



VIRTUAL IDEAS

Activities

MAKE YOUR PROMISE IN MAKATON

Here is a great activity for all sections to try. How many of us will be able to make our promise in Makaton when we meet again?

Makaton is a language programme that uses signs and symbols. Anyone can practise making the Makaton promise (even if you've already made yours!).

See more instructions and videos:
<https://bit.ly/2xHZOLj>

BOREDOM BUSTERS

'Staying Home, Saving Lives' doesn't need to be boring!

This wonderful pack of guiding inspired challenges has been put together by Girlguiding North West England. Which activity will you try first?

Click here to get started:
<https://buff.ly/343BZyw>

SHARE YOUR FAVOURITE CHILDHOOD STORIES

Think back to your favourite books when you were a child. Share these stories with your children. You don't need to have a copy to hand – you can tell a story from memory and have fun making it exciting, funny, sad or intriguing

START A GRATITUDE BOOK TODAY

Keep adding to it each week. This will be a useful reminder of all the things you are thankful for, to look through when you are feeling down.

In difficult times, it's important to remember the positives. Take a photo or draw a picture of five things you're thankful for and put them all together to create a Gratitude book.

DANCE PARTY

We are all spending more time on our screens during lockdown... for work, play, education and socialising. So it is more important than ever before to keep up our daily exercise. Here's a fun activity for all ages: make up a dance routine to your favourite song.

Teach it to everyone in your family. Practise it every day. And most importantly... have fun! Pick your favourite song and make up a dance routine.

Or you could try either the [#OhNaNaNa](#) or [#BlindingLights](#) dance challenge!

Why not film yourself and teach others your dynamite dance moves?

PHOTO FRAME

Do you have a favourite photo you want to display? Make a picture frame for it using any kind of material you have to hand. How can you make that memory even more special?

PAMPER SOMEONE

How about a nice treat for the weekend? Take time to pamper someone, to show how much you love them... maybe pamper the whole family, including yourself!

Take someone breakfast in bed, run a bubbly bath, paint their nails, prepare a special meal... or simply make them a nice cup of tea or coffee, while they put their feet up

FAIRY HOUSE

Let's enjoy the good weather Here is something creative to do outside...

Build a Fairy House using whatever you can find in your own garden: twigs, leaves, feathers, moss, stones, flowers (ask permission from a grown up before picking any flowers!)

If you haven't got a garden, collect some natural building materials when you are out for your daily walk.

Bring them home and create your Fairy House indoors. Or how about making aerials?

CREATE A BRIDGE

Our friends at [Amey](#) are great at designing and maintaining bridges!

Place two chairs apart (or anything to form your a bridge base) and use different materials (clothes, boxes) to bridge the gap.

Can you create a bridge strong enough to roll a tin over it? Share your bridges with us!



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SOCIAL GAMES FOR LOCKDOWN

Stuck at home and wondering what to do with your children?

Here are some wonderful ideas, which can be adapted for whatever ages are playing... fun for all the family.

<https://www.youtube.com/watch?v=RmaTlrZBwPY>

ACTIVITIES YOU COULD DO AT HOME IN THE GARDEN

The Hertfordshire Wildlife Trust have some great ideas to do in the garden from creating bee hotels to creating container gardens for wildlife. Please check out their [website](#).

TOY SAFARI

Take your soft toys and teddy bears on holiday for the weekend! Create exciting places for them to visit around your home and garden.

Take photos to show where they have been, and make a photo album of their adventures. Perhaps they could visit the Fairy House you made?

Soft toys need adventure too! Create a photo diary of your toys having lots of adventures.

Maybe they'll go into the jungle (garden or houseplant), or fall asleep somewhere they shouldn't.

SELF PORTRAIT

Challenge: can you make a self-portrait without using any pens, pencils or paint?

Use any objects you find around your house or garden.

Be creative with string hair, pasta noses, buttonhole eyes – anything goes!!

SEND A HUG BY POST

How many Rainbows, Brownies and Guides would love to send a Hug by Post??

As it gets colder, and lockdowns increase... for many older and vulnerable people staying home means being alone. They may not have friends or family nearby.

Hertfordshire Independent Living Service are asking all little artists and young creatives across the county to send them uplifting poems, drawings and messages:

Hertfordshire Independent Living, Comms & Marketing, 16 Green Lane One, Blackhorse Road, SG6 1HB

SEW YOUR BADGES

Lots of us have got more time on our hands – so why not use them and sew your badges onto something? How many of you have badges waiting to be sewn onto your gilet, sash, uniform or camp blanket? Can you learn to sew them on yourself? Ask a grown up for help and learn a new skill.

A-Z SCAVENGER HUNT

Make a list from A to Z. Can you can find things around your home beginning with every letter of the alphabet?

Which letters were the most difficult? What were the funniest things you found?

Share your weird and wonderful findings with your friends!

SCAVENGER HUNT

Here's a super Scavenger hunt to encourage youngsters to go out and about looking for signs of autumn.

How about asking girls to collect a variety of leaves and seeds to use for a craft activity – which could be done at either a face to face or Zoom meeting .

Please [click here](#) for a scavenger hunt list.

HAVE FUN WITH EMOJIS

What film titles can you depict using just emojis?

Probably everyone can guess

HOW ABOUT MAKING A LADYBIRD BOOK MARK?

Did you know that in Ireland Rainbows are called Ladybirds? And a Ladybird leader is called Coccinella?

[Follow this link](#) to find out more.

KEEP A JOURNAL

This activity is most suitable for Rangers, Guides and older Brownies. We are living in a time of enormous change and uncertainty.

Maybe this will open up conversations where girls can share their observations and feelings about what they are experiencing?



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2020 YEAR IN REVIEW ACTIVITY SHEET

How about using [this activity sheet](#) in your next Zoom meeting?

A creative way to help girls think about the good bits from last year, and their hopes for this year...

WHO IS?

This is an activity aimed at building self-esteem and confidence – use the image on Share Screen to initiate discussion and reflection. (Could link in with Be Kind and current world news)

Idea 1) Identify celebrities/ famous people with each of these qualities/ skills

Idea 2) Girls rank or identify top 3 qualities/skills for themselves

Idea 3) Ask girls to identify another girl – You are because....

HOW MANY WORDS CAN YOU MAKE USING THE PHRASE 'BROWNIES ARE AWESOME'?

Another starter activity or fun game for girls to do on Zoom. How many words can they make using the letters in the phrase 'Brownies are Awesome'? What is the longest word anyone can think of?

Change the phrase to suit your section: so Guides can ponder over 'Guides are Awesome'

RIDDLE TIME

[Click here](#) for a riddle to use as a starter activity, as your girls join a Zoom meeting?

Put it up on Share Screen, so that each girl can work on it whilst you wait for the inevitable latecomers... perhaps let the girls know in advance there will be a puzzle waiting for them when they log in

ANOTHER PUZZLE FOR BROWNIES TO SOLVE

Download the [secret message puzzle here](#). Particularly suitable for a Brownie Promise night .

DRAW YOURSELF USING ONLY NUMBERS

How about this idea for a quick filler activity on Zoom? Ask the girls to draw themselves using only numbers – click here for an example in which:

8 – body and head

3 -hair, 0 – eyes, 6 – nose, 7 – smile

3 – legs, 9 – feet

1 – arms, 7 – hands

Encourage the girls come up with their own formulas!

If they enjoy the activity, then perhaps you could challenge them to draw numeric animals another time?