



February 07

## THE HILLS REGION: PROGRAM HINTS

Annangrove Jnr Guides enjoyed some of the activities that can be found on the Guides Canada website. Here are some samples thanks Laura!

### EyeSpy - some variations on Kims Game:

#### Reporter

How to Play:

1. A volunteer (perhaps a parent or a leader) suddenly arrives and tells a funny, frantic or silly story. Maybe she has lost something, maybe she is rummaging through her purse for a ticket or maybe she is looking for someone or something! Then she leaves.
2. Ask the girls questions about what she was wearing, what she said and her actions. Visitor can reappear so girls can look at her clothing etc.

How observant were they?



### "What's in the Forecast?" - A themed night for Weather.

#### LET'S PRETEND

Supplies:

For each girl:

- Cardboard tubing (about 15 cm).
- Styrofoam ball.

What to do:

1. Ask - "Have you seen a weather reporter on TV? What do you think they do all day at their jobs? What do you think might be fun about having this job? Is there anything that you think might not be a lot of fun?"
2. Guides make microphones using a piece of cardboard tubing gently pressed into a Styrofoam ball. Girls may want to decorate the handle, add call letters for their TV station.
3. Give each girl a challenge to do as she pretends that she is a weather reporter.

For example:

- \* Describe today's weather.
- \* Compare weather when you left for school and when you returned home.
- \* Forecast for the rest of the week.
- \* Describe a stormy day (what kind of storm? What season?).
- \* Describe a perfect summer day.

#### Artist

Supplies:

- Two or more sets of a variety of paint colour samples (chips).

How to Play:

1. Place a selection of colour samples out for the girls to look at for a minute.
2. Cover the paint samples and see if the girls can select from the array of paint samples the matching colours or shades. For example, choose a specific yellow, "butter" yellow, then have the girls try to identify it among several other different shades: "lemon" yellow, "chiffon" yellow, "happy face" yellow. They will need to observe colours carefully to see the differences. This game can be quite easy or very challenging depending on the range of colours used.

#### WEATHER OBSTACLE COURSE

Supplies- Suggestions

- Crumpled paper bags as snowballs to throw at a target.
- A mat on which to make snow angels.
- Hoops for puddles to jump through.
- Beanbag to toss as snowballs.
- Balls to toss and catch as hailstones.
- Open space on which to twirl like a leaf in the wind.
- Girls can add lots of great ideas.

What to do:

Guides begin anywhere and rotate through the activities.



Beth Gray at Baulkham Hills Explorer Guides had a Communication night here are some of the activities they enjoyed.

*How many ways can we Communicate a message?*

*What is communication?*

*How do we communicate with other people?*

VERBAL/NONVERBAL

*Why is it important to communicate properly?*

It's not just talking but also listening. Play **Chinese Whispers** to see how carefully we can Listen.

Another way we communicate with people is with letters.

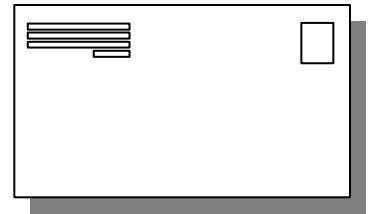
*Who's ever had a letter on the computer? What do we call that?*

*Who's ever had a letter delivered by the postman? It's very exciting.*

*Why would you post someone a letter instead of emailing them?*

Play a **game** called **I wrote a letter**. It's like duck, duck goose.

I wrote a letter to my mother, on the way I dropped it, someone must have picked it up, and put it in their pocket, might've been you, might've been you, might've been you...It was you.



*Using the telephone:* When we call some one we should make sure we are always polite.

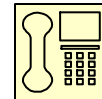
**Hello this is ----- speaking can I please talk to -----?**

*If some one calls your house do you sometimes answer the phone?*

*What should we say?*

**Hello this is the -----'s house.**

**Who did you wish to speak to?**



If we need to take a message we need to know who it's for what they need and if they want the person to call them back.

If we need to leave a message we should give all this information.

**ACTIVITY** -Take messages

A long time ago a man invented a special code to use to send messages. It uses lots of little dots and dashes. You can send a message in this code with lights, sound, or writing.

*What's the code called?*

**Activity - We are all going to write our name's in Morse code. We then put our names in the bowl and I'll pull one out and send it to you via the walkie talkies. You use the poster to figure out who it is.**

Morse code is lots of fun and so is talking but what if you can't hear. *How do deaf people communicate?*

We don't all use sign language but we do use actions to communicate sometimes.

**Hello, kisses, drink, hungry,**

*How do blind people read?* Braille is a system of raised dots on paper.

**ACTIVITY** --Write a Braille name tag



Finally here are some ideas that I found while going through Castle Hill's resource cupboard!  
Have fun adapting them for your age group!



### FEET THEME

What can your feet do?? - -See if you can pick up small balls of rolled up paper with your toes, write your name holding a pencil with them and tie a knot in a piece of string.

Make Magic footprints - you need a candle, matches, water and baking powder.  
Paint the soles of the feet with a solution of baking powder and water 1tsp to  $\frac{1}{2}$  cup water.  
Plant firmly on a sheet of paper, bake the sheets of paper over a candle flame until the prints emerge.

Maybe a Podiatrist could come and give a talk to the girls about foot care. They would love a pedicure especially if allowed to paint their nails!!.

### ANIMAL EVENING - WITHOUT REAL ANIMALS!

CAT LAPPING - -Put a saucer of milk or water on the floor. Without using hands and no sucking see who or which patrol is the best at lapping.

SHEEP DOG TRIALS - Blindfold one person (the sheepdog) by using whistle signals (agreed to before hand) guide her around an obstacle course.

DOG CATCHER - In pairs one throws chocolate drops while the other tries to catch them in her mouth. Try on all fours.

RATS, RABBITS, REST - Two lines in front of the caller. When rats is called all run to the left and the rabbits try to catch rats. When rabbits is called all run to the right and rats try to catch the rabbits. On rest no one moves and those caught moving are out.

SMELLY TRAIL - Rub Onion on walls, door posts etc, see who can follow the trail by sniffing. You could also do this activity with different herbs, spices etc in paper bags on tables in a line or put them in dishes and blindfold the girls.

HORSE RACE - have each patrol make a chariot use appropriate knots and lashing. Choose a jockey and race each other.

### IMPROV

Everyone brings in a prop - piece of clothing, broom, bags, glasses, etc. Put everything in the middle of the floor. Patrols have 5 mins to come up with a short play using the props and clothing.