, can you see the differences?

Extra challenge: Mix up the printed fingerprints and get the girls to try and find their own again looking at the markings.

Alternative method:

1. Once your finger is covered in ink, print it on a deflated balloon. Let it dry and then inflate the balloon. This will enlarge your fingerprint as it is blown up, making it easier to see.

Activity 2: Collect fingerprints

Time: 15 Minutes

Equipment:

- Oil
- Baby powder
- Sticky tape
- Baby powder
- Soft paint brush
- Black Paper/card
- Optional magnifying glass



Method:

1. Using oil, rub a very small amount on your finger until it is lightly greasy.
2. Place your finger on a flat surface. For example a table or window. Try not to smudge your fingerprint when placing or removing your finger.
3. Using baby powder and a paint brush, lightly dust the fingerprint you have left behind and let it sit for a few minutes. (if dusting doesn't work, try tapping the brush with baby powder over the fingerprint)
4. Get some clear sticky tape and place it over the fingerprint carefully, then peel it off, the fingerprint should be on the sticky tape. This is called lifting a fingerprint.
5. If you want to look at the print closer, stick it onto black paper and it should show up for you to look at. You could also compare this to the print made with ink and see if they are very different.

WACKY RACES!

Background: Have some fun exploring different types of races. These are called wacky races for a reason!

Warm up: A good warm-up which ends with the girls in groups is the numbers game. Its quick and easy, follow the steps below!

Time: 5 Minutes

Instructions:

1. Have the girls begin to run around the space, trying to spread out as much as possible.
2. Leader should then shout out a number
3. The girls get into groups corresponding to the number
4. At the end of the game, call a number that splits the members easily into their race teams.

Time for the real thing!



Time: 20 Minutes

Equipment:

- A4 paper (2 sheets per team)
- Balloon/ball (1 per team)
- Paper or plastic plate (1 per team)
- Ping pong balls or similar (5 per team)
- Hula Hoop (1 per group)
- Beanbags/cones (1 per member)



Method:

1.Create a race track in your meeting area. This can be indoors or outdoors.

2.Try out some of the wacky races below! (all of the races can be done as a relay in the groups)

- Running race- fastest team wins (good to get started with so children know where to go during the other races).
- Slowest race- last to finish wins.
- Fast arms, slow legs- walk slowly but move your arms quickly, most creative way gets bonus points.
- Slow arms, fast leg- as above but the opposite!
- Paper race- a team gets two pieces of paper and nominates 2 members to compete. The racers can only step on the two pieces of paper to get to the finish line.
- Balloon/ball race- place a balloon or ball between your legs, don't let it fall!
- Waiter race- can use paper/plastic plates and fill them with ping pong balls or similar and see who can carry their plate the fastest, forfeit if any items fall off the plate, bonus points for best waiter/waitress.
- Crab race- crab walk to the finish line!
- No hands race- roll the ball (any ball, make it easy with an exercise ball or hard with a golf ball) without using your hands, no kicking!
- Over under- grab a balloon or ball and get the team in a line, the ball must travel over the first person, under the next and so on, until the team make it to the finish line.
- Hungry hippos race- Using a hula hoop, the girls have to run and collect an object from the other end of the track. They have to bring it back to the finish line using only the hoop. The first team to bring all the objects back to the finish line wins.
- Shoe pairs race- each team mate must give up one shoe, the shoes get mixed up at the other end of the track. One person from each time can run at one time and try and find their shoe, first team with all their shoes wins.
- Dance race- no walking, no running, no skipping just dancing! Extra points for best dancers.

I WILL BE AN ARCHAEOLOGIST

Background: Archaeology is all about finding things that can piece together a story about how humans used to live.

There are 2 activities within this section

Activity 1: Dig it Up – (Brownie archaeology badge clause 1)

Time: 30 Minutes

Equipment:

- 3 objects
- Pens
- Paper



Method:

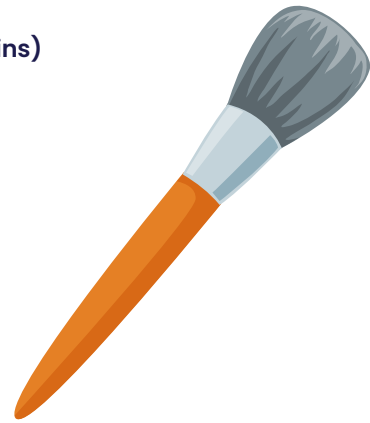
1. Go for a walk around your surroundings, this could be your meeting place, your home or outdoors in the local community.
2. As you walk around look for 3 different interesting objects that could be used by a person.
3. Collect the 3 objects or note them down if you can't take them with you. You may want to get pictures of the objects you can't take.
4. Piece together your own story. Imagine all 3 objects belong to the same person, think about what they might use them for.
5. Give the person a story imagine who they are, what are they like, what things might they enjoy doing.
6. Draw an image or act out what you think the person you have created is like.

Activity 2: Excavation blocks

Time: 2 hours to create and let the plaster set and a further 20 minutes to excavate. You can do this activity over 2 unit meetings or prepare the plaster in advance

Equipment:

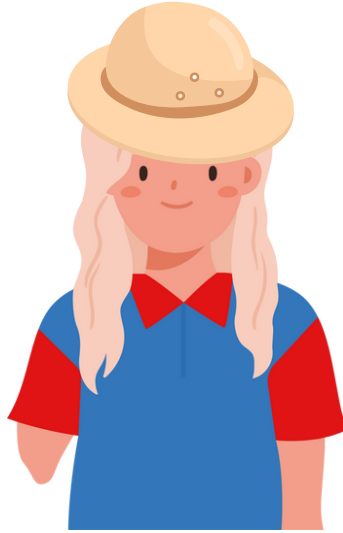
- Selection of small artefacts, at least 3 per block. (buttons, beads, coins)
- Plaster of Paris
- Bowl
- Mould (you can use silicone moulds or even paper cups)
- Mixing spoon
- Dirt or sand
- Lollipop sticks (one per girl)
- Paintbrush

**Method:****Making the excavation block.**

1. Use the bowl, mould, water, Plaster of Paris, and spoon to prepare an appropriate amount of Plaster of Paris. Make sure you follow the instructions on the packaging and you can add in a bit of sand or soil to create a more natural texture if you like.
More water in the Plaster of Paris will make the finished block softer and easy to excavate while less water will make it harder.
2. Pour a thin layer of the mixture into the bottom of your container.
3. Drop an object into the setting plaster, that will act as your 'oldest' artefact.
4. On top of this layer, pour in more plaster to form a middle layer. Add a 'younger' artefact.
5. Pour in some more plaster to make the final layer and add a final artefact. If you want you can leave a portion of the artefact showing above the surface to show that there are artefacts to be discovered inside the block.
6. Allow the plaster to dry. This should take about 1 to 2 hours, depending on the size of the block that you're prepared. Once the plaster is dry, remove the mould. The block is ready to be excavated!

Excavating your creation.

1. Place your block on top of a protective surface, such as a plastic tablecloth or some newspaper.
2. Take your lollipop stick and begin to chip away at the block. Use your paintbrush to clear the block of dust if necessary. Be careful and use gentler techniques when closer to the artefact, you don't want to damage it!
3. When you find an artefact, keep track of what it was and in what order you found it. This is what an archaeologist would do in the field, make sure to work out if it is higher up or deeper into the plaster, this tells you how old the artefact is.



TAI CHI

Background: Tai Chi is an ancient Chinese martial art. Originally created for combat and self-defence, it has evolved into a sport and form of relaxing exercise.

There are 2 activities within this section

Activity 1: Tai One, Two, Chi (Guide UMA)

Time: 30 Minutes

Equipment:

- Large open space
- Music player with calming music (optional)



Method:

1.Has anyone tried tai chi? If so, show everyone what you know.

2.It's time to try it out. Can you keep the pace slow? Stand in a line on one side of your space. When your leader says 'Go', travel across the room as slowly as you can, imagining you're pushing something away from you. Remember, tai chi movements flow so you must keep moving. The last girl to the other side wins!

3.Now, find a space and take a deep breath. Your leader's going to explain some different movements.

4.Pouring. Stand with your feet wide apart. Pour all your weight into your left leg, keeping both feet on the ground. After three deep breaths in and out, slowly pour your weight into your right leg and hold for three more breaths. Repeat three times.

5.Flows. Stand with your feet wide apart, knees slightly bent with your arms out in front of you at shoulder height, and try these three flows:

- Raise your arms in front of you at shoulder height when you breathe in, and lower your arms when you breathe out. After a few breaths, start to stretch up and bend your knees as you raise your arms.
- Imagine you're drawing a big clockwise circle in front of your body using both hands. When your hands reach your knees follow the movement with them, so your knees will bend and straighten. Breathe in as your hands rise above your head and breathe out on the way down.
- Stand with one leg out in front in a wide stance. Breathe in, raise your arms and lean back, lifting the front of your forward foot off the floor and balancing on your back heel. As you breathe out, lean forward, pushing your arms out in front of you. Put your foot back down onto the floor. Imagine you're pushing something heavy slowly away from you. You could move forward or stay still.

6.Now you've mastered these moves, get into small groups and think of a scenario you could create your own tai chi flow performance to. For example, you could show a digital detox where one by one, you slowly close a laptop, put down the phone and read a book.

Activity 2: Animal Tai chi

Time: 20 Minutes

Equipment:

- Large open space
- Music player with calming music (optional)



Method:

1. Have a slow race. Stand in a line on one side of your space. When your leader says 'Go', travel across the room as slowly as you can. Remember, tai chi movements flow so you must keep moving. The last girl to the other side wins!
2. Tai Chi moves are frequently based on the natural world and animal movements. See how many animals you can name.
3. Try not to make the noises but work out a movement for each animal.
4. Put these movements together to create your own tai chi flow.

FUN ANIMAL FACTS

Snakes hear using vibrations in their jaw bones.

Elephants purr like cats to communicate.

The blue whale is the largest animal in the world.

Lions have a roar that can carry up to 8km (5 miles).

Crocodiles cannot stick their tongue out.

GET YOUR DOODLE ON

Background: Doodle art is a style of art anyone can have a go with. It involves drawing what comes into your mind rather than spending a long time planning an art piece.

There are 2 activities within this section

Activity 1: Squiggles

Time: 15 Minutes

Equipment:

- Coloured pens/pencils/crayons
- Plain paper

Method:

1. Start by loosening yourself up. Roll your shoulders and wiggle your arms, get yourself nice and wiggly!
2. Find a darker coloured pen. Using this pen draw a squiggle on your page. Try to make sure it crosses over other lines you've drawn and leaves space for you to add colour.
3. Once you have drawn your squiggle, colour in or decorate the different sections. You can fill it with bold colours or patterns.

Top Tip: If you use tracing paper you can then display these in a window and allow the light to pass through, almost making stained glass.

Activity 2: Characters**Time:** 15 Minutes**Equipment:**

- Coloured pens/pencils/crayons
- Plain paper

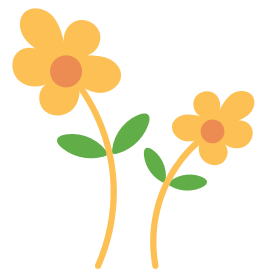
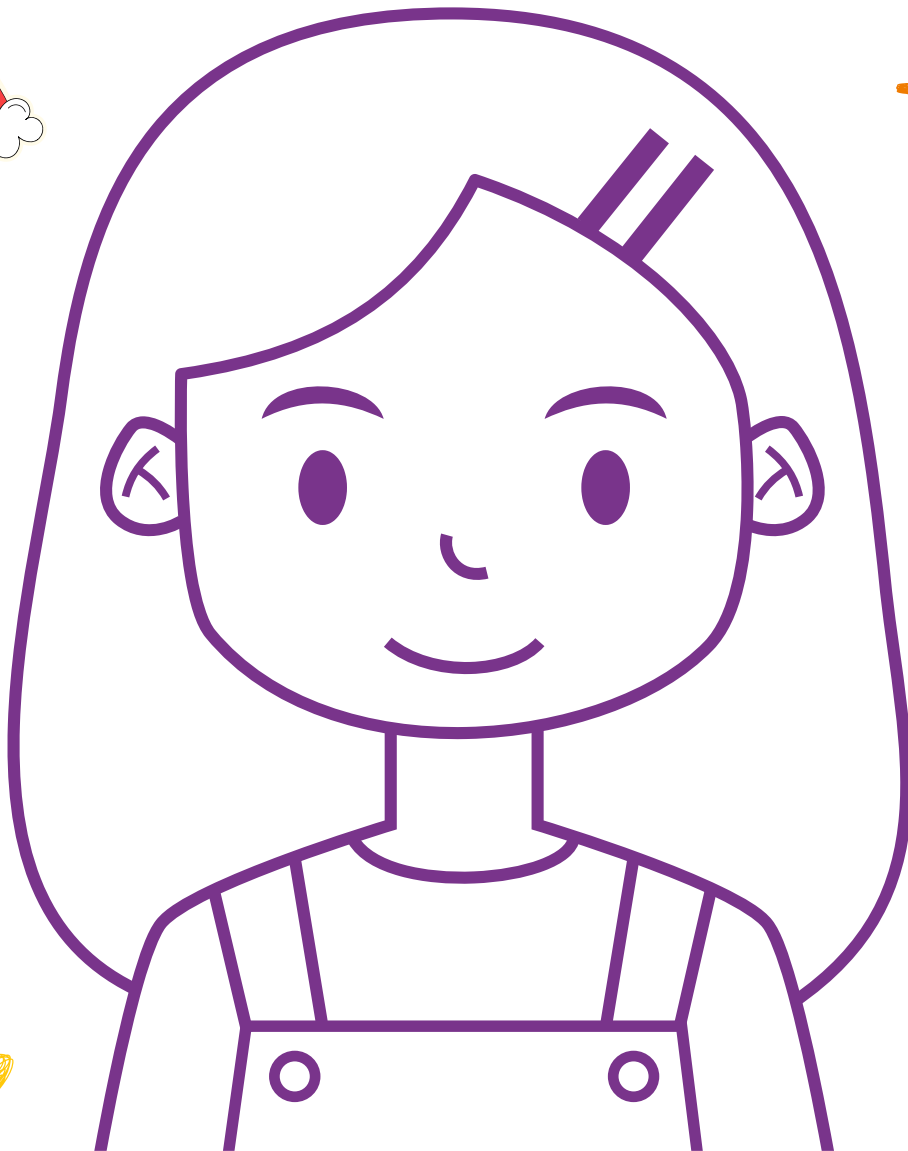
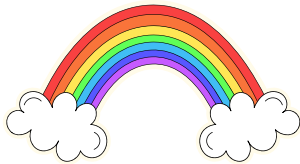
Method:

1. Another style of doodle can involve creating your own character and doodling things they can get up to.

2. Why not have a go at drawing your own small character. Do this in the centre of the page but keep it small.

3. Now, using your character at the centre you can draw other things like objects or even make friends for them too. Draw these around the main character.

4. Now it's time to fill in the blanks. Any blank areas you can fill in with funky patterns or bold shapes. Add colour if you want to.



WHERE'S THE FIRE?

Background: Across the world, fire and rescue services ensure people in their community are safe. The duty of the fire and rescue service is to promote fire safety, extinguish fire whilst protecting life and property, rescuing people from road traffic accidents and responding to other emergencies as required.

There are 2 activities within this section

Activity 1: Fire! Fire! (Brownie UMA)

Time: 45 Minutes

Equipment:

- Resources to build a fire obstacle course, such as:

Smoke: a big sheet

Hot door handle: a real door handle in the meeting place

Window: a hoop to climb through or a box to step over

Stop, drop and roll: a bowl with strips of red and orange tissue paper

Method:

1. A fire escape is a very useful thing to practice. Talk about the fire exits in your meeting space, your emergency meeting point and what you would do in case of fire.

2. Your leader has set up a fire obstacle course for you. Remember today it is all pretend.

3. In your groups, see if you can answer the questions below:

Q - If there is smoke what should you do?

A - Get out as quickly as you can. If you can't get out, block gaps in doors with towels or sheets so the smoke can't get in.

Q - How do you know if the fire is behind the door?

A - Test the handle with the back of your non-writing hand.

Q - How could you get out if the fire is behind the only door in the room?

A - Climb out of a window - remember to look down first to check it's safe.

Q - What should you do if your clothing is on fire?

A - Stop, drop and roll.

4. Now it's time to practise your 'stop, drop and roll'. Find a space, cover your face, drop to the floor and roll over and over - not just side to side. Who can do it really well?

5. Next up is the obstacle course. Your leader will show you what you have to do. Watch out for: Smoke! your leaders will hold the sheet up and give it a wiggle - you need to move under the sheet to the other side as quickly as you can. A hot door handle! Can you test it safely? A window! Can you climb out safely through the hoop or over the box? Your clothes catching fire! Grab a tissue and tuck it into your waistband - stop, drop and roll until it comes loose.

6. When you've all safely made it around the course, your leader will ask about how you got on. Did everyone remember what to do?



Activity 2: Fire Triangle**Time:** 10 Minutes**Equipment:**

- Tea light
- Lighter
- Jam Jar

Method:

1. Discuss what a fire needs to survive. Can you name all the points on the fire triangle?
2. We are going to explore what happens when you remove one part of the fire triangle.
3. You will be given a tea light and a lighter, make sure to be careful when lighting it.
4. Once lit, place the jam jar over the tea light, watch what happens.
5. Why do you think the tea light went out?
6. How would this help if you had to put out a bigger fire?

CRICKET!

Background: Whilst playing a full game of cricket in your meeting space could seem daunting, why not find a large open space and play one of these cricket inspired games instead!

There are 2 activities within this section

Activity 1: Fielding tug of war**Time:** 20-30 Minutes**Equipment:**

- Lightweight large ball. A football would work.
- Smaller balls like cricket balls.
- Cones

Method:

1. Set up two parallel lines of cones. Place a large, lightweight ball in the centre of the two lines.
2. Divide the players into two teams and have them stand behind the lines facing each other.
3. The teams throw their balls at the centre ball to move it towards the opposing team's line.
4. A point is scored if the team gets the centre ball across the opposing team's line.
5. When the centre ball has crossed the line, play stops and the game is reset.
6. Play ends after a certain amount of time or a specified number of points is reached. To make it harder, increase the space between the two teams or make the centre ball smaller to increase accuracy.

Activity 2: French cricket**Time:** 15 Minutes**Equipment:**

- Soft Ball
- Cricket Bat

Method:

1. Have players form a circle with one player standing in the middle.

2. The person in the middle is the batsman. The players in the circle are the fielders.

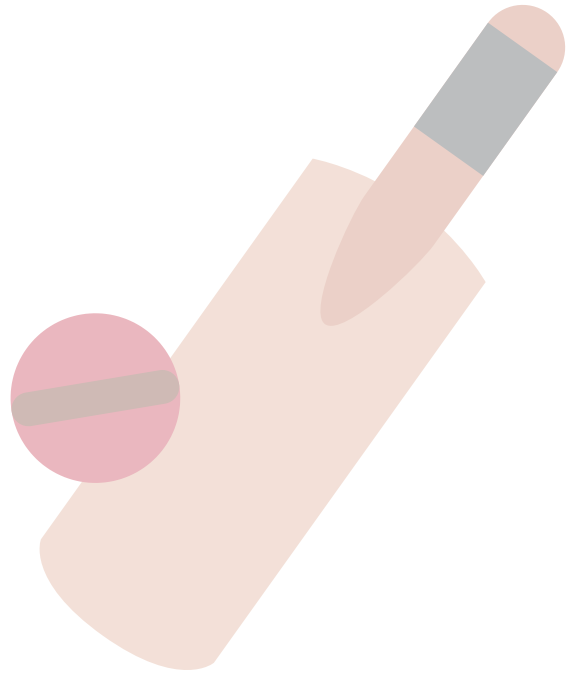
3. The fielders take turns throwing the ball underarm towards the batsman's legs.

4. The batsman must stand on their spot facing the forwards using the bat to protect their legs. They cannot change direction.

5. The batsman is out if a fielder touches their legs with the ball or a hit ball is caught.

6. When a batsman is out, the players change positions to allow someone else to stand in the centre.

To make it harder increase the distance between the players in the circle and the batsman or have the fielders take a step back every time the batsman avoids their throw.



CIRCUS SKILLS

Background: The history of the circus dates back to ancient Rome, where the first circus structures, such as the Circus Maximus, were used for chariot races and public spectacles, evolving over centuries to become the vibrant, multi-talented entertainment form we recognise today, featuring acrobats, clowns, and a dazzling array of performances.

There are 2 activities within this section

Activity 1: Juggling balls**Time:** 20-30 Minutes**Equipment:**

- Rice
- Balloons (2-3 each)
- Scissors



Method:

1.Prepare your workspace and clear a clean area to work in. It's a good idea to have a towel or a tray to catch any rice that might spill.

2.Inflate a balloon slightly and then deflate it to stretch it out. This will make it easier to work with. Cut off the top of the balloon, just below the neck where you would normally tie it.

3.If using a funnel, place it in the cut end of the balloon. Spoon rice into the funnel to fill the balloon. If you don't have a funnel, you can also carefully pour rice directly into the balloon or use a small cup to help guide the rice into the balloon.

4.Once the balloon is filled with rice to your desired amount (generally about 1/2 to 2/3 full works well), pinch the open end of the balloon tightly to prevent the rice from spilling out. Twist the neck of the balloon several times and tie a knot at the end to seal it.

5.To make the juggling ball more spherical, you can try to smooth out the shape by gently rolling it between your hands.

Add a Second Balloon (Optional):

1.For added durability and to give the juggling ball a smoother surface, you can cover the first balloon with a second balloon.

2.Simply cut the neck off a second balloon and stretch it over the first balloon. This step also helps if the first balloon's color isn't to your liking or if you want to reinforce the ball.

3.For extra security, you can use a needle and thread to stitch around the neck of the balloon where you tied it. This step is optional but can help keep the balloon from untwisting.

4.Once you have completed the steps, test your juggling ball by gently tossing it in the air. Adjust the amount of rice if necessary or re-tie the balloon if it feels too loose.



Activity 2: Hello My fabulous friend (Guides UMA)

Time: 10 Minutes

Equipment: N/A

Method:

You frequently find clowns at the circus and they are there to make you laugh by doing silly things but aren't allowed to touch you, can you make your friends laugh like a clown?

1. Get into a circle and go round until everyone has said their name.

2. Choose someone to be the fab friend!

3. The fab friend moves to the centre of the circle.

4. The fab friend then chooses another player in the circle and says to her: 'Hello my fabulous friend [name], will you please be my fabulous friend?' As the fab friend, your aim is to make the player laugh or smile. So you can say it in a funny voice, pull a funny face or do a funny movement at the same time. Whatever you want – you choose! The only thing you can't do is touch the other girl.

5. The player then replies: 'I am fabulous, but unfortunately I can't be your fabulous friend.' No smiling or laughing allowed!

6. If the player does smile or laugh, she becomes the fab friend and moves to the centre of the circle. If she manages to keep a straight face, the fab friend has to try again with someone else.

7. After a couple of turns, move on to round two. In this round, the fab friend can only use the player's name to get them to laugh, and the player can only reply by using the fab friend's name.

8. For the final round you can't use any words at all! The fab friend needs to act out asking the player to be her friend, and she needs to act out her response. Remember not to laugh!



POTIONS

Background: Potions and magic wands are a fantasy we all enjoy as children. Why not have a go at making your own potion and magic wand to cast some spells of your own!

Activity 1: Mix Mix Mix!

Time: 10 Minutes

Equipment:

- Jug
- Water
- Small bottle with lid
- Biodegradable glitter
- Food colouring
- Additional things to decorate like leaves, twigs and shells
- Sticky label
- Coloured pens



Method:

1. In a jug mix the water, glitter and food colouring together.
2. Whilst you are mixing our potions you might want to say a rhyme or explain what your potion is for.
3. Add extras into the bottle you might want in the potion. You could add gemstones, shells, feathers or anything else you can find.
4. Pour your potion into the bottle and seal it tightly.
5. Now you have made your potion, its time to make a label. Write your potions name and what it will do on the label, you can also decorate the bottle with string and stickers.

I CAN'T BELIEVE IT'S MAGIC

Activity 1: Magic wand!

Time: 10 Minutes

Equipment:

- Wand length branch (9-16 inches)
- Fabric strips in various colours
- Glue



Method:

- 1.Walk around your local area and find a branch you would be happy to have as a wand. Try to notice any unusual shapes in the wood and see if you can identify the plant it is from.
- 2.Back at your meeting place look at the fabric strips and choose some that may symbolise what magic you might want to do. In fantasy stories magic can sometimes be categorised into the elements: earth, air, water and fire.
- 3.Decorate your wand how you like, wrapping the fabric strips around your branch and securing them with glue.

ROCK, PAPER, SCISSOR, HOOP

Activity 1: Rock 2 Hula**Time:** 15 Minutes**Equipment:**

- At least 10 hula hoops

Method:

- 1.Lay the hula hoops on the floor and split your group in half.
- 2.One group stands at each end of the hoop course.
- 3.When your leader says go, one person from each team jumps from hoop to hoop. When they meet in the middle the players will play rock paper scissors.
- 4.Whoever wins the rock paper scissors continues to jump along the path, the other will exit the path and go back to their side.
- 5.The first team with all of their players at the other end of the course wins.



AMUSEMENT BONANZA

Background: Why not have an evening creating and playing carnival games in your unit.

Activity 1: Carnival fun!

Time: 45+ Minutes

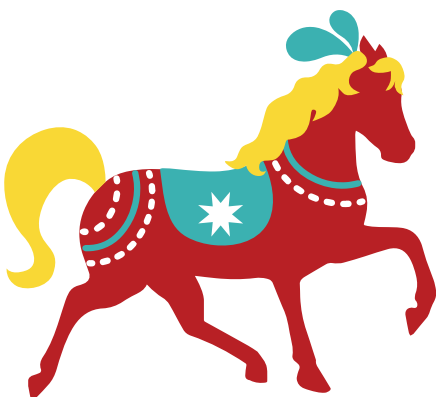
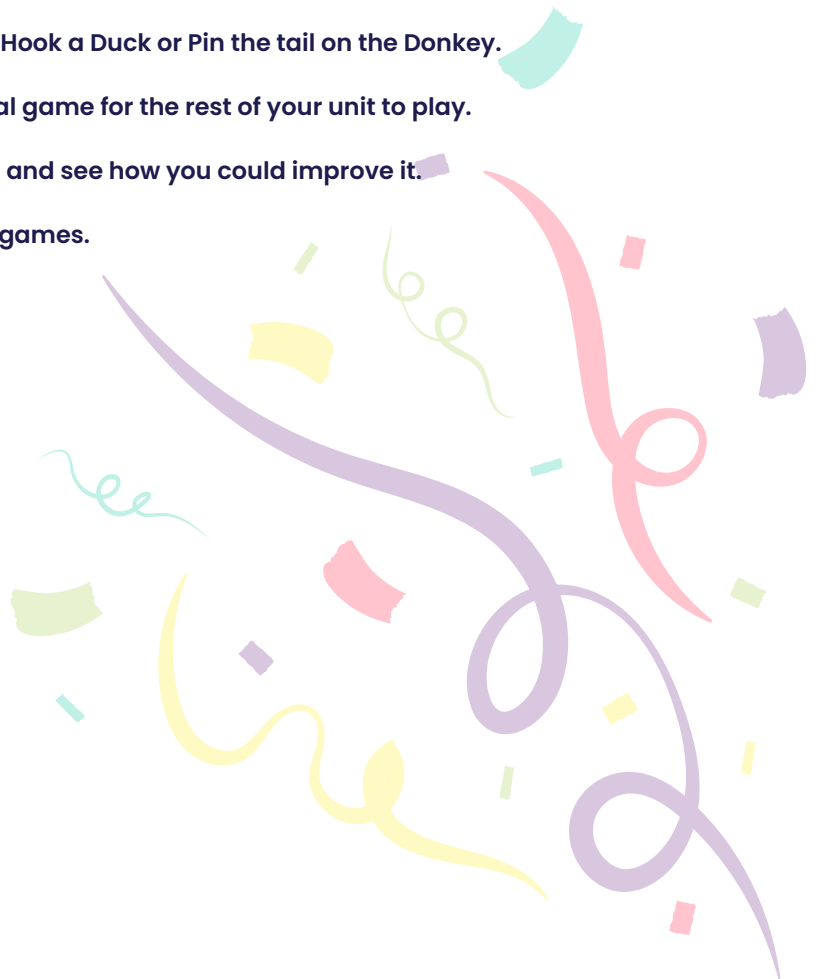
Equipment:

- Recycling
- Card
- String
- Coloured pens
- Tape
- Glue



Method:

1. Come up with some ideas of carnival games. Hook a Duck or Pin the tail on the Donkey.
2. Split into groups and design your own carnival game for the rest of your unit to play.
3. Once you have created your game, test it out and see how you could improve it.
4. Now it is ready! Have a go at everyone else's games.



5, 6, 7, 8

Activity 1: Dance Challenge (Lead Stage 2)

Time: 45 Minutes

Equipment:

- Large clear space
- Music Player
- Timer

Method:

1. As a group, decide on a song to play, and then dance around the room showing off all the dance moves you know. On your own, pick your two favourite moves.
2. Get into four teams. You're going to go head to head with the other teams to win one of the four awards.
3. Now, dust off your dancing shoes. In your teams, take turns being the dance leader and teach the others your moves. You have two minutes each before it's someone else's turn to be the dance leader.
4. Once everyone has taught their moves, put them together and get practising. You've got ten minutes to make your dance shine!
5. Ready, steady, dance! Come back together as a group. Take turns performing your routine. Your leader will be the judge for the awards.
6. Once everyone's performed their routines, chat about how it felt to encourage and help each other? Did you feel confident teaching others how to dance?
7. Finally, your leaders will announce the winners. Well done!
 - Leadership star - for the team that gives the best directions to each other.
 - Team work champions - for the team that works best together.
 - Top encouragers - for the team that's most encouraging to each other.
 - Best listeners - for the team that listened best to each other as leaders.



LET'S GO TO THE BEACH!

Background: Jellyfish are fascinating sea creatures with their glowing, wobbly bodies. They help keep the ocean balanced by eating tiny plankton and providing food for bigger sea animals. Sometimes, jellyfish even help scientists learn more about the ocean's mysteries with their cool light shows!

Activity 1: Paper bowl jellyfish

Equipment:

- Small paper bowl
- Curly gift string or wool
- Googly eyes
- Tape
- String
- Coloured pens/pencils
- Scissors



Method:

1. Colour in the outside of the bowl.

2. Poke a small hole in the centre of the bowl base (Leaders can do this for younger girls) and thread a white string through and tie a knot. Add googly eyes to the front.

3. Tape the gift string/wool on the inside of the bowl to create the tendrils of the jellyfish. Now your jellyfish is complete! Give them a name!

Activity 2: Paper Plate Beach Scene

Equipment:

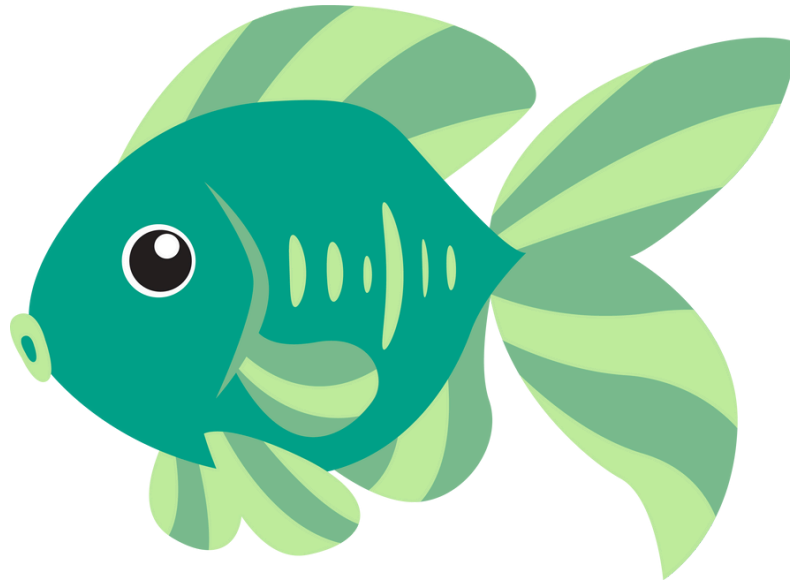
- Paper plate
- Coloured paper
- Coloured pens and pencils
- Glue stick or tape



Method:

1. Colour in the background of the plate.

2. Add any beach details on with another coloured pen, or coloured paper, these could be: a lighthouse, the sun, a beach umbrella, a bucket and spade or even any animals like a crab or seagull!



Activity 3: Pompom Fish

(This activity is better suited to Guides and Rangers rather than Rainbows and Brownies)

Equipment:

- Pompom template – on the last page, print out and trace onto cardboard to use
- Wool
- Scissors
- Glue
- Coloured paper
- Googly eyes

Method:

1. Use the pom pom template of your preferred size and wrap wool all the way around until there is a thick layer.
2. Cut around the edge of the wrapped wool on the rings, be sure to cut through every strand of wool. As you cut the wool, be careful not to let the cut pieces push to one side or come out the opening.
3. Cut a piece of wool and tie it around the middle of the pompom, close to the cardboard ring. Tie the wool once, then wrap the ends around to the other side and tie a double knot. Make sure to pull the knot tight so it won't come undone. Remove the cardboard template.
4. Trim the wool to even out the shape. Keep turning it as you trim so it doesn't end up lopsided.
5. When the pompom looks almost done, gently roll it in your hands to fluff it up and reveals any areas that may need more trimming. Trim and repeat as needed.
6. Cut coloured paper in the shape of fins and a mouth for your fish and stick it to the pompom with some glue. Add googly eyes and don't forget to name your fish!



ADDITIONAL ACTIVITIES FOR RAINBOWS AND BROWNIES

Background: As a unit, to write and create a cheer routine all about International Day of the Girl or Girlguiding North West England and perform in your unit.

Activity 1: Cheer challenge

(Rainbow UMA, can also be towards 'Brownie Broadcaster' and 'Sound of my Unit' Brownie UMAs)

Method:

- For Rainbows, stay in one big group with the unit leader/s. As a whole group, come up with a cheer routine and chant or song (all about International Day of the Girl or Girlguiding North West England) to go along with it. This can then be performed altogether, potentially with the leader/s conducting the routine and helping the Rainbows, especially the younger ones if they forget it.
- For Brownies, they can split off into groups of (3-5) and each group can come up with their own chant/song and cheer routine (all about International Day of the Girl or Girlguiding North West England). Leaders may need to help younger Brownies understand what IDOTG means before they split off into groups and what it is all about.

Hints: Girls can use words such as: empowerment, power, girl, woman, challenges, Rainbows, Brownies, etc.

Activity 2: Find the Rainbow!

(Rainbow UMA)

Method: To find an object, representing each colour of the rainbow.

- **How to complete:** Find something that is each of the following colours and write down what objects your unit found for each colour! You could even take this activity outside and look around your meeting place for items beginning with each letter!

Activity 3: Spell it out

Background: Using things they find around the local area, Units need to spell out their section name, e.g. RAINBOWS, BROWNIES.

Method:

- For Rainbows, stay in one big group with the unit leader/s. As a whole group, explore a small area of and collect items, could be man made things/ rubbish like bottle caps, plastic bags, etc, or natural items such as twigs and leaves. You will then use these to spell out the word 'RAINBOWS' on the ground.
- For Brownies, they can split off into groups of 3-5 and each group can collect items could be manmade things/ rubbish like bottle caps, plastic bags, etc, or natural items such as twigs and leaves. Make sure to keep an eye on all groups, and if there are enough leaders, maybe consider having one per group. After the Brownies have collected enough items, they can either all come back together in one group or stay in their smaller ones and use their item to spell out 'BROWNIES' on the ground. If they complete this quite quickly, they can also spell out their unit's name along with their section name.

Activity 4: Shape of you

(Rainbow UMA)

Background: Using their own bodies, Rainbows and Brownies are to make shapes and spell out words.

Method: This activity can be done in small groups or as one large group. Using only their bodies, ask girls to try to organise themselves to spell out their unit name or section name. They can even try more difficult words or even full sentences!

Activity 5: Camouflage pictures

Background: Girls are to create a 'Where's Wally?' type picture.

Method: Choose one or two girls to be in each picture (aim to take about 5 in different locations) and make sure the girls participating in the picture are all in uniform otherwise it won't make sense. The girls must hide but make sure they are only slightly visible, so that after the picture is taken, with a bit of looking, someone should be able to spot both girls, but not straight away.

Activity 6: Photo-opoly

Background: There is a Photo-opoly sheet attached to this pack, Rainbows and Brownies will do this as a group with their leader/s as they will not have their own cameras. Instructions will be on the photo-opoly sheet.



ADDITIONAL ACTIVITIES FOR GUIDES AND RANGERS

Activity 1: Mona leader!

(Ranger UMA- Land art, Guides UMA- Make your Mark?)

Background: Create a portrait of your unit leader.

Method: Girls split into small groups (3-5) and collect materials, could be manmade things/ rubbish like bottle caps, plastic bags, etc, or natural items such as twigs and leaves, in your local area. When they have collected enough materials, create a portrait of your unit leader.

Activity 2: Spell it out!

Background: Using things they find around your meeting space or local area, units need to spell out their section name and then their unit name, e.g. GUIDES, RANGERS, and then e.g. 48th PRESTON.

Method: The girls can split off into groups of 3-5 and each group can collect items could be manmade things/ rubbish like bottle caps, plastic bags, etc, or natural items such as twigs and leaves. After the Guides and Rangers have collected enough items, they can either all come back together in one group or stay in their smaller ones and use their item to spell out 'GUIDES' or 'RANGERS' on the ground, and then their unit name along with that, e.g. 48th 'PRESTON'.

Activity 3: Cheer challenge

(Ranger UMA- Move to the Music, Guides UMAs- Cheerleader vs Sneerleader, Prop-er Dancer, Tap it out)

Background: As a unit, to write and create a cheer routine all about International Day of the Girl or Girlguiding North West England and perform it your meeting space or local area.

Method: The girls can either split off into groups (of 3-5) or stay as one big group. The group/s can then come up with their own chant/song and cheer routine (all about International Day of the Girl or Girlguiding North West England).

Hints: Girls can use words such as: empowerment, power, girl, woman, challenges, Guides, Rangers, etc.



Activity 4: Nautical knot tying
(Guides UMA- Macrame Master)

Background: To learn and tie a specific nautical knot as quickly as possible.

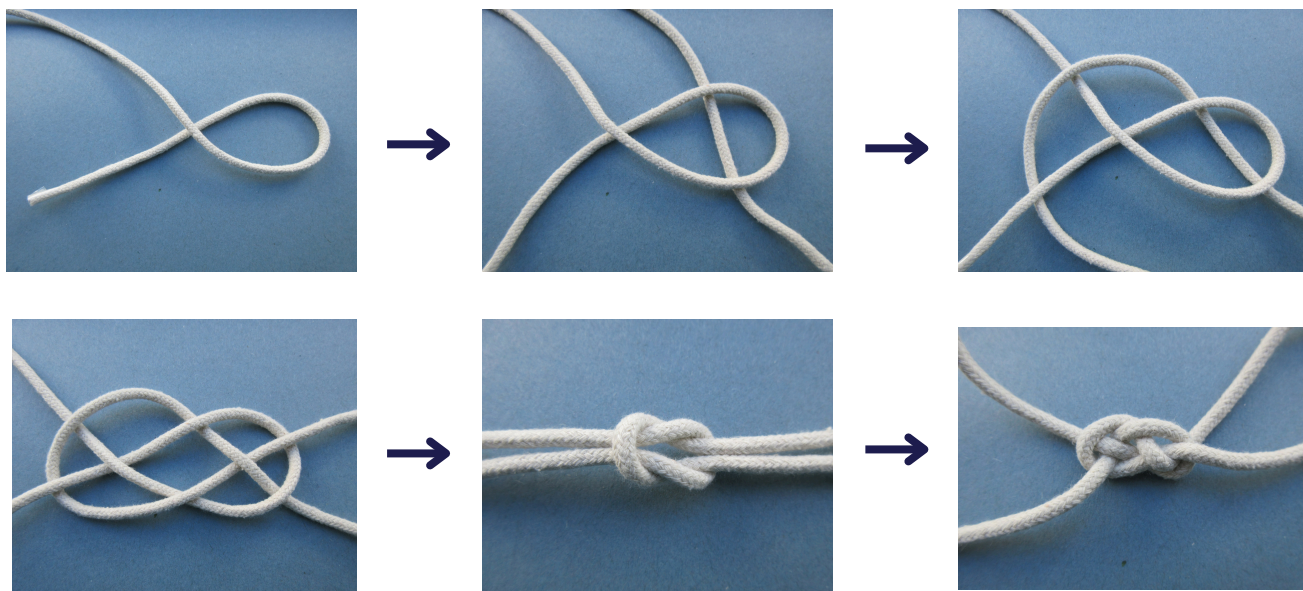
Equipment: Rope and a timer, some knots may require a stick of some sort.

Method: Award points for speed and only if they are fairly accurate:

- 5 points for 5 seconds or under
- 4 points for 5-10 seconds
- 3 points for 10-15 seconds
- 2 points for 15-20 seconds
- 1 point for 20-25 seconds
- 0 points for 25+ seconds

Instruction sheets:

Carrick Knot



Clove Hitch

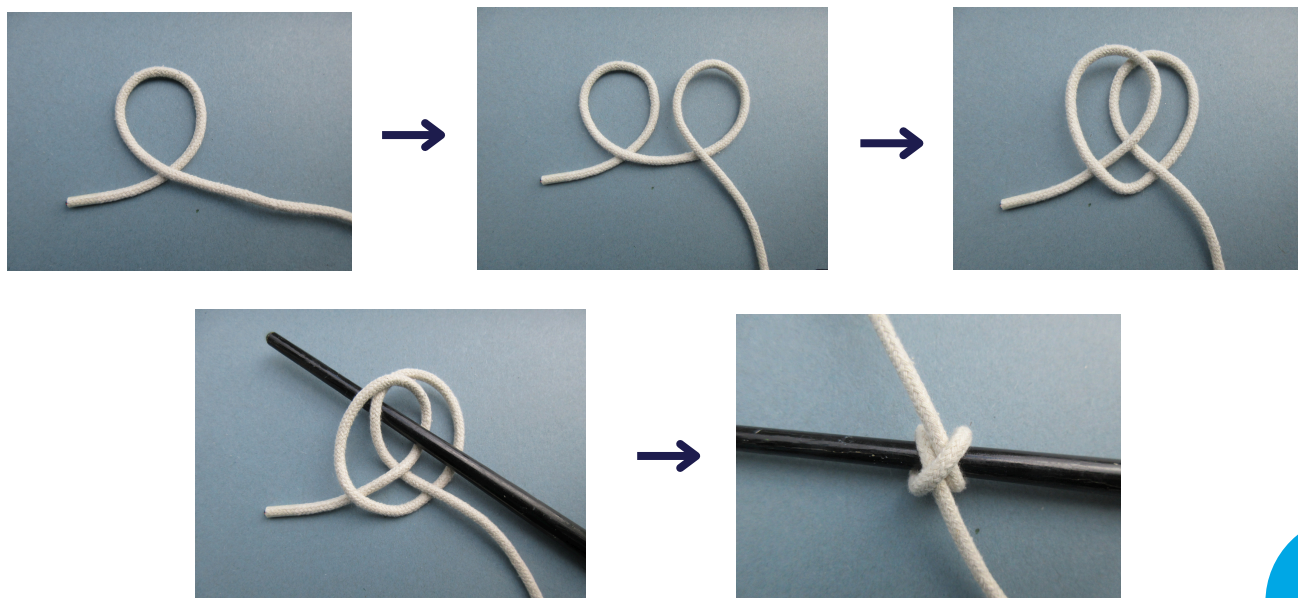
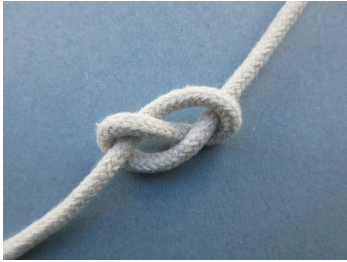
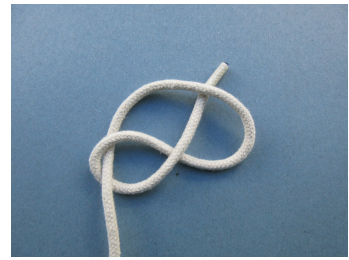
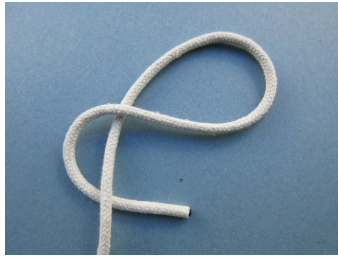
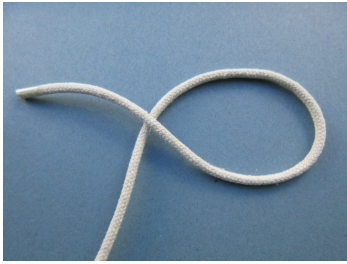
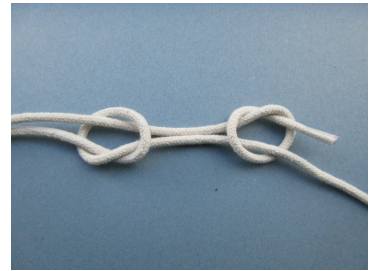
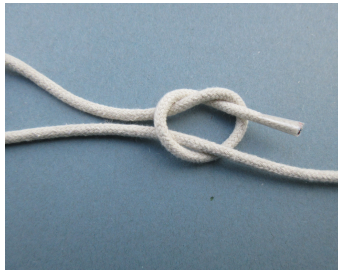
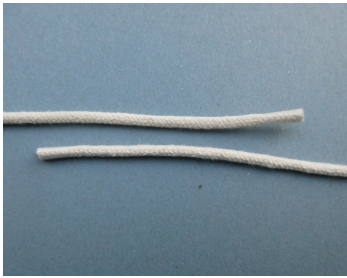


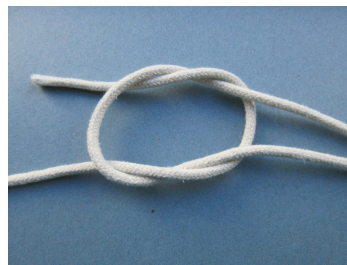
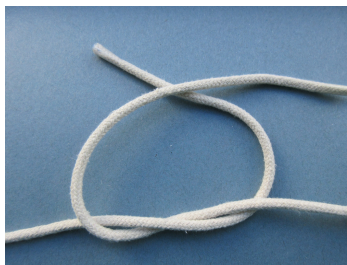
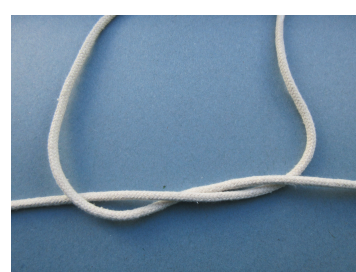
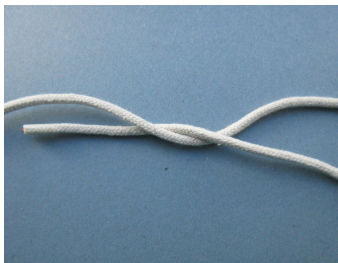
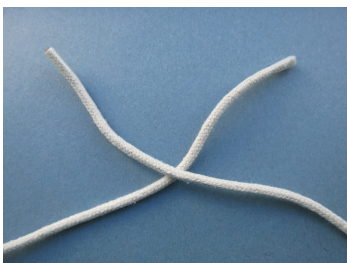
Figure of Eight



Fishermans Knot



Reef Knot



Activity 5: Team building activities

(Ranger UMA- Team-rific)

Background: To do team building activities to promote teamwork and to have fun!

Equipment: Tent and a blindfold

Method:

- **Human knot:**

This works best in teams of 5-12 members. Any less it is too easy to solve and any more it is too difficult. The team then stands in a circle, standing shoulder to shoulder. Girls should stand close enough so that all of them can reach the middle. The girls must then grab two other's hands, (no one should be holding the hand of either girl next to them) so they are now in a human knot. To solve this, girls must untangle themselves without releasing hands once. This may mean girls need to crawl about, twist and turn to solve this. Teamwork is very important in this task as if girls do not listen to each other, they may get hurt or hurt someone else.








- **Tents up:**

This game is where in small groups, potentially 3-5 girls, they must race against the clock while blindfolded to put up a tent. The girls may do a warm up by just racing against the clock to put up a tent without a blindfold if they have the time.

Activity 6: Photo-opoly

Background: Photo-opoly sheet will be included on a separate sheet in this pack, Guides and Rangers are welcome to do this activity in their own groups, as long as each group has at least one phone/camera between them. Instructions will be on the photo-opoly sheet.



	20 points BONUS	CHANCE  25 points	20 points BONUS	10 points	10 points	GO TO JAIL 
10 points	<div style="text-align: center;"> <p>Adventures... BY THE SEA </p> <p>International Day of the Girl 2024 Southport + Girlguiding North West England</p> <h1>PHOTOPOLY</h1> </div> <ul style="list-style-type: none"> • Each task must be completed at the specified location unless it's a bonus round. • Creativity and humour are highly encouraged! • Points are awarded based on completion and creativity of each task • Community Chest – can you complete a random act of kindness and capture the moment? • Chance – can your unit take a chance? Break out in to song or dance together and take a photo to prove it! • Bonus rounds – take a picture of the item shown for extra points 					20 points COMMUNITY CHEST 
20 points BONUS	10 points	20 points BONUS	10 points BONUS	20 points BONUS	10 points	10 points FREE PARKING 
10 points JUST VISITING 	10 points	20 points BONUS	10 points BONUS	20 points BONUS	10 points	10 points

POM POM TEMPLATE

